



# The Com Post

*A weekly Post for our Community Supported Agriculture Members*

July 21, 2016

Volume 11, Issue 7

Week A

PLANNED for  
This week in the box:

Golden Beets  
Sweet Leaf Lettuce  
Green Beans  
Scallions  
Summer Squash  
Basil  
Swiss Chard  
Green Peppers  
Salad Mix  
Cucumber  
Tomatoes (cherries or slicers)

Next week's box—  
Our best guess!

Kale  
Lettuce  
Summer Squash  
Fresh Herb  
Fresh Onions  
Peppers  
Green Beans  
Cucumber  
Tomatoes  
Cherry Tomatoes  
?Turnips

## On the Farm

### Cooking on the Quick! When time is limited....

I really enjoy making meals for my family and farm crew, and I'm lucky to have a great source of organic vegetables right out the back door to include in those meals.

The problem with this ultimate convenience is that, while I have all of this produce at my fingertips, I don't always have the time that I wish I had to do the cooking that I want during peak growing season.

That means finding recipes that are quick and easy to prepare for these busy times. However, it is super important to me, as a mother, to not sacrifice the healthfulness of a meal in lieu of quickness.

With the internet at my fingertips, my good old fashioned recipe box, and a creative mind, I make sure to come up with meals that are fast, delicious and full of goodness!

As we progress through the season, I often include these recipes in the newsletter so that you, too, will have the benefit of tasty and good-for-you meals at your fingertips. Look for them with notes from me! I sure hope you and your family enjoy them as much as we do on the farm.

Cheers, Nicole

## Saturday July 30 Dinner on the Farm: Wood-fired Pizza! *It's time to register*

This dinner on the farm is MORE than just pizza! It's live music, good conversation, beautiful surrounding farm fields, awesome organic food (wood-fired pizza, seasonal salads, and more!) This is a casual, relaxed dinner open to the public of all ages.

- Arrive anytime after 4:30. Pizzas will be cooked continuously between 4:30 and 8:00.
- Dine on wood-fired pizza made on the farm with locally sourced ingredients and organic produce picked fresh from our fields.
- The pizzas are baked in our own artisan-made stone and brick wood-fired oven!
- Besides an amazing wood-fired pizza buffet, dinner will include fresh greens, other seasonal salads, iced herbal tea. You are welcome to bring your own beverages.
- Live music by local musicians Chris and Marisol Kuborn playing their steel drums! (They played last year.....and are AMAZING!)

