

Dharma Ridge Farm

CSA Newsletter

Week 11

August 20, 2008

Green Pepper Cucumber * 1 ½ # Tomatoes *1 ½# Green Beans *1 ½# Zucchini* 2# Red Nordland Potatoes*Green Butter Lettuce* ½ # Baby Chard*

Hi from the farm!

The weeks have been flying by, how did it get to be August? We had our first blackberry cobbler of the season yesterday and are looking forward to more! The last few rainy days have been perfect for canning, I have been working on Dilly Beans and Beet Relish, this afternoon will be Dill Pickles. Blackberry jam is also next on the list. The animal part of me recognizes the slight hint of fall on the horizon and the time to hoard and store away the harvest. If any of you are interested in large quantities of beans for canning this is a good time to get them, we have 5 & 10 pound boxes available for 3\$ per pound, which is a screaming good deal for organic beans!!! Call the farm at 732-0178 if you are interested, we also have tomatoes for canning and loose beets.

This week I decided to share a bit of info about roasting vegetables. If this is not something you are familiar with, I think you will enjoy this simple preparation, especially when the weather is cool. Roasting your vegetables intensifies their flavor and brings about their natural rich sweetness. Olive oil is the best oil to use for roasting vegetables, and you will need a nice deep pan, a cookie sheet can work well for green beans, but a deep dish is better for root veggies. Garlic is heaven when roasted, I usually add a few cloves, papers and all to my pan of veggies, the garlic roasts in the skin and when it cools enough to handle simply squeeze out the creamy roasted garlic...yum!! Fresh herbs are great tossed with the veggies before sending them into the oven, Rosemary is classic, thyme, oregano, marjoram and chives are delicious. A good quality coarse salt is also key. I am including a recipe for a balsamic reduction, which sounds fancy, especially when you read it on a menu, it is so simple and delicious on salads or sliced tomatoes, try it as a dipping sauce for roasted zucchini. Impress your friends with your "Roasted Summer Vegetables with Balsamic reduction" fancy shmancy...

Roasted Potatoes:

Preheat oven to 400 cut potatoes into chunks or wedges, keeping in mind that larger pieces will take longer to cook and they should be even in size so they are all done at the same time. Oil your baking tray and place potatoes along with any herbs you would like, on the tray shake to get them oily and roast for 15 minutes, then turn them and roast for another 15 minutes. Taste them to insure they are done. Whole potatoes can be roasted as well, small Yukon Golds are very popular. Toss them with coarse salt while still hot and serve.

Roasted Green Beans:

Preheat oven to 375. Trim the beans, spread them out on an oiled baking tray, roll them around so they get thoroughly, but lightly coated with oil. Roast for 5-8 minutes, shaking the pan once or twice during the process to move the beans around. Remove from oven, sprinkle lightly with salt and serve hot.

Roasted Tomatoes:

Cut out the stems first, then place the whole tomatoes, (skin intact) on a lightly oiled baking tray. Preheat oven to 400 and roast for 30-40 minutes. Riper tomatoes will roast more quickly. If desired, you can drain off

the juices intermittently during the roasting process, this enables the tomato to cook from the inside out, rather than stew in it's juices.

Roasted Zucchini:

Slice in half lengthwise, preheat oven to 375, bake on an oiled tray for about 20 minutes or until easily pierced with a fork. Try grilling on the barbeque too!!

Roasted Carrots:

Preheat oven to 375, cut larger carrots into 2 inch lengths, leave small ones whole. Roll them in the oiled pan to coat, roast for about 30 minutes.

Balsamic reduction:

Place 1 cup Balsamic Vinegar in a small saucepan and heat to boiling. This gives off a strong odor, you may want to open a window. Turn the heat way down and simmer uncovered for 30 or so minutes, or until the vinegar is reduced in volume by about half. Transfer to a bowl and cover tightly, store indefinitely at room temp.

****If the weather heats up, remember you can grill most of these veggies on the bbq, or serve them raw with hummus. Green beans are best quickly blanched till bright green, then added to your raw veggie plate. The simplest preparations are the best when it comes to vegetables that are this fresh. They have their own amazing, vibrant flavors and textures all on their own. Enjoy and be well!!!!**