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The weekly newsletter of Stone's Throw CSA
September 1, 2009 stonestrowcsa.org

Question of the week:

Why do the vegetables have all these funny names?

Many of the fruits and vegetables grown for Stone's Throw CSA are heirloom varieties. Heirloom vegetables generally are old fashion varieties that are open pollinated as opposed to hybrid varieties. Large seed companies produce hybrid varieties that produce fruits and vegetables for specific characteristics such as long shelf life, pretty color, or uniform shape. The seeds may not grow true.

Heirloom vegetables and fruits are open pollinated meaning that the seeds will grow true the mother plants. They were developed over generations for hardiness, taste, or good storage. Some big seed companies suggest these old fashion plants don't produce tasty food or that the fruits are small. Yet they forget that taste is a huge reason most people garden or farmers choose heirloom varieties.

With all of these great fruits and vegetables being succulent and wildly beautiful, our grandmothers gave them great names to reflect their amazing qualities. So the Boar's Blood beets, Summer Squash Twisters, Purple Podded Poles, and Bradywine Tomatoes not only taste delicious, but are great fun to say.

Farm updates

Silvermine Farm

This week Martha Cole reports that, "the potatoes and onions are doing great!" She also commented that cabbage is ready for harvest, but the beans at Silvermine are coming to a close. Finally, she added sadly, "This was supposed be week #4 of corn. But, it is still only waist high."

Sweet Birch Farm

"Fall planting is underway at Sweet Birch Farm, including luscious baby salad greens—one of our favorite crops to grow and eat! They are at their best in the cooler weather of spring and fall," reports Katherine.



A helper at Hidden Hill Farm tends the eggplant crop.



Although the bags available at pick up are biodegradable, please consider reusing them many many times before tossing them into your compost pile. An easy way to save the bags and rubber bands is a paper towel or toilet paper tube. Toss it into your bag or basket on your way to pick up and you'll be prepared for the potatoes, beans, carrots, tomatoes, and other yummy produce.

Recipes

Summer Vegetable Gratin

The Washington Post, August 6, 2008

Summary:

Summer vegetables are so good on their own, you really don't need to do much to them. They also mix well with each other.

This gratin, which can be assembled in minutes, is a perfect example. Each vegetable is thinly sliced, then layered together with olive oil, Parmesan cheese, salt and pepper. The cooking times will vary based on how thinly the vegetable were sliced.

Save any trimmed ends or odd bits of vegetables left over; coarsely chop and saute with a little pancetta for another meal.

4 side-dish servings

Ingredients:

1 small eggplant, preferably round (about 4 ounces), stemmed and cut crosswise into 1/8- to 1/4-inch slices

8 large basil leaves, cut into chiffonade (stacked, rolled tightly and then cut into thin strips)

4 tablespoons Parmesan cheese

Salt

Freshly ground black pepper

About 2 tablespoons extra-virgin olive oil

1 small pattypan squash, (about 4 ounces), trimmed and cut crosswise into 1/8- to 1/4-inch slices

1 medium sweet onion, (about 4 to 6 ounces), stemmed and cut crosswise into 1/8- to 1/4-inch slices

1 medium yellow or red tomato, (6 ounces), cored and cut crosswise into 1/8- to 1/4-inch slices

1 tablespoon plain fine dried breadcrumbs

Directions:

Preheat the oven to 350 degrees. Lightly grease a 9-inch pie plate or a similarly sized baking dish with nonstick cooking spray oil.

Create a single layer of eggplant slices in the bottom of the dish; the slices should overlap only at the edges. (They will not cover the bottom completely). Sprinkle 1/3 of the cut basil leaves over the slices, then 1 tablespoon of the cheese; season with salt and pepper to taste. Drizzle a teaspoon or two of oil over the layer. Repeat with the squash, then the onion and tomato slices.

Sprinkle the remaining tablespoon of cheese over the top, seasoning with salt and pepper to taste, and then scatter the breadcrumbs evenly over the cheese. Drizzle about 2 teaspoons of the oil over the top, then cover the dish tightly with aluminum foil. Bake for 30 to 40 minutes, until the vegetables are tender. Discard the foil; increase the temperature to 375 degrees and bake for 15 to 20 minutes, until the excess moisture in the bottom of the dish has gone and the top of the gratin begins to brown, 15 to 20 minutes.

Let sit about 15 minutes before serving. Use a thin, sharp knife to cut the gratin into 4 equal portions, then use a spatula to transfer to serving plates.

Recipe Source:

From In Season columnist Stephanie Witt Sedgwick.

246 calories, 16g fat, 6g saturated fat, 25mg cholesterol, 522mg sodium, 16g carbohydrates, 6g dietary fiber, 13g protein.

Kohlrabi Slaw

By jo_jo_ba from grouprecipes.com

The combination of kohlrabi, daikon, carrots, and wasabi makes this the perfect accompaniment to a small dish of jasmine rice.

Ingredients

¼ cup unseasoned rice or cider vinegar

3 tsp wasabi powder

2 tsp sugar

2 tbsp water

1 tbsp soy sauce

1 lb (about 1 large) kohlrabi, unpeeled and shredded

12 oz (about 1/2 medium) daikon radish, peeled and shredded

1 small carrot, shredded

1 large scallion, thinly sliced

Directions

1. Mix together vinegar, wasabi powder, sugar, salt, and soy sauce in a large bowl.
2. Add the vegetables, toss to coat.
3. Chill 1 hour before serving.

Your Ideas?

We welcome your questions, ideas, and recipes. Each week brings new produce in our shares, and new ideas about what to do with that week's bounty. If you'd like to share your own recipes, please contact Marla the Recipe Editor at mwallace_5@charter.net.

Remember too that you are welcome to post to the CSA blog at <http://stonesthrowcsa.org/> with any questions, suggestions, recipes, or random thoughts.