

Dharma Ridge Farm

CSA Newsletter Week 10 August 13, 2008

*1 ½ # potatoes *1 ½ # green beans *pirat butter lettuce *red tide lettuce *garlic *carrots *walla walla sweet onions * 1 ½ # Mixed tomato Basil*

Hello!

Wow! Here we are half way through the CSA, for ten weeks now, all of you have been basing your meals around the food grown at our farm! This is humbling and exciting! We are now getting into the meat of the season. Pea picking has turned into bean picking, tomatoes are being harvested twice a week from our 4 green houses. The outdoor tomatoes are beginning to blush. The eggplant is flowering and I am crossing my fingers that we will have a nice crop. The calendar tells me that in less than 3 weeks my kids will be heading back to school and summer will be ending. It feels like summer is just beginning!

There are still 10 more weeks of delicious vegetables to enjoy! Summer AND Winter squash are on the horizon, cucumbers, peppers and hopefully eggplant. We are still working on the last of our fall and winter plantings and tending the direct seeded beds of herbs, greens, radishes and salad mix that we will be harvesting in September.

As for this week's box... The potatoes are a mix of a variety called Kennebec White and Yukon Gold; both popular all purpose potatoes with smooth skin and texture. The tomatoes are mostly a mix of Early Girl and Big Beef, a few of you may find a bright yellow tomato called Lemon Boy. This is the time of year for fresh tomato slices on everything! You can't have tomatoes without basil so I am including an ounce or so.

The most simple way to prepare green beans is in a hot pan with oil, sweet onion and garlic. Get the onion and garlic going and when they soften, add the trimmed, washed green beans, turn the heat up and keep the beans moving, add a splash of water and saute' till they are bright green and still crisp. Throw in a dash of balsamic vinegar, salt and pepper to taste. Enjoy!!!

Bruschetta with tomatoes: makes 6 slices

6 thick slices French style bread 2 cloves garlic, peeled & cut in half

¼ cup best olive oil you can find 4 large basil leaves, chopped

2 large ripe tomatoes (or more if smaller) sprinkling of oregano, salt/pepper

Bruschetta preparation:

Prepare the tomato mixture first to give flavors time to blend.

Dice the tomatoes and mix with olive oil, basil, oregano, salt and pepper. Some recipes recommend cleaning out the seeds, I will leave this decision to you.

Grill or toast the bread and while it is still hot, rub well with the “raw” side of the garlic cloves.

Spoon the mixture on top. Buon Appetito!!!

Spiced Carrot Salad serves 4-6

2 cups diagonally sliced or julienned carrots ½ t ground cumin

3 tablespoons finely chopped fresh parsley ½ t ground cinnamon

2 tablespoons finely chopped fresh cilantro ½ t paprika

1 tablespoon finely chopped fresh mint 1/8 t cayenne pepper

2 tablespoons freshly squeezed lemon juice 1 t sugar

2 cloves minced garlic 1/3 cup olive oil

Lemon slices

Bring a medium pot of water to a boil. Add the carrots; boil until barely tender and still brightly colored, 1 to 2 minutes.

Drain the carrots and run cold water over them to stop the cooking. Drain Well.

Transfer the carrots to a large salad bowl. Add the parsley, cilantro, and mint; toss to combine.

Mix lemon juice, garlic, cumin, cinnamon, paprika and cayenne in a small bowl. Stir in the sugar.

Slowly pour in the olive oil in a thin stream, whisking constantly, until the dressing is thick and no longer separates.

Pour dressing over the carrots and toss till well coated. Cover and refrigerate for at least 2 hours.

Let the salad come to room temperature before serving, top each serving with a lemon slice.

Enjoy!!