

In This Box

- Russian kales
- Bean medley of romano & snap
- Salsa ingredients: tomatoes, jalapeno & cilantro
- Armenian garlic
- Shallot
- Onion
- Potato medley
- Cucumbers
- Estiva tomatoes
- Bell pepper
- Watermelon or cantaloupe

Next Week?

- Tomatoes
- Beans
- Collard greens
- Cantaloupe or watermelon
- Lettuce
- Carrots

A DAY IN THE LIFE

It took a 12-hour day and the comings and goings of seventeen hard working, dedicated, positive people yesterday to pick, wash, clean, weigh and bag today's box contents. Many of you will be able to tell by the beautifully cleaned garlic for which we even recruited mom and dad to help out. Four people packed the boxes today. Our early season crew is gone for the year and others are transitioning to their children's and spouse's school schedules and fall work schedules. We are still looking for

help through October from 9 a.m. to 1 p.m. on Tuesdays. A worker share earns a CSA box.

FIELD NOTES

We are starting to harvest some beautiful crops from the July planted fields. Last week's kohlrabi and this week's kale were the first crops to mature. Broccoli heads are about 2 inches in diameter, so a couple of weeks away. Every year we tell ourself to not waste our time and field space with spring planted kale or broccoli. But then we have a cool spring and I plant, but the bugs and not people end up eating them or it gets warm and they bolt and then we mow it down.

BOX NOTES

The tomatoes for the salsa bag were purchased from our farmer friends Steve and Beth of Tipi Produce. Tipi is a certified organic farm and the main produce supplier for the Outpost stores. They should be taken out of the plastic bag and stored along with the slicing tomatoes on a counter. Tomatoes can be refrigerated, but they lose flavor.

The potatoes are a combination of Red Norland and Adirondack Red, a red skinned and red fleshed one.



Missing boxes alert. Around 200 boxes have left the farm and decided to live in someone's garage, car, or house.

Both have similar textures and can be boiled, steamed or roasted.

The beans are a combination of our favorite green bean, Jade and two new romano types. They can all be prepared like you would normally prepare a green bean, but romanos are classically used in a soup or stew. They were bagged in the dark last evening so you might find a leaf or stem or dirty bean in the bag.

There is a shallot and an onion in your box. The onion is a stronger cooking variety, but can be used fresh for salsa. The shallot is longer and redder. With shallots, a little goes a long way and they are typically sauteed to add flavor to a sauteed vegetable or chopped fine in a dressing. Store onions,

shallots and garlic in the open on a counter.

The bell pepper was harvested just after we finished irrigating them and they seem to have taken on water, which is weird. Please use ASAP

WORKER SHARE PROFILE

Christine Walasek is an ex-teacher who



believes that good food is the medicine for health. Her

parents both grew up in farming communities in Iowa and her roots are "in the soil". Pinehold Gardens does the kind of organic farming that she wants to be a part of: healthy soil producing healthy plants producing healthy people.

Recipes

by Annie Wegner Lefort

Potatoes w/ Kale, Rosemary, and Garlic

3 T. olive oil	2 T. chopped fresh rosemary or 2 t. dried rosemary, crumbled
2 c. cubed potatoes (1/2-inch pieces; about 3/4 lb.), skins in tact	2 c. chopped kale (center vein removed and chopped)
6 cloves garlic (or sub. shallots for a milder flavor), whole, unpeeled	1/4 t. coarsely ground pepper

In large skillet, heat oil over medium-high heat. Add potatoes, garlic, and chopped kale center vein; cook, stirring, until browned, about 9 minutes. Add rosemary; cook, stirring, 1 minute. Add kale leaves, salt, and pepper. Cook, stirring until kale is tender, about 2 min. Serve. Serves 3 to 4.

Fresh Roasted Salsa

1 lb. Roma tomatoes	1 t. kosher salt
1 jalapeno	1 t. ground black pepper
1 small onion	2 T. lime juice
1 garlic clove	2 T. cider vinegar (may reduce or omit for less tartness, or substitute additional lime juice)
2 T. fresh cilantro leaves	crushed red pepper flakes, optional (1/4-1/2 t. to taste for a hotter salsa)
1/2 t. dried Mexican oregano	
3/4 t. ground cumin	

This is not a recipe for salsa suitable for canning. Make to enjoy fresh or freeze for later.

