

# Dharma Ridge Farm

CSA Newsletter    Week 12    August 27, 2008

1#Tomatoes\*2# potatoes\*2#Zucchini\*carrots\*red leaf lettuce\*green pepper\*cucumber\*  
\* 1# Green Beans

Hi from the farm!!

As I sit writing the newsletter this week, I am fighting my urge to build a fire in the woodstove. It is still summer, I tell my shivering self, it is August!!! I look up from the computer and scan the shoe wrack for my wool slippers, I may have to put on my wool sweater next. I don't know, every year seems to have it's weird and wacky weather, but this season sure has been confusing. I can feel fall in the air, the amber autumn light has already started creeping in, Yet, wasn't it just starting to feel like summer?

While it looks like we will have to deal with a few crop failures this season , such as our sweet corn and heirloom eggplants. We have had beautiful crops of peas, beets, carrots and spinach, due to the cool long spring. You win some and you lose some in this big gamble called farming. It is so important for small farms like ours to diversify, diversify, diversify! Growing a wide variety of crops is important not only for the health of the soil, but also for the health of the farm as a business, we can't have all our eggs in one basket. Part of the enjoyment of farming comes from the satisfaction of looking out over the field and seeing so many different textures, colors, shapes, so many different choices for what to have for dinner! The farm is like this big painted canvas that changes shape and color weekly, never a dull moment.

The time has now come for the ceremonial making of the zucchini bread. If you haven't already hit this seasonal milestone; here it goes. This recipe came from our very special farm hand; Alexa. It was her grandmother's recipe and is sure to please.

Alexa likes to experiment with alternative flours and recently made a batch of this bread using Kamut flour, it was so good.

☺ Enjoy your vegetables this week, especially those ripe tomatoes☺

Maria Theresa's Zucchini Bread    makes 2 loaves

3 farm fresh eggs well beaten	2 tsp baking soda
1 cup oil	1 tsp salt
2 tsp vanilla	½ tsp baking powder
2 cups grated Zucchini	3 tsp. cinnamon
2 cups sugar	
2 cups flour	

Mix the wet & dry ingredients separately, slowly add the dry to the wet, stirring to combine. Divide the batter between two oiled loaf pans and bake at 350 for 1 hour or until a toothpick comes out clean from the center.

**Carrot-Cashew Curry** adapted from "The Enchanted Broccoli Forest" by Mollie Katzen

Serves 6

Put up some rice to cook before you begin

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1 Tbs. canola or peanut oil	2 tsp. salt
1 Tbs. grated fresh ginger	2 med-sized potatoes thinly sliced
1 tsp. mustard seeds	5 carrots, thinly sliced
1 tsp. dill seeds	2 cups orange juice
1 tsp. ground cumin	¼ tsp. cayenne (to taste)
1 tsp. ground coriander	1 medium bell pepper thinly sliced
1 tsp. ground turmeric	1 cup yogurt
2 cups sliced red onion	1 ½ cups toasted cashews
4 large cloves garlic, minced	

- 1) Heat a large, deep skillet or dutch oven. Add oil, ginger, mustard seeds, and dill seeds, and saute' over medium heat for 3-5 minutes, or until the seeds begin to pop.
- 2) Add the remaining spices, and the onion, garlic, salt, potatoes and carrots. Saute' for another 5 minutes, then add the orange juice. Cover, turn the heat to medium-low, and simmer till the potatoes are tender (15 minutes).
- 3) Add cayenne and bell pepper. Cover and let it stew another few minutes, till the peppers are just barely cooked. Remove from heat and stir in the yogurt just before serving. Serve over rice, topped with the cashews.

## Buttermilk & Cucumber dressing yields 2 ½ cups

1 medium cucumber, peeled, seeded and chopped

1 ½ cup buttermilk

1 clove garlic minced

½ tsp salt

2 T red wine vinegar

2 tsp prepared horseradish

1 T minced fresh dill or 1 tsp dried

2 T minced fresh mint or 2 tsp dried

2 T minced red onion

½ tsp paprika

Combine in a blender and puree till smooth. Serve as a dip for lightly steamed beans and sliced carrots.