



this week's

HARVEST

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

Salad greens
 French filet beans
 Peppers
 Eggplant
 Tomatoes
 Beets
 Chard
 Eight-ball squash
 Basil
 Dill
 Hot Peppers
 Okra
 Corn

Pick-your-own:

Flowers
 Dill
 Sage
 Parsley
 Rosemary
 Thyme
 Cilantro

Add-On Choices

Eggs from Rushton Farm
 Co-op
 Goat Cheese from
 Shellbark Hollow
 Beef from Crum Creek



Week of September 8, 2008 ~ Issue no. 16

IN THE BAG *tidbits from Fred*

I want to thank all of you who made it out to the first annual Rushton Farm Potluck Dinner. The food was outstanding and there was plenty to go around. It was a beautiful evening spent sharing food with friends and family - exactly what being part of a community farm is all about. I personally enjoyed talking with many of you about your reflections on the season so far and what you have enjoyed about your participation in the CSA. As the season continues, I hope that you will feel free to engage the farm staff with any questions or comments you may have. Your input is valuable and essential to building a true community farm that is representative of its members.

The final Rushton Farm event of the season is the "Harvest Celebration" on Saturday, October 18 from 5-8 pm. It will feature pumpkin carving, hayrides and an "owl prowls." It promises to be a fun autumn event and a great way to finish off our first season at Rushton Farm and is open to all supporters of the Willistown Conservation Trust. *Space is limited and we are filling up fast.* The cost is \$10 per person or \$25 per family. RSVP at the farm on your pick-up day or send a check to:

Harvest Celebration
 Willistown Conservation Trust
 925 Providence Rd.
 Newtown Square, Pa 19073

Please include the number of people who will be attending on your check.

-Fred



THE DIRT *report from our field managers*

The storm over the weekend was a mixed blessing on the farm. On the one hand, it gave us some much needed rain, and the fields never look quite so lush as they do after a good rain. On the other hand, despite the relatively mild winds, we suffered some disheartening crop damage. Two lines of heirloom tomatoes required extensive work Sunday morning in order to be pulled upright, and it remains to be seen how many plants were irreparably damaged. We lost a few broccoli and pepper plants, too, as well as having our beans, eggplant, and chard pretty much flattened. Overall, though, I think we got lucky, and the benefits of the rain are demonstrable just looking at how much things have 'jumped' in the last day or two.

This week we'll be giving you the beginning of our last green bean succession. These beans are harvested very young and, as such, are quite slender. They are often called French filet beans, or 'haricot verts'. We're also beginning our fall salad mix, as well as our fall beet harvest, which really marks a shifting of the seasons. Thanks to all who came out to the potluck Sunday and made it such a wonderful event. We're looking forward to seeing everyone again at the season's end Harvest Celebration, October 18!

-Aaron

HAPPENINGS *upcoming events at the farm*

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

October 18, 2008 - Harvest Celebration 5:00 - 8:00 pm



RECIPES *what to do with those veggies*

Roasted Peppers

You haven't really tasted how good the colored peppers we have been giving you can be if you haven't roasted them. The roasting process dramatically accentuates the sugars in the peppers and stuffing the peppers makes a meal of it.

Peppers Stuffed with Corn and Fresh Mozzarella

2 peppers
2 tablespoons butter
1 bunch scallions, including the firm greens, thinly sliced
2 1/2 to 3 cups kernels from 5 ears of corn
2 tomatoes, peeled, seeded and diced
1 fresh mozzarella cheese, 4-5 ounces, finely diced, or 1 cup grated Cheddar or Monterey Jack
2 tablespoons finely sliced basil leaves
2/3 cup fresh bread crumbs
Salt and freshly milled pepper
Paprika

Preheat the oven to 375 degrees. Lightly butter a baking dish just large enough to hold the peppers.

If the peppers won't stand upright, slice them lengthwise in half, leaving the stem end intact. Steam them for 5 minutes and set aside.

Melt the butter in a large skillet. Add the scallions, corn, and tomatoes and cook for 3 minutes over medium heat. Turn off the heat and stir in the cheese, basil, and half the bread crumbs. Season with salt and pepper. Fill the peppers and top with the remaining bread crumbs. Set them in the prepared dish, add a few tablespoons of water to the dish, cover, and bake until the corn is hot and peppers are cooked, about 25 minutes. Uncover and brown the tops under the broiler. Dust with paprika and serve.

-Deborah Madison, *Vegetarian Cooking for Everyone*

Stuffed Hungarian Hot Wax Peppers

6 Hungarian Hot Wax Peppers
1/2 cup goat cheese or two Shellbark Farm goat cheese spreads
1/2 cup shredded mozzarella
1 minced garlic clove
Olive oil
Sea salt

1. Roast the peppers in the oven for 15 minutes or until the skins start to wrinkle or char. Remove the skins and cut a slit in the side to remove the seeds. Mix the cheese with the garlic and salt to taste.
2. Fill the peppers with the cheese mixture. Set them upright in a baking dish and brush with olive oil. Bake the peppers at 400 degrees for 20 minutes.

-Fred de Long