



this week's

## HARVEST

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

**Zucchini**  
**Yellow squash**  
**Cucumber**  
**Peppers**  
**Tomatoes**  
**Cherry tomatoes**  
**Eggplant**  
**Okra**  
**Beans**  
**Cilantro**  
**Basil**  
**Potatoes**  
**Hot Peppers (upon request)**

**Pick-your-own:**  
**flowers**  
**dill**  
**sage**  
**parsley**  
**rosemary**  
**thyme**

### 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 5, 2008 ~ Issue no. 11

## IN THE BAG *tidbits from Fred*

It has been my experience that most farms and CSA's try to cater to the taste of the consumer when selecting what fruits and vegetables to grow. Tomatoes, corn, melons, squash, cucumbers, beans and peppers tend to be the staples of the summer harvest and are usually in high demand. Other crops such as eggplant, although not as popular, have their place in the summer market. Farmers know these crops to be tried and true favorites and focus their farm production towards growing them. Behind the scenes, though, most farmers have their personal favorites - vegetables that may not be popular or "fashionable" or in some cases barely edible, but they hold a dear place in the farmer's heart. The farmer usually tucks them away in a corner field and harvests them knowing that they'll probably be ignored but hopeful that they may find some appreciation from a brave soul who ventures to try them. I call these gems "misfit vegetables". In a farm market you may look at these vegetables with a curious glance and move on. In a CSA they are a part of your weekly share so you are going to get them, like it or not. We would prefer you like it, so let us look at the misfit vegetables of Rushton Farm.

**KALE** For those of you who avoided it in the spring, you missed out on what is an all around great vegetable. It is versatile. You can sauté it in olive oil and garlic, add it to stir fry and soups, or use it as part of a braising mix. Or sprinkle the leaf with parmesan cheese and cook at 350 until crisp - it's like a cracker! Kale is one of the most nutritious vegetables you can eat and well worth trying. Good news, if you missed it in the spring it will be making a return appearance this fall with its colorful companion, chard. Yum.

**OKRA** Ok, I know this is a "love it" or "hate it" vegetable. There is no denying okra's slimy nature, but that is part of its appeal. These slippery pods when prepared properly can be quite tasty. Try frying it or adding it to soups as a natural thickener. It goes great thrown into a corn and bean succotash. Okra has long been a staple in southern cooking and I am sure it is just a matter of time before us northerners fully appreciate the taste and texture of this fine vegetable. I first made this testament to okra in *The Ithaca Journal* 15 years ago, but I now believe it's time has come. Really.

**CELERIAC** Imagine a gnarled softball-sized root that tastes like celery and you have celeriac. Diced or shredded this vegetable goes great in salads and slaws. Admittedly this is one of the ugliest veggies in the field but beauty is in the eye of the beholder and it's what's on the inside that counts.

**LIMA BEANS** I believe many people who have a dislike for lima beans are simply stuck in childhood remembrance of those stale overcooked canned limas that are barely edible. Lima beans were one of the only vegetables that I consistently refused to eat because of this memory. And then my life changed when I tried fresh lima beans - Dr. Martin's pole lima bean. These Limas are unlike any you will ever eat. Large, bright green and with a slightly sweet flavor they are a true summer treat. In two weeks we will begin to harvest these beans that have been maturing all summer long. It is one of the few vegetables that I insist everyone try. I'm serious, no dessert until you eat your Lima Beans!

So these are a few of the misfit vegetables you will see in upcoming weeks. As always the Rushton Farm staff will help you to fully appreciate these vegetables with recipes and cooking suggestions. If you really want to make a farmer happy give us some positive feedback on these crops. Or if you have suggestions of any other misfit you'd like to see grown here, let us know and we'll try to find a spot for it.