Preheat oven to 450 degrees. Core and cut tomatoes in half. On large baking sheet, place tomatoes cut side down, peppers, quartered onion, & garlic cloves. Roast in preheated oven 30 min., removing garlic after 15 min. Skin of tomatoes and peppers should be blistered and partially blackened. Cover pan for 10 min.; steam will make peeling skin easier. Remove tomato skins. Wearing plastic gloves, remove skin, seeds and stems from peppers (or leave seeds if you want hotter salsa). Place all ingredients in food processor and chop to desired consistency. If any juices remain in roasting pan, add those, too. Add crushed red pepper flakes if more heat is desired. Put salsa in fridge for at least 4 hours; best if made the day before. Will keep for up to 2 weeks in fridge when full amount of vinegar is used. May be frozen. Makes about 1 1/2 cups.

Spicy Grilled Green and Yellow Beans

12 oz. green beans, trimmed	1-2 jalapeno peppers, cut into thin strips (do not seed)
8 unpeeled cloves garlic	2 t. lemon-flavored oil (1 1/2 t. olive oil and 1/2 t. lemon juice)
1 T. water	
1 t. cooking oil	

Toss together beans, garlic, water, cooking oil, and pepper; set aside. Place bean mixture in a foil packet and seal. Place bean packet on rack of uncovered grill directly over medium coals. Grill for 20 minutes, turning once. Remove packet from medium coals and cook for another 20 minutes. Carefully open packet (some steam will escape) and continue grilling 5 minutes more or until beans are just browned and crisp-tender, stirring occasionally.

Roasted Potatoes, Kale and Shallots

by Chef Peter Sandroni
La Merenda Restaurant

1 lb potatoes, scrubbed clean, roasted and cooled	1 lb kale, de-stemmed and torn into smaller pieces
2 T. olive oil	salt and pepper to taste
2 each, shallots, julienned sliced	

Preheat oven to 350 degrees. If using larger potatoes, cut into 1 inch cubes, otherwise roast whole. Roast potatoes in oven for 20-30 minutes, or until cooked through enough to pierce easily with a knife, do not over cook, and set aside to cool. Heat up a large pot over medium heat on range top. Add oil and shallots and cook until soft. Add kale and cook just starting to wilt. Add potatoes and cook until heated through. Season with salt and pepper. Serve as is as a side or with your favorite fish, chicken or pork dish.

Food Bits

Watermelon

Of the summer melons, watermelon seems to be the archetype. Our melons are smaller than traditional southern melons and are either dark green or light and dark green striped. The former has red flesh and the latter orange. **Store:** Keep on the counter top until ready to eat. Once cut store in the refrigerator cut up in a plastic container or whole wrapped in plastic. **Preparing:** Both should be eaten fresh but can be peeled, cubed and placed in a jar or plastic container.

Kale

The late season kale is maturing and nicely and the variety today is Russian kale. Kale has been grown in Europe for a thousand years and different varieties have their different advantages but all are very similar — generally a hardier green best cooked. **Store:** Keep loosely bagged in a sealed plastic bag in the refrigerator. **Preparing:** Cut the thick stem out and chop the leaves to a desired size. **Cooking Methods:** Saute, steam or use in soups and stews. Often is juiced as well with fruit.

Onions, shallots and garlic

Absolutely essential to cooking good food, these alliums can vary in intensity of flavor. **Store:** At room temperature, preferably out of the light. **Preparing:** Peel any papery skins and tough inner skin. Smash, chop, dice.

A Thousands Words



Bees at Work

One third of everything we eat can be directly related to the work of pollinators such as bees. Forget for a moment our take on the result of all this work — honey — and think about all the fruits and vegetables that wouldn't grace your tables at home without the pollinators. And think about everything we do to make their job harder, including habitat loss and the use of pesticides.

