



Notes From the Pea Patch

Foxtail Community Farm

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Sep 13 2015

Farmer's Notebook

Man, did it rain last night! Almost 2" and it came down in sheets as I was going to bed. Normally this would be a problem for us, but with the dry weather we had the past month, the ground soaked this up like it was a light drizzle. That being said, the shift in weather has ushered in fall and the vegetables to go with it.

Like the spring and summer crops this year, the fall vegetables are looking great. The potatoes in your share this week gave us almost 3# per foot (500# total), which is our best ever yield. The edamame had less than ideal germination, but the larger plant spacing has resulted in large, sweet beans. The kale is growing nicely and is starting to outgrow the early flea beetle damage, and while this week is the last of the summer carrots, we still have 150' of fall carrots to go!

Other crops that are doing well include Brussels sprouts, which were planted early and are sizing up nicely, red and green savoy cabbages (year of the cabbage, right?), and cauliflower, which should be beautiful provided it comes in on time. We can also expect lots of winter squash (still in the running for crop of the year), more apples, and my favorite, concord grapes!

As we mentioned last week, summer crops are winding down quickly. Cucumbers are done, and this will probably be the last week for summer squash (though aren't we all a little tired of zucchini by now?) Our field tomatoes have succumbed to blight, and our greenhouse tomatoes have a week, maybe two, left. However, peppers and eggplant are still going strong and should last through September.

Of course our shares are always dependent on the whims of Mother Nature. But hopefully this last third of our CSA season should help make this our best season ever. See you all at Harvest Home! ~ Eric

This Week's Harvest

Our best guess for what will be in this week's share boxes – subject to change at harvest & packing time.



edamame - Fresh Japanese soybeans in their pods. Resembling baby lima beans, with a fresh flavor somewhere between limas and green peas. Store in an open container in fridge for up to one week. See reverse for some preparation ideas.

red potatoes – potatoes have been a challenging crop to grow in the heavy clay soil of this farm. This week's red Chieftain variety is an attractive and versatile spud with nice texture and flavor – good steamed, boiled, roasted or mashed. Store unwashed in a cool, dark place; scrub, trim and peel (if desired) before using.



broccoli (rotating shares) – a cool weather crop, broccoli returns for its fall harvest. As individual plants reach harvest stage we'll rotate through CSA boxes.

Also...

**Carrots ~ Eggplant (large shares) ~
Garlic ~ Red Russian Kale ~ Summer Squash ~
Swiss Chard (large shares) ~ Tomatoes**

Fruit Shares: a trio of apples from Fix Bros orchard in Hudson. **Gala** are the pink and yellow tapered fruits, mild and sweet – perfect for lunch boxes! **McIntosh** are the round red and green fruits with tart tender flesh, outstanding for baking. **Honey Crisp** are the giant softball-sized red swirled fruits, aptly named with amazing juicy flavor ideal for eating raw. Refrigerate apples apart from lettuce and onions. Wash before eating. *Conventionally grown.*





Recipes of the Week: Fun with Edamame

From the simplest of methods to more complex arrangements, edamame is a tasty, versatile and possibly addictive seasonal treat.

getting started: your basic edamame snack



Strip the edamame pods off the stems and boil them whole in generously salted water for 5 minutes. Drain the pods. Slip the seeds out of the pods directly into your mouth.

one step further: roasted & crunchy snack

See recipe above. Pop the boiled seeds from their pods and spread on a baking sheet. Sprinkle with sea salt or other spices (curry or garam masala are awesome). Roast at 400°F until lightly brown and crunchy. Eat by the handful or on a salad.



take it all the way: Asian quinoa salad



a new on-line find that I cannot wait to make - from twopeasandtheirpod.com

Put 1 cup quinoa, 2 cups water and a pinch of salt in a medium saucepan. Bring to a boil for 5 minutes, then reduce heat and simmer for 15 minutes until all water absorbed. Remove from heat and fluff with a fork.

Place cooked quinoa in a large bowl. Add: 1 cup cooked and shelled edamame (see basic recipe above), 1 cup chopped red cabbage, 1 red or yellow bell pepper chopped, ½ cup shredded carrots and 1 cup diced cucumber.

In a small bowl, whisk together: ¼ cup soy sauce, 1 tbs sesame oil, 1 tbs rice wine vinegar, 2 tbs chopped onion or scallion, ¼ cup chopped cilantro or parsley, 1 tbs sesame seeds, ¼ tsp grated fresh ginger, pinch red pepper flakes (or small de-seeded hot pepper, minced). Season with salt and pepper to taste. Pour dressing over salad and stir to combine.



From the archives

Need more recipe ideas? CSA newsletters back to 2010 are on our website:

www.foxtailcommunityfarm.com/MemberNewsletters.html

Here are a few favorites to re-visit this week:

- ◆ *Sep 12 2011* – sweet pepper & pine nut pasta sauce
- ◆ *Sep 10 2012* – pasta with greens & feta
- ◆ *Sep 15 2013* – kale salad with cranberries & walnuts

MARK YOUR CALENDARS:

Foxtail Community Farm Harvest Home Festival

Saturday October 3, 2015
11 am - 4 pm



hayrides
pumpkin picking
farm animals
cider pressing
face painting
chicken races
arts & crafts
pantry & bakery sale
apple pie bake-off

... and more!

foxtailcommunityfarm.com/HarvestHome2015.html