

Dharma Ridge Farm

CSA Newsletter week 9 August 6, 2008

Green Star lettuce*Red Tide lettuce* 2# Red nordland new potatoes* 1/2# kale & chard mix

* *sweet onions *basil *1/2 pint cherry tomatoes*beets*carrots_

Hi from the farm!

That summer weather we were hoping for finally arrived! The tomatoes were really just waiting for some hot sunshine and last night Zach and I harvested 150 pounds! The cherry tomatoes are mostly Sungolds, with a few sweet 100's mixed in. Sungold tomatoes have a very sweet flavor and are a beautiful deep orange. The sweet 100's are not as sweet but the red color complements the orange Sungolds and makes for a beautiful presentation. The basil this week was grown outside in raised beds, it is a bit rough around the edges from braving the elements, it's perfect for making pesto. I have found that freezing pesto in ice cube trays makes for easy pasta dinners in the winter. I just throw a few "pesto cubes" in the bottom of a bowl and then pour hot, drained pasta right over the top, let sit for a few seconds to get the pesto defrosting and then toss with olive oil and whatever else you like.

The potatoes are "new" which means the skins are very delicate and haven't had time to thicken in the field. They are so bright and beautiful. Try boiling a few and storing them in the fridge to bulk up green salads. This is the season for potato salad and I am sure most of you have a favorite recipe already!

If you find yourself with extra beets you can try making a few jars of pickled beets for winter. I will include a very basic recipe and if you like the idea you can do a search on the internet for more exciting additions.

Enjoy this beautiful weather and eat well!!!!!!!

Pesto (makes 1 cup)

3 packed cups fresh basil leaves
blender

3-4 garlic cloves

1/3 cup lightly toasted pine nuts or walnuts
drizzle in

1/3 cup olive oil

1/3 cup grated parmesan cheese

Place basil leaves & garlic in a food processor or

and mince well. Add nuts and continue blending till the nuts

are finely ground. Keep the machine running as you

oil. When you have a smooth paste, stir in the cheese and

season with salt and pepper.

Pickled Beets (from "Putting Food By" Janet Greene, Ruth Hertzberg & Beatrice Vaughn)

Prepare a large pot for a boiling water bath & a smaller pot for boiling your beets. Prepare your pint jars and lids by boiling them. How many pints you make will depend on how many beets you have. Scrub beets and leave the tap root and a bit of stem to prevent bleeding. Boil beets till tender, plunge in cold water to handle; trim, strip off skins, slice. While beets are cooking make a Pickling Syrup of equal parts white vinegar and sugar. Figure on ½ -¾ cup syrup for each pint jar.

Fill clean, hot jars with hot beet slices, leaving ½ inch head room. You can add ½ teaspoon of salt to each pint if you like. Add boiling syrup leaving the ½ inch of head room. Adjust lids and process in a boiling water bath for 30 minutes. Remove jars and let cool. Before storing make sure the lids are sealed completely. Enjoy!!!!

Lasagna al Pesto All Green! (makes 6-8 servings)

recipe adapted from "The Enchanted Broccoli Forest" by Mollie Katzen

A Little oil for the pan

4 cloves garlic

About 16 green lasagna noodles (spinach noodles) ½ t. salt & fresh ground pepper to taste

1# greens of your choice

¾ cup grated parmesan

2 pounds ricotta cheese

1/3 cup toasted pine nuts or walnuts

1 cup pesto

1 pound mozzarella cheese, grated

1. Preheat oven to 350. Lightly oil a 9x13 inch baking pan. Cook noodles according to package instructions, careful not to overcook. Drain and lay them flat and straight on the counter.
2. Thoroughly wash and dry the greens and finely mince them.
3. Place the ricotta in a large bowl. Stir in the finely minced greens, pesto, garlic, salt and black pepper, ½ cup of the parmesan and the nuts, mix well.
4. Place a layer of noodles in the bottom of your prepared pan. Spread about 1/3 of the filling over the noodles (ok if uneven), and sprinkle about 1/3 of the mozzarella on top. Follow with another layer of noodles, another 1/3 of the filling, and another 1/3 of the mozzarella. Repeat this pattern one more time with a third layer of everything. Top with one final noodle layer and the remaining ¼ cup of parmesan on the very top.
5. Bake for 50 minutes, if the top browns too quickly during baking, cover loosely with foil.