**Space is limited!** REGISTER NOW at our [Event Registration page](#)

*\$20 adults (12+), \$10 ages 4-11, Free for children 3 and under*





## PLANNED for this week in the box: Details & Descriptions

Crop	frig?	Storage Specifics	Comment
<a href="#">Beets with Greens</a>	Yes	See note at right	Beet roots should be separated from their greens right away. Store each in their own bag or container. This will ensure longer storage and won't result in limp leaves or soft roots.  Golden beets this week! If you are not a big fan of red beets, then I suggest you give golden beets a try! They are milder in flavor and absolutely delicious!
Sweet Leaf Lettuce	Yes	Store in a bag or damp towel in the crisper drawer.	Red or green frilly leaf lettuce. This lettuce makes a great salad mix when torn off the core. TIP: Tear lettuce to avoid browning---don't cut!
<a href="#">Green Beans</a>	Yes	In the bag they arrived in	Here come the green beans! I love them done simple: sautéed in butter with a little salt and pepper.
<a href="#">Scallions</a> (Medium and Large shares this week)	Yes	Store in a bag or damp towel in the crisper drawer or in a glass of water	"Chewy, flaky, and savory scallion pancakes are one of our very favorite Chinese restaurant treats. This pan-fried bread has a lot in common with Indian <i>parathas</i> and other simple flatbreads, and if you follow a few simple steps, they are easy to make at home. Here are instructions on how to make addictively delicious Chinese scallion pancakes in your home kitchen!" <a href="#">Check out the recipe HERE at the Kitchn</a> . WOW!
<a href="#">Summer Squash/ Zucchini</a>	Yes	In the crisper drawer	Summer squash and zucchini are interchangeable in recipes. We grow a wide variety here on the farm. More Zoodles! Here are some awesome Zoodle recipes shared by CSA member and worker share, Katie! <a href="#">18 Zucchini Noodle recipes</a>
<a href="#">Basil</a>	Yes	See note at right AND read this great article : <a href="#">The Best Way to Store Herbs</a>	Place in a plastic bag and refrigerate or place upright in a container with an inch or so of water (like a flower in a vase) then refrigerate. <a href="#">10 Ways to use a bunch of basil</a> and check out page 5 of the newsletter for Basil info!
<a href="#">Swiss Chard</a>	Yes	In a bag in the crisper drawer	Use your Swiss Chard and/or beets greens in the yummy recipe on page 4 of the newsletter: Greens with Raisins and pine nuts!
<a href="#">Green Peppers</a>	Yes	In the crisper drawer	We plant a big variety of bell and sweet peppers on the farm: green, purple, red, orange, yellow, ivory! This week some of the green bell peppers are ready.
Salad Mix	Yes	In the bag it arrived in	Salad, anyone?! Or a <a href="#">wilted lettuce salad</a> , perhaps!?
<a href="#">Cucumbers</a>	Yes	In the crisper drawer	Well.....here they come! The cucumber patch on the farm has exploded! It seems like just last week that there were absolutely none on the vines. Then, overnight, they simply appeared! Expect them to hang around for a few weeks. <a href="#">13 Ways to use Cucumbers</a>
<a href="#">Tomatoes</a>	No	Leave on counter for best flavor	Once cut you can refrigerate, but until then leave your tomatoes on the counter for best flavor. We harvest tomatoes at ripe and almost ripe stages. If a tomato needs a little more time, leave it for a day or two before using.



We wash the produce, but so should you!



## RECIPES & IDEAS

### Chicken, Grated Beets, and Beet Greens with Orange Butter

*Thanks to CSA member Paul who shared this awesome recipe!*

BY THE BON APPÉTIT TEST KITCHEN BON APPÉTIT NOVEMBER 2009

#### Ingredients

- 1 1/2 tablespoons butter, room temperature, divided
- 1/4 teaspoon finely grated orange peel
- 1 tablespoon extra-virgin olive oil, divided
- 2 skinless boneless chicken breast halves
- 2 tablespoons chopped shallots
- 2 medium beets with greens, greens stemmed and coarsely chopped, beets peeled and coarsely grated (red or golden beets can be used)
- 2 teaspoons Sherry wine vinegar, divided
- 1/3 cup water

1. Mix 1 tablespoon butter and 1/4 teaspoon orange peel in small bowl. Season to taste with salt and freshly ground black pepper. Heat 1/2 tablespoon oil in medium skillet over medium-high heat. Sprinkle chicken breasts with salt and pepper. Add to skillet and sauté until cooked through and golden brown, 4 to 5 minutes per side. Place 1 chicken breast in center of each plate; tent with foil to keep warm.
2. Melt remaining 1/2 tablespoon butter with 1/2 tablespoon oil in same skillet over medium-high heat. Add shallots; stir until tender and beginning to brown, about 1 minute. Add beet greens; toss until leaves are tender but still bright green, about 2 minutes. Add 1 teaspoon Sherry wine vinegar; stir 30 seconds. Season to taste with salt and freshly ground black pepper. Spoon greens alongside chicken; cover to keep warm. Add grated beets and 1/3 cup water to same skillet; cover and cook 2 minutes, stirring occasionally. Uncover and continue cooking until beets are tender and water is almost evaporated, stirring often, about 1 minute. Add remaining 1 teaspoon vinegar; stir 30 seconds. Season to taste with salt and pepper.
3. Spoon beets onto plates. Spoon orange butter atop chicken and serve.





