



# Weekly Carrot

CSA Newsletter - Week of July 14, 2008 ~ Issue no. 8

*this week's*

## HARVEST

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

**Zucchini**  
**Patty Pan Squash**  
**Tomatoes**  
**Sweet Onions**  
**Bell Peppers**  
**Green Beans**  
**Dill**  
**Basil**

### Add-On Choices

Eggs from Rushton Farm  
 Co-op  
 Goat Cheese from  
 Shellbark Hollow  
 Beef from Crum Creek  
 Farm  
 Bread from Talula's Table

## IN THE BAG *tidbits from Fred*

Ah, the first tomato of the season. When that beautiful green orb flames to a brilliant red you know summer has officially arrived. Last week the first Rushton Farm tomato was picked from the vine. It was a bit small and did not have quite the same flavor as the mid-summer tomatoes will have but it was beautiful none-the-less. For the farm staff it was a feeling of accomplishment to see the ground that we have so carefully nurtured all season begin to bear summer fruit.

A farm market tomato is very different than your run of the mill supermarket tomato. Commercial tomato varieties have been bred to pack easily, hold up for long transport and last for a week or more. They have been picked green or pink before their flavor has had a chance to develop. Their taste reflects this. Farm market tomatoes are often "heirloom" varieties that have been cultivated for their flavor and texture for generations. They are allowed to ripen on the vine before they are picked and are often sold to the consumer within days, if not hours, of harvest. Because of the time and care needed to grow these exceptional varieties they are typically only grown by small farms.

At Rushton Farm we will have a wide variety of tomatoes to select from throughout the season. Our first tomatoes are *Early Girl* and *New Girl* varieties. Coming soon will be *Blue Beech*, *Eva Purple Ball*, *Amish Paste* and *Japanese Black Trifele*. Later in the summer the ever colorful Striped German and the granddaddy of them all, *Brandywine*, will arrive. Each variety is unique in both taste and appearance and we urge you to try them all and let us know your favorites. There will be a tomato tasting event at the farm on July 27th from 5 to 7 where many of the varieties grown on the farm will be sampled. Look for the invitation in the mail and until then, enjoy the summer harvest.

-Fred

**\*A note on tomato storage.** Tomatoes should never be refrigerated. At 55 degrees F a chemical reaction occurs in the tomato causing the flavor to dissipate. Store tomatoes at room temperature and wrap or discard unused portions.



## THE DIRT *report from our field managers*

This week you'll find sweet onions in your share. These are non-storage onions, which means they have a limited shelf life. These onions are often described as 'hot', meaning they pack a bit more of a kick than your typical scallion or even storage onion. They are wonderful sliced very thin and sautéed with fresh vegetables, or used minced in a salsa. Ashley uses them on pizza to delicious effect.

In addition to the crops you receive in your share this week, we want to remind you that you are also entitled to pick your own flowers from our flower beds and herbs from the Farmshed garden. In the garden you can find culinary herbs such as parsley, sage, rosemary, thyme, oregano, basil, mint and sorrel. Lemon verbena can be used to infuse an herbal tea and is especially delicious when combined with raspberry leaves. Calendula, borage and nasturtium are edible flowers found in the garden that make a colorful garnish for salads. Please talk to Aaron, Ashley or Fred for scissors and advice on how to pick these items.

- Aaron and Ashley



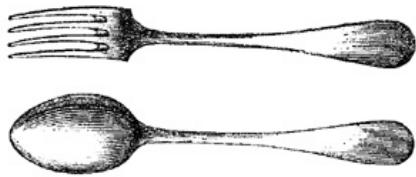
## HAPPENINGS *upcoming events at the farm*

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

**July 27, 2008** - Summer Celebration - 5:00 - 7:00 pm

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

**October 18, 2008** - Final Harvest Celebration



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

## RECIPES *what to do with those veggies*

### **Veggie Kabobs with Herb and Garlic Marinade**

1 cup zucchini chunks  
1 cup patty pan squash chunks  
1 cup cherry tomatoes  
1 cup red, yellow or green bell pepper chunks  
1 cup onion chunks  
1 cup white button mushrooms  
2 medium red or white potatoes  
1 cup pineapple chunks  
1 cup firm or extra-firm tofu chunks (or substitute chicken or steak)  
Marinade, recipe follows  
Wooden skewers, soaked in water for 30 minutes

Cook potatoes in salted water until fork tender; let cool and cut into 1-inch chunks. Place potatoes and the vegetables in a shallow dish or container with marinade. Cover and refrigerate for 2 hours or more. (If substituting meat, marinate separately.) Preheat an outdoor grill to medium heat. Remove vegetables from the marinade, reserving marinade. Thread vegetables onto skewers, alternating colors. Cook skewers on grill until vegetables are lightly charred all over, about 10 minutes, basting with reserved marinade and turning occasionally.

#### Marinade:

1/2 cup olive oil  
1/2 cup lemon or lime juice  
1/4 cup water  
1/4 cup Dijon mustard  
2 tablespoons maple syrup or honey  
2 tablespoons minced garlic  
2 tablespoons chopped fresh basil leaves  
1/2 teaspoon salt  
1/2 teaspoon freshly ground black pepper

Whisk together all ingredients in a small bowl.  
Can be prepared in advance and held covered in the refrigerator for up to 7 days.

Adapted from *Vegnews Magazine*

### **Scrumcious Stewed Green Beans with Tomatoes**

2 tablespoons extra-virgin olive oil  
1 clove garlic, coarsely chopped  
1 onion halved and thinly sliced  
1/2 cup, loosely packed, torn basil leaves (optional)  
1-1/4 pounds fresh young green beans, trimmed  
4 ripe fresh tomatoes, peeled and chopped or canned diced tomatoes, juice included  
1 T. honey or sugar  
Salt and freshly ground black pepper to taste  
Juice of 1 lemon

In a pan large enough for all the ingredients (non-stick is best), heat the oil and gently saute garlic and onions over medium-low heat until the vegetables are soft but not brown, 5 to 7 minutes. Stir in basil leaves, green beans, chopped tomatoes, seasonings and sugar and cook together covered, stirring occasionally, for 30 minutes or so until green beans are very tender. The texture you want is fairly limp, not crisp-tender. If pan seems too dry while cooking add a splash of vegetable or chicken stock or water. When very tender, remove from heat and add lemon juice. Great served warm, lukewarm or cold the next day.

Jodi Spragins