-Fred





## THE DIRT *report from our field managers*

This week we'll be giving you the first half of our potato crop. We planted five varieties of potatoes this spring, covering 250 row feet. The potatoes featured this week are Dark Red Norland and All Red. Dark Red Norland is a white flesh potato excellent for boiling or baking. I like to slice them thinly, coat them with olive oil, salt, pepper, and maybe a sprig of rosemary, and bake on a cookie sheet at 350, until slightly browned. All Red has a pinkish flesh and can be prepared in a variety of ways, including steamed. We will dig up the second half of our potato crop, including our yellow-skinned Kennebec variety, our All Blues, and our fingerlings (yum!), hopefully with your help, at our August 17th potato dig/cook-out event. At this event, we will be providing some vegetables (including, or course, potatoes) for general consumption, but ask that folks bring with them whatever they wish to eat beyond our usual tomatoes, zucchini, and the like. A grill will be available for everyone's use.

The potato is often called the "queen of the vegetable world". It is high in protein, vitamin C, niacin, B vitamins, and iron. It originated in the Andean highlands (as did its close cousin, the tomato), and has been actively cultivated for over two thousand years. Potatoes are quite susceptible to disease, particularly the fungal diseases late blight and early blight. Late blight was the disease that caused the Irish potato famine in the mid-nineteenth century. At that time, all of Ireland was pretty much growing the same variety of potato (the 'Lunker', as it was known). The disease spread easily through what amounted to a massive monocrop, and tragedy ensued. Today, farmers guard against such wholesale losses by using disease-free seed (bought from growers in unique climates), rotating their planting sites, choosing their varieties carefully and planting multiple varieties. Cultural practices, such as avoiding overhead irrigation and pulling 'volunteer' potato plants (usually leftovers from years past), can also help to keep disease at bay.

-Aaron

## HAPPENINGS *upcoming events at the farm*

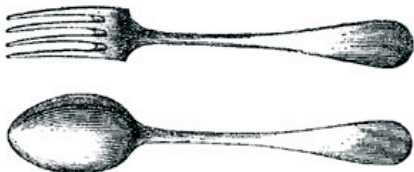
Mark your calendars! Details forthcoming here or on the web site. RSVP required.

**August 17, 2008** - Potato Harvest followed by a cookout

**August 22, 2008** - Eight Course Rushton Farm Dinner at Talula's Table

**September 7, 2008** - Rushton Farm CSA Dinner - 5:00 pm

**October 18, 2008** - Harvest Celebration and Owl Prowl - 5:00 - 8:00 pm



## RECIPES *what to do with those veggies*

Have a great recipe you'd like to share? Email it to [rushtonfarm@wctrust.org](mailto:rushtonfarm@wctrust.org)

### ROASTED TOMATOES

15 - 20 fresh ripe plum tomatoes  
Gray or kosher salt to taste  
Pepper to taste  
Extra virgin olive oil

For an extra treat, deglaze the pan with some wine or stock, scraping up all the browned tomato bits and reserve for your next sauce or soup.

Preheat oven to 375 degrees. Slice the tomatoes lengthwise and pile into a bowl. Add generous amounts of salt, pepper, and enough olive oil to coat every tomato. Toss until tomatoes are evenly coated and place in a roasting pan or baking sheet. Non stick is best. Roast in the oven until the tomatoes begin to caramelize - the tops should start to get brown. Usually takes 30 to 45 minutes or so, but you have to keep watching them. Bigger tomatoes will take longer. If using a large tomato variety other than plum, turn the heat down to 325 after caramelization, and continue roasting until the tomato has shrunken and dried up a bit.

*This recipe is best with Italian plum type tomatoes, but you can use any type of tomato, so long as it is fresh and vine ripened. The finished product can be used in endless ways, yielding an amazingly concentrated, rich, sweet tomato flavor to all kinds of dishes. Chop them up and use as a base for tomato sauce; serve on crackers as an hors d'oeuvre; puree with stock and fresh herbs for an amazing tomato soup; put it on toasted bread with mayonnaise and basil for a fabulous sandwich, etc.*

- Jodi Spragins