



Field of Squash, Calendula flower, Packing the CSA boxes

KEEWAYDIN NEWS

August 17 / Week 12

What's in the Box

Summer Squashes

Tomatoes

Cucumbers

Red Onions

Hot Peppers

(Serrano sml Hot Wax Irg)

Eggplant

Radishes

Salad Mix

Turnips

Parsley

Cilantro

EOW ONLY

**Broccoli OR Cauliflower*

**Watermelon OR Cantalope*

**Fennel*

Notes from Farmer Star

Perhaps you're wondering why sometimes the shares are not alike. There is only so much ripe at one time so the Standard Shares will get it one week and the EOW Shares will get it the next. I am trying to make sure that everybody gets some of everything.

There are a few reasons you haven't gotten Salad Greens the last couple of weeks. With all the main season crops there really just isn't room in your box. Which coincides with the fact that lettuces just don't do as well this time of year. The long day light hours and heat makes lettuce bolt (go to seed).

You should see Sweet Corn in your box next week!!

We want to hear from you. Please send questions and comments

to: csa@keewaydinfarms.com

To forget how to dig the earth and to tend the soil is to forget ourselves.—
Mohandas K. Gandhi

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Southern Turnip Supreme

INGREDIENTS

1 cube vegetable bouillon

1 cup water

3 cups peeled, cubed turnips

1/4 cup minced onion

2 cloves garlic, minced

salt and black pepper to taste

1 1/2 tablespoons sour cream

1/2 cup shredded sharp white Cheddar cheese

chopped fresh parsley for garnish

DIRECTIONS

Place the vegetable bouillon cube into a saucepan with the water, and bring to a boil over high heat. Cook until the bouillon cube dissolves, about 1 minute. Stir in the turnips, onion, and garlic, return to a boil, and cook the mixture until the turnips are tender, about 10 minutes. Reduce the heat to a simmer, and cook until most of the liquid has been evaporated, 10 to 15 more minutes.

Lightly stir in the sour cream to coat the turnips. Sprinkle with salt and pepper, and top with shredded Cheddar cheese and parsley.

Please send in your midseason survey if you haven't already done so.

Don't forget about the Harvest Celebration on September 19th. We'd love to meet you all!

Braised Fennel

Ingredients

- 1 Large fennel bulb (sometimes called anise; with fronds)
- 1 1/2 tablespoons extra-virgin olive oil
- 1/4 teaspoon salt
- 1/8 teaspoon black pepper
- 1/2 cup reduced-sodium chicken broth
- 1/4 cup water

Directions

1. Cut off and discard stalks from fennel bulbs, reserving fronds. Chop 1 tablespoon fronds and discard remainder. Cut bulbs lengthwise into 1/2-inch-thick slices, leaving core intact.
2. Heat oil in a 12-inch heavy skillet over moderately high heat until hot but not smoking, then brown fennel slices well, turning over once, 3 to 4 minutes total.
3. Reduce heat to low. Sprinkle fennel with salt and pepper, then add broth and water. Cook, covered, until fennel is tender, 10 to 12 minutes. Sprinkle with fennel fronds.

Grilled Eggplant Sandwiches

Ingredients

4 teaspoons Olive Oil
1 clove Garlic, finely chopped
1 1/2 teaspoons chopped, Fresh Basil, Dill or Cilantro
Salt, to taste
Fresh Ground Black Pepper
2 small Eggplants or 1 lrg

Sandwiches:

1/2 cup Cream Cheese, Low-Fat Whipped, or Goat Cheese
4 pieces Focaccia or other good quality bread, sliced in half, lengthwise
2/3 cup Salad Greens, washed
4 slices Tomato

Preparation:

Preheat grill to medium heat.

Add olive oil, garlic, salt, and fresh ground pepper and 1/2

teaspoon fresh chopped basil, dill or cilantro to small bowl. Stir to combine.

Brush both sides of eggplant slices with olive oil mixture.

Grill eggplant over direct heat, 3 minutes per side.

Sandwiches:

Mix cream cheese, 1-tablespoon fresh chopped basil, dill or cilantro, salt, and fresh ground pepper in small bowl.

Spread 4 halves of focaccia bread with cheese mixture.

Top with salad greens, slice of tomato and focaccia bread slice.

Hot Peppers

Enjoy your hot peppers any time of the year.

TO DRY: String hot peppers through stem with a sewing needle thread or fishing string. Then hang in a sunny window. That's it. Or easier still, just put hot peppers on a plate in a dry sunny location. Thin skinned varieties dry the best.

TO FREEZE: Real simple. Wash thoroughly and let dry. Cut off stem and leave the seeds in. Freeze in containers or plastic bags. They'll taste "fresh" any time you eat them.

ROAST 'EM AND CRUSH 'EM: Make your own gourmet crushed hot peppers. Preheat oven and broil to 250 degrees. Put dried hot peppers into oven in pan or on tin foil. Roast about 5 minutes or until just starting to darken. Let cool and put in blender. Crush to desired size.