

CSA NEWSLETTER

August 2009

What to expect in the next few weeks:

- **Broccoli Rabé** – A leafy green vegetable with a slight bitter taste. Rabé (aka Raab) is related to the turnip family. The leafy greens look similar to turnip greens, but taste similar to the mustard greens with their mild to peppery flavor. The plant develops a small broccoli-looking floret.
- **Cabbage** – we have both red and green cabbage out in the field. Red cabbage is the sweetest of the cabbages and will dye anything you cook with it purple. Red cabbage is great in salad for that extra crunch or braised. Green cabbage is a bit blander than red. It is crunchy, ideal for coleslaw, stuffing the cabbage leaves with rice, tomatoes, & beef.
- **Celery** – The celery we grow has a bold celery flavor. It is great for soups, stocks, stir-fry, but is not the type of celery you would put peanut butter on and just eat plain.
- **Cucumbers** – we grow different varieties of cucumbers; pickling and the slicers. For the slicers, we have the Asian cucumber which tastes similar to your English cuke, but has a curved neck. All of our slicing cucumbers are burpless (seedless). The pickling cucumbers have a slight bitter rind, but are good eaten raw or canned.



Red & Green Cabbage



Italian & Asian Eggplant

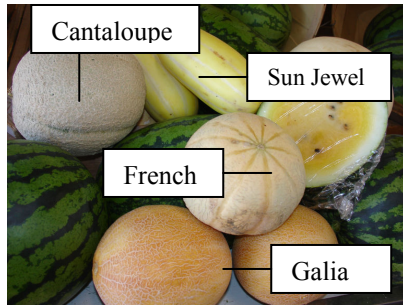


Sage

- **Eggplant** – acts like a sponge as you cook with it, meaning flavors or fats will be absorbed.

- **Italian** – Lobed large fruit that are commonly used in eggplant parmesan, stuffed, pan-fried, or grilled once sliced. The rind is usually a bit thicker than the Asian variety and is commonly peeled.
- **Asian** – Long, slender fruit that does not have to be peeled; the rind is thin and not bitter. It has little to no seeds. Can be used in stir-fry, ratatouille, or grilled.
- **Herbs**
 - **Basil** – Lemon, Italian, Red Rubin. The Red Rubin basil has smaller leaves than the Italian basil, tastes similar to the Italian basil. Lemon basil has a hint of lemon flavor and goes great in chicken dishes with capers, in tea, or lemonade.
 - **Mint** – The variety of mint that we grow has a strong mint flavor, thus only a few leaves need to be used at a time. Can be used in teas and as a culinary herb.
 - **Thyme & Sage**- Used to flavor stuffing, meat, fish, soups and stews
- **Melons** - All cantaloupes are muskmelons, but not all muskmelons are cantaloupes. Muskmelon is a diverse species of melon that includes but is not limited to cantaloupes. However, muskmelon is often used to name a variety of cantaloupe that is especially soft and sweet.
 - **Cantaloupes** - ~4 lb cantaloupe that is football shaped. This variety (Athena) is thick, sweet, and has firmer orange flesh.
 - **Muskmelon** - ~2-3 lb cantaloupe with softer flesh.
 - **Sun Jewel** – Asian variety melon that gets peeled with a potato peeler, slice melon length-wise and scoop out the seeds. This type of melon is crunchy like a cucumber, but the flavor is like an apple-pear. I'm not a big fan of cantaloupes, but I do enjoy this melon. The outside skin color is yellow and looks similar to a variety of winter squash.
 - **French Melon** (aka charantais) – The French melon is used in a weekend long culinary event in France. This fruit is approx. 2 lb's or the size of a softball. It has firm, sweet, orange flesh. In France, they scoop out the seeds and stuff the charantais with ice cream.
 - **Honeydew** – White melon with white flesh. It is extremely delicious for a honeydew variety; not your typical honeydew!
 - **Galia** – Tropical melon with pale green soft flesh. The flavors can be subtle or boldly sweet depending upon the growing season.

Melons do not ripen after they are harvested, they only get softer.



Hot Peppers

- **Peppers:**
 - **Bell** - green peppers can be eaten raw, sautéed, stuffed.
 - **Sweet Romanian Fryers** - small yellow peppers that taste like bell peppers if eaten raw, but get sweeter as you cook them.
 - **Hot** - We grow a variety of hot peppers that will be ready soon for sampling. The jalapenos (dark green fruit with a 3 out of 5 for heat), habaneras (dark green super-hot fruits that are 5 out of 5 for heat. This pepper can be used fresh or dried), and hot paper lanterns (elongated, wrinkled looking peppers that have same amount of heat as the habaneras).
- **Watermelon**
 - **Red Watermelon** (seeded & seedless) - The seeded is sweeter than seedless.
 - **Yellow Watermelon** (seeded) - Tastes similar to red watermelon, just a different color. Some say yellow is sweeter, but it depends on your own taste buds and preference.

If the watermelon hit anything sharp they will pop. Be careful on where you place them in your car for transport.

- **Beans, Turnips, Zucchini/Summer Squash**
- **Kohlrabi, Daikon, Fennel, Chard, Collard**
- **Kale, Oriental Cabbage, Radishes, Lettuce, Peppers**



The watermelon and melons are in! On VJ day the temperature skyrocketed up to 88°F with extremely high humidity. This was the first day the melons ripened this season! Nothing tastes better than cracking open a refreshing cool melon on a hot summer day out in the fields.

The potatoes should be coming in soon. We are hoping they did not get the blight. We planted our potatoes in our back field away from the tomatoes which are in the front field. The tomatoes definitely have the blight and we have only been able to recover a few handfuls of cherry tomatoes every so often. We will most likely be taking the stakes out of the field and removing the rest of the debris from the area.

A local farmer lost 40% of his corn crop this year and the blueberry farmer in Charlestown was only able to harvest berries for 3 weeks due to an infestation of worms that hit the east coast. This season is definitely not your typical growing season.

The winter squash and pumpkins are still growing out the in the fields and we are expecting them to be ready sometime in September.

Many members have requested recipes, so we will be e-mailing those out soon. If anyone wants to provide a recipe for the CSA, please feel free to e-mail me the recipe and we can distribute it through our newsletters as well as print out a copy to have at the CSA pick-ups.



Harvesting the melons out in the field.



Transporting the melons.



Ellie looking cute!