## RECIPES & IDEAS

### Greens With Raisins and Pine Nuts

**From the Farm:** *Here's a great recipe suggested by CSA Member Monica!*

*"An addictive mélange of [greens], garlic, raisins, pine nuts, and good olive oil, this is one of the best-known Catalan dishes. Its uses in the Catalan kitchen are many—in croquettes or egg tortillas, as a topping for cocas (flatbreads), as a filling for savory turnovers or cannelloni, or as a base for baked fish. As a side dish, it goes with just about anything, and nothing beats it in the morning on toast, topped with poached eggs. The recipe is also great made with other wilted greens, such as [spinach], chard or escarole."*




#### Ingredients:

- 5 to 6 tablespoons golden or dark raisins
- 2 medium-size bunches greens, tough stems discarded (this is a great recipe for this week's chard and beet greens)
- 3 to 4 tablespoons fragrant extra-virgin olive oil
- 6 to 8 garlic cloves, peeled whole and lightly smashed
- 5 tablespoons pine nuts
- Coarse salt (kosher or sea) and freshly ground peppercorns

#### Directions:

1. Place the raisins in a small bowl, add very hot water to cover, and soak until plump, 10 to 15 minutes. Drain well and pat dry with paper towels, then set aside.
2. Rinse but do not drain the greens. Place the greens in a large saucepan over medium heat and cover the pan. Cook the greens until wilted, 4 to 5 minutes, stirring a few times. Transfer the greens to a colander, and squeeze out the excess moisture by pressing on the greens with the back of a spoon. Chop the greens coarsely. (The greens can be prepared a few hours ahead up to this point.)
3. Heat the olive oil in a large skillet or wok over low heat. Add the garlic, pine nuts, and soaked raisins, and cook until the nuts and the garlic are light golden, 3 to 5 minutes. Increase the heat to medium, add the chopped greens, and cook for about 1 minute, stirring to combine evenly. Season with salt and pepper to taste, transfer to a serving bowl, and serve.



Happy July!



## FEATURING...

### Basil 101:

- Basil is susceptible to cold and will turn brown and deteriorate quickly if too cold. Keep your basil in the warmest area of your refrigerator.
- Also do not rinse your basil until ready to use. Doing so will also cause it to deteriorate quickly.
- If you do place a damp paper towel in with your basil, make sure the towel isn't too wet.
- Another option for storing basil is to place the ends in a glass of water (like a flower in a vase.) This is an option we have suggested in the past for other herbs, too. You can leave it on the counter or put it in the refrigerator (see below for refrigerator details).
- An internet search on basil storage found the following:
  - Fresh basil leaves should be layered in damp paper towels inside a plastic bag and refrigerated up to 4 days.
  - For basil with stalks attached, place in a glass of water and cover with a plastic bag secured to the glass. Store in the refrigerator, changing water daily, and use within a week. Do not wash the leaves until you are ready to use them.
  - Fresh basil is a perfect candidate for freezing, either whole or chopped. Blanch whole leaves for two seconds, plunge into ice water, pat dry and place in airtight bags in the freezer. The flavor will be stronger if you do not thaw before using.
  - An easier freezing option: Freeze fresh leaves in a plastic zip-lock bag. Remove air, seal, and freeze. Do not thaw before use.
  - Another option is to put whole or chopped fresh leaves in an ice cube tray and cover with water or broth before freezing. Once frozen, pop the cubes out into an airtight bag. Use the cubes in soups, stews or sauces.
  - Frozen basil should be used within 4 months.
  - Fresh basil may also be dry-preserved. Gently wash the leaves, blot with paper towels, and let them dry completely. Layer coarse salt and basil leaves, ending with a layer of salt, in an airtight container. Store in a cool, dark place up to 6 months.

### More ideas:

- Make pesto and freeze. Pesto freezes very well in an airtight container. You could also freeze it in an ice cube tray. When well frozen, pop out pesto cubes. Put in a freezer container and freeze. Take out only as many cubes as you need at a time.
- Basil can be dried easily, too. Hang in an airy place. After the leaves are completely dry, store the leaves in an airtight container. Dried basil will last for a year or more.

