

Dharma Ridge Farm

CSA Newsletter

Week 14

September 10, 2008

Tomatoes*celery*potatoes*wax beans*onions*arugula* lettuce*garlic*beets*carrot*cilantro

Hi from the farm!

This week we said goodbye to Andy, one of our awesome interns. In the next few weeks we will be saying goodbye to Alexa and Mike, as they head back East to be with family and on with their life adventures.. This was the first season where we had so much help; it has been amazing to be caught up on things for once in our farming lives! Many hands make light work...Having a dedicated crew made all of the difference and we couldn't have pulled off such a great summer without them!!! Soon it will be just like the old days, with Zach and I and the kids as the crew. We will still have harvest help from Dannan until he heads out in October to spend the winter in Hawaii. After the last Farmers Market in November we will be harvesting our winter crops twice a week and delivering to the Food Coop as well as our restaurant accounts.

Our next big farm project will be harvesting the storage onions. We grew a red variety called Red Wing and a yellow variety called Gunnison. The recent warm, dry weather has really helped them along in the curing process. We will trim them in the field and then take them into the greenhouse to further dry on screens; we will have onions to last through the winter. The onions you have seen in your boxes have been Walla Walla Sweets, which are a fresh eating onion and are partially dry, it is best not to store them in the fridge at this point as it will cause them to sweat when you bring them out; the sweating can make them spongy and not as nice. They are best stored in a cool dry area such as a garage or cupboard, and need to be used within a few weeks.

This week's box brings you celery! The celery was started in the green house on March 31st then transplanted out into the field where it slowly grew into the little beauty it is today. Celery has a long growing season of generally 100+ days. Try celery as a snack raw with your favorite dressing, it is also an important soup ingredient. Ants on a log are not just for kids and there are many delicious variations such as cream cheese and dried cherries, or almond butter and cranberries. The stalks on this celery are not huge so they may be better for dipping than stuffing, you be the judge. We are just happy to see it ready to eat!

Beets are back this week; hopefully you have had enough time to miss them ☺. I am including a really good beet salad recipe from my friend Erika; everyone always loves this salad and asks her for the recipe. You will need to roast your beets for the salad and also note that it calls for green onions but you can substitute your walla wallas for them, it will alter the flavor slightly though.

The Ten Minute Pasta Dinner recipe from Vegetable Heaven by: Mollie Katzen

Great way to use your flea beetle eaten Arugula, which has many holes but still tastes delicious.

$\frac{3}{4}$ Pound pasta any shape

- 1-2 Tablespoons extra virgin olive oil (to taste)
- 1 Tablespoon minced garlic
- A few handfuls chopped fresh arugula
- 1/3 cup grated pecorino or parmesan cheese (to taste)
- Red pepper flakes

Put up the water to boil and cook the pasta according to the package. Drain the pasta transfer to a bowl and drizzle with olive oil. Toss with a long fork or tongs, adding the garlic and greens and sprinkling in the cheese and red pepper flakes as you toss. Serve hot accompanied by leftover cooked vegetables.

Erika's Roasted Beet Salad

- 4 Cups roasted beets cut into small chunks
- 2 cups chopped green apple
- $\frac{1}{2}$ cup diced green onion
- $\frac{1}{2}$ cup chopped parsley
- $\frac{1}{2}$ cup crumbled feta cheese

Dressing:

- $\frac{1}{4}$ cup walnut oil (olive oil can be substituted)
- 2 Tablespoons lemon juice
- 2 teaspoons honey
- 2 teaspoons tamari
- 2 teaspoons dried mint
- $\frac{1}{2}$ teaspoon cinnamon

Mix first 5 ingredients together in a large bowl. Whisk together the dressing in a separate bowl and stir into the beet mixture, cover and chill before serving.

Salsa Fresco yields aprox. 2 cups

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| 3 medium sized ripe tomatoes chopped | 1 tsp. lightly toasted cumin seeds |
| $\frac{1}{4}$ cup chopped onion | 1 T cider vinegar |
| 2 cloves garlic chopped | 1 T olive oil |
| Handful of chopped cilantro | 1 T fresh lime juice |
| $\frac{3}{4}$ -1 tsp. salt | crushed red pepper to taste |