

Dharma Ridge Farm

CSA Newsletter Week 13 September 3, 2008

Sweet onions*garlic*carrots*wax beans*broccoli*tomatoes*butter lettuce*cucumber*green pepper

Hi from the farm!

I thought it was feeling pretty cold last week and sure enough we got a frost!! Can you believe this? Our North field was the worst and it looks like it was a killing frost for a lot of the Zucchini and summer squash. Some of the winter squash shows signs of damage as well. Our farm tends to get the very late frost & the earliest frost, giving us a small window for squash and corn. We select varieties with the shortest number of heat degree days to give us a chance but it's always a gamble. The soil in this valley is so rich and beautiful that we are willing to take our short window of a season, prepare the best we can and then roll the dice. Even when we have failures on certain crops, there is always beautiful abundance overflowing from another. All of us are so thankful for that.

In more news, despite the cool temps our greenhouses are still producing some tasty fruits. Yesterday brought a big harvest of Early Girl tomatoes. Early Girls are not heirlooms but are an older variety that have excellent flavor. You will find they make a great tomato salad with cucumber and roasted beans, add a bit of vinegar and some feta cheese and you are in for a treat. We have been enjoying tomato sandwiches with thick slices of sweet onion, salt, pepper and a little mayo, so good on fresh bread! These babies are so good I find myself eating them like apples from time to time.

The wax beans can be prepared in the same way you have been preparing your green beans; you will find them to be a bit more juicy and tender, requiring less cooking time. For your carrots, may I suggest inviting someone you love over for a spot of carrot cake? If you don't already have a tried and true recipe, ask your friends and family, there are a million recipes out there and everyone has their favorite, with raisins and nuts or without 😊

For those of you picking up your boxes at the Wednesday Farmers Market please note that the last market will be on September 24th. For the remaining four weeks of the CSA pick up will be at the end of Beech Street from 4:30-6:30. I will be sending out emails very soon detailing the change. If you have questions or concerns regarding the change, please email me at info@dharमारidgefarm.com. RECIPIES ON THE BACK.....

Frittata

Preheat your oven to 375

1 Tbs. olive oil

$\frac{1}{2}$ cup minced onion

$\frac{3}{4}$ tsp. salt

Pinch of fresh herbs

2-3 cups chopped veggies...broccoli, carrots, pepper, beans, zucchini, greens ect.

2 small cloves minced garlic

4-5 eggs

$\frac{1}{4}$ # grated cheese (optional)

You will want to use a 9-10 inch oven proof skillet such as cast iron as the veggies will be sautéed then the eggs and cheese will be poured over and the whole pan will go into the oven to bake.

Heat the oil and add the onion with half the salt, sauté over medium heat till tender. Add veggies in order of hardness, broccoli and stems go first greens last. Sauté till the veggies are tender and any liquid is evaporated. Sprinkle in your herbs of choice and add the remaining salt. Beat eggs in a separate bowl, pour them over the veggies and sprinkle on your cheese. Tomato slices can be added to the top as well as fresh pepper. Bake for 15 minutes or until the frittata is solid when you shake the pan. You can broil it for the last few minutes to brown the top if desired. Serve hot or cold sliced into wedges.

Caramelized onions...serve as a spread with fresh tomatoes or as an accompaniment for roasted meats or vegetables. The onions will lose 90% of their water and will reduce greatly, keep this in mind when deciding how many to caramelize.

Finely slice 3-8 onions, cook over medium heat in 1 tablespoon olive oil or butter. You will want to stir them frequently for 45-60 minutes, if you want to leave the stove turn the heat down a bit and cover the pan, but return soon to stir them. Toward the end of their cooking, try stirring in a bit of red wine or lime zest to make a savory marmalade. Yum!