

Dharma Ridge Farm

CSA Newsletter

Week 15

September 17, 2008

Green butter lettuce*Spinach*carrots*beets*onions*potatoes*Heirloom tomatoes*wax beans*radish

Hi from the farm!

The big news on the farm this week is Compost!! We were so lucky to connect with a local donkey ranch that happened to have 8 years worth of manure and bedding composting behind their barn; over 150 yards total. They were excited at the idea to get rid of it all and our eyes lit up at the sight of all that beautiful fertility at the ready. We will borrow Colinwood Farm's manure spreader and will begin spreading over all of the open spaces in our sandier fields. As organic growers it is our mission to do everything we can to create a balanced rich soil that is completely ALIVE, that is the foundation for everything we do on the farm. We will also add compost in the spring and till in our winter cover crops to add more fertility.

Our projects around the farm are turning toward harvest and clean up. The storage onions and shallots were harvested last week and are curing. The crew has been working on digging potatoes, which is mostly done by hand. More and more open spaces are left in the fields; soon they will be covered with compost and winter cover crops as well as our trusty winter crops. We are already making plans for next season and whether or not to continue the CSA is on the list of things to consider. This was our first season offering the CSA program and we really have learned a lot, we would definitely appreciate any feedback as it will help us to shape our next steps.

On to the veggies! This week your tomatoes are Heirloom varieties and everyone is getting a pound. This may only be one tomato in some cases as some of these guys are rather large. We grew three heirloom varieties; Prudens Purple which is a bit of a deep pink/red color; Striped German which is orange, yellow and red striped and Green Zebra which looks just as it sounds. We pick our Heirlooms a bit under ripe to prevent them from splitting. You will most likely need to leave them out on the counter for a day or two until their color deepens and they ripen out. The Green Zebras will get a yellow tint to them when they are ripe. Heirloom tomatoes are highly prized and very delicate, try them sliced with a tiny drizzle of olive oil and a shake of good salt and fresh ground pepper.

Try making a spinach salad with your spinach and radishes using a simple balsamic vinaigrette or your favorite store bought dressing. Spinach is great in a warm salad with roasted potatoes and beets and a little crumbled gorgonzola cheese...yum!

If you are beginning to have a buildup of potatoes go ahead and start storing them away for later. Potatoes are best stored in a paper bag in a dark, dry location, they should store for about 10 weeks if the conditions are right. And just when you thought you couldn't eat any more beans, savor these babies because this is the last of them for the season. Try them steamed and dressed with a little butter... enjoy! *** Remember starting October 1st our Port Townsend pick up will be on Beech Street.

Recipes on back

Beet Chips serves 4 as a snack

recipe from "The Produce Bible" by: Leanne Kitchen

1 Pound (about 3) Beets

3 Cups vegetable oil

Use a sharp knife to cut beets into paper thin slices and preheat the oven to 235. Heat the oil in a frying pan over high heat and cook the beet slices, until they are crisp and browned. Drain on paper towels and keep warm in the oven while cooking the remainder of the chips. Serve with an aioli or horseradish dip or make a meal out of the Swiss Cheese and Onion soup, a spinach salad and beet chips on the side.

Swiss cheese and onion Soup makes 6-8 servings recipe from "Moosewood Cookbook"

2 Tbs. Butter
2 Medium onions thinly sliced, (about 4 cups)
1-2 cloves of garlic, minced
2 tsp. dry mustard
1-3 Tbs. flour (depending on how thick you want the soup)
2 Tbs. dry sherry
2 cups water
1 tsp. prepared horseradish
1 $\frac{1}{2}$ cups warmed milk (any kind)
1 $\frac{1}{2}$ cups packed grated Swiss cheese
Fresh ground pepper to taste

Melt the butter in a large kettle; add onions, garlic, salt and dry mustard. Cook over medium heat for 8-10 minutes or till the onions are very soft. Gradually sprinkle in the flour, stirring constantly, then add the sherry and mix well. Add the water and horseradish, stir and cook for about 5 more minutes.

Add warm milk and cheese. After adding the cheese, stir well with a wooden spoon for a few minutes and everything will become smooth and well blended. Add pepper and adjust the other seasonings to taste, increase mustard, sherry, salt or horseradish to taste. Serve hot with croutons or dusted with paprika.

ENJOY!ENJOY!ENJOY!ENJOY!ENJOY!ENJOY!ENJOY!ENJOY!ENJOY!ENJOY!ENJOY!ENJOY!