



this week's

HARVEST

The list may change, but this is our best guess at printing time.

Zucchini
Onions
Yellow squash
Cucumber
Peppers
Tomatoes
Cherry tomatoes
Eggplant
Okra
Melons (for those who did not receive last week)
Hot Peppers (upon request)

Pick-your-own:
flowers
dill
sage
parsley
rosemary
thyme
basil
cilantro

Add-On Choices
 Eggs from Rushton Farm
 Co-op
 Goat Cheese from
 Shellbark Hollow
 Beef from Crum Creek
 Farm
 Rushton Farm Honey



CSA Newsletter - Week of August 11, 2008 ~ Issue no. 12

THE DIRT *report from our field managers*

As our thoughts and work have been turning towards preparing for the coming fall season, the weather seems to be following suit. This weekend we experienced some severe thunderstorms and a cooler weather pattern with temperatures in the low 80's is predicted for the week. Although we sustained some minimal wind damage, the 2 ½ inches of rain we received will make it unnecessary to irrigate our recently transplanted and direct sown crops for quite some time. The brassicas are responding well to the cooler weather pattern; the romanesco has nearly doubled in size since being put in the ground last week. Our final succession of beets and carrots seems to have germinated at a much better rate than our spring sowings and with the cooling temperature they have jumped dramatically in size. However, the trade off is that summer crops like eggplant, squash, and beans are bearing fruit at a much slower rate. We are hoping for a few more warm and sunny days to bring you an abundance of all our crops. It has been fascinating to watch how individual crops respond so dramatically and directly to changing temperatures and the amount of sunlight they receive.

This week's share includes some beautiful red onions. We were hoping to give you more of this crop; however, like other growers throughout the region, we have had difficulty producing onions this season due to large infestations of onion flies. Warmer winter temperatures allowed the larvae of the onion fly or 'root maggots' to survive in the soil. When our onions were put in the ground the maggot moved from feeding on wild onion grass to our cultivated onions. All alliums are vulnerable to this pest as we have unfortunately realized with our leek crop. In spite of our best efforts to prevent crop loss by applying nematodes to the soil (a beneficial micro-organism that preys on onion maggots and other soil born larvae), we have experienced some damage to our leeks due to onion flies. We are hoping that like our spring onions, many of them will be able to sustain some damage and yield a decent crop. The 'Mars' red onions you receive in your share this week should store better than the smaller sweet yellows we gave you a few weeks back. We hope you enjoy them!

-Ashley

HAPPENINGS *upcoming events at the farm*

Mark your calendars! RSVP required.

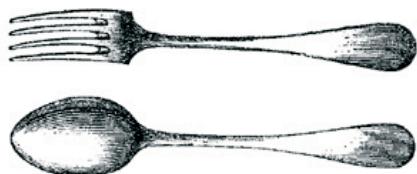
August 17, 2008 - Potato Harvest followed by a cookout. Bring something to throw on the grill, we'll supply the vegetables! BYOB!

August 22, 2008 - Eight Course Rushton Farm Dinner at Talula's Table. This meal will be fresh from the Rushton field to the table. Seats are filling fast, call or email us with your reservation.

September 7, 2008 - Rushton Farm CSA Potluck Dinner - 5:00 pm. Celebrate the end of the season with your fellow CSA members at the farm.

October 18, 2008 - Harvest Celebration and Owl Prowl - 5:00 - 8:00 pm. Sign up fast, we expect this to fill fast, sign up on your pick up days. \$10 per person, \$25 per family.





Have a great recipe you'd like to share? Email it to rushtonfarm@wctrust.org

RECIPES *what to do with those veggies*

EGGPLANT CANNELONI

You won't miss the pasta!

1 tablespoon olive oil
1 onion, sliced
4 cloves garlic
2 cups tomato sauce, preferably homemade from Rushton Farm tomatoes
Juice of 1 orange (about 1/2 cup)
2 medium eggplants, cut lengthwise into 1/2-inch slices
Olive oil cooking spray
4 ounces goat cheese
4 kalamata olives, pitted and minced
1 teaspoon capers, chopped
2 tablespoons chopped fresh parsley

Heat oil in a medium skillet over medium heat. Cook onions and garlic until soft, about 1 minute. Reduce heat. Cook until golden, 3 to 5 minutes. Add tomato sauce and orange juice; bring to a boil. Lower heat; simmer for about 5 minutes. Cool. Puree in a blender. Pour into a 9" x 13" baking dish. Coat eggplants with cooking spray and broil on a baking sheet until golden on both sides, about 15 minutes. Heat oven to 400°F. Mash cheese, olives, capers and 1 tablespoon of the parsley in a bowl. Place 1 tablespoon of filling at the end of each eggplant slice; roll up. Lay seam side down in dish. Bake 10 to 15 minutes. Top with remaining 1 tablespoon parsley. Makes 4 servings

-Adapted from epicurious.com

TOMATO PIE

1 (9-inch) frozen pie shell, thawed
3 large tomatoes, about 1 1/2 pounds, cut into 1/2-inch-thick slices
Kosher salt, for sprinkling
1/4 cup Dijon mustard
1 cup coarsely grated Gruyere cheese
1 tablespoon finely chopped fresh parsley leaves
1 tablespoon chopped fresh thyme leaves
1 garlic clove, minced
2 tablespoons extra-virgin olive oil
Additional kosher salt and freshly ground black pepper

Preheat the oven to 375°F. Line the shell with foil and fill with pie weights, dried beans, or rice. Bake in the lower third of the oven for 20 minutes. Carefully remove the weights and foil. Return to the oven and bake for 10 minutes more or until light golden. Cool in the pan on a wire rack. Turn up the oven to 400°F.

Sprinkle the tomatoes with salt and drain in a colander for 10 to 15 minutes. Spread the mustard over the bottom of the shell and sprinkle the cheese over it. Arrange the tomatoes over the cheese in 1 overlapping layer. Bake until the pastry is golden brown and the tomatoes are very soft, 35 to 40 minutes. In a small bowl, stir together the parsley, thyme, garlic, olive oil, and salt and pepper to taste to blend. Sprinkle the pie with this mixture while hot and spread out gently with the back of a spoon. Serve the pie hot or at room temperature.

-Sara Moulton, *Sara Moulton Cooks at Home*