

Dharma Ridge Farm

CSA Newsletter

Week 8

July 30, 2008

*red nordland potatoes*WallaWallaSweetonions*garlic*carrots*beets*basil*favabeans*summer crisp lettuce

Hello from the farm!!

This week will be the last of the fava beans, I hope everyone had a chance to try them, they are so lovely. Try whizzing them into a spread with roasted garlic and olive oil and making a homemade pizza. The girls at Old Tarboo Farm gave us the idea for fava bean falafels!! Just substitute fava beans for chick peas in any falafel recipe. Potato salad with blanched, skinned fava beans is delicious!! Get creative, let them inspire you!

As for life on the farm, mid- summer is upon us and the fields are really starting to change shape. We are digging the first of the potatoes & saying goodbye to the peas. The carrots and beets are sizing up nicely. Our next seeding of lettuces are coming on, the brussels sprouts are knee high and our fall and winter plantings are in the ground and doing well. We are patiently awaiting our summer crops. Beans, cucumbers, tomatoes and squash. Spring seemed to linger into July this year and our hot weather crops have been reluctant to venture too far away from the warm soil. I found a zucchini the other day and all the beans are flowering, I also harvested a basket of ripe tomatoes from the greenhouses and a handful of English cucumbers, not enough for the CSA but there are some at Farmers Market. I hope you all are enjoying your boxes, but still do come out to the market to see what other treats may be available. I promise as soon as there are enough tomatoes to go around, they will make frequent showings in your box, we are all waiting and shivering a little bit ☺.....

This week for recipes, I decided to share with you the BEST most Ultimate chocolate cake that I know of, it happens to be vegan and it also happens to have a very secret ingredient which you may be running out of uses for, yes folks BEETS!!!! The cake is sweetened with maple syrup and beets. Don't tell the kids.

I always use more cocoa when making this cake, I just dump it in till I feel there is enough, but I do suggest you follow the recipe the first time before playing with it. Note that the recipe makes 1 layer, double it for a birthday cake or if you have lots of beets to use up. It calls for Spelt flour which has a bit more texture and nutrition to it. If you have never baked with spelt, now is a great time to try something new, as it is another secret ingredient in this cake. For frosting, use whatever you have, jam makes a nice glaze. For birthday's I make a frosting by melting coconut butter & dark chocolate, stirring in dried coconut& toasted nuts and glazing the cake. Sprinkle the top with

cacao nibs and refrigerate. If you use a high quality chocolate and add some cacao, you are in for a treat that is delectable as well as rich in antioxidant POWER!! If you are a chocolate lover or you know of one, you MUST make this cake, even if it sounds strange.

*** Please remember to return your boxes, we reuse them!!*****

Recipes on the back

The Ultimate Chocolate Cake (makes 1 layer)

Dry ingredients:

1 ¼ cup spelt flour

¼ t salt

¾ t baking soda

¼ cup PLUS 2 Tablespoons cocoa powder

Wet Ingredients:

½ cup maple syrup

1/3 cup vegetable oil (grape seed is a great choice)

1/3 cup water

1 cup cooked beets

CAKE PROCEDURE: Steam beets till very tender then puree' with a splash of water till smooth. Mix dry & wet ingredients separately, mix the beet puree in with wet ingredients, combine wet and dry, stir to combine. Scrape batter into an oiled 8x8 cake pan and bake at 350 for approx. 30 minutes, keep an eye on it and insert a tooth pick in the center to ensure it is done.

Carrot Raisin Cookies

½ cup white pastry flour

½ cup whole wheat pastry flour

1t baking powder

¼ t salt

1/3 cup raisins

3 carrots grated

½ cup oil

½ cup maple syrup

1 cup oats

$\frac{1}{2}$ t vanilla

$\frac{1}{2}$ cup roasted walnuts (or other nuts..optional)

Mix wet and dry ingredients separately, make a well in the dry ingredients, add the wet and stir to combine. Bake at 375 for 10-12 minutes.