



KEEWAYDIN NEWS

Wall of Peas, Farmers Rufus and Star, Green Peppers coming soon

July 20 / Week 8

Keewaydin Family Farm CSA
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Field Notes:

Well, sadly the Sweet Corn did not make it. We have nice fat crows so if anyone wants crow pie be my guest. We will have to get some from a local organic farmer to add to the boxes this season. The first of the Cauliflower plants were eaten by a woodchuck, cross your fingers for the second batch. There was less Broccoli then I thought we'd get but there will be more later in the season. Soak broccoli in salt water to get out those cute little green worms.

This weeks box is one of the best, I think. It's loaded with main season crops. The one's everyone likes. Keep some of the Herbs to use fresh and experiment with drying and freezing some as well. You can keep adding to it throughout the season and have plenty to last through winter soups. I want to encourage the EOW shares to read through all newsletters so you don't miss out on information. Everyone should check out Madison area CSA member Annemarie's site at <http://sustainablesoapbox.wordpress.com/> We love it! There are gorgeous food pics and recipes from out of your CSA box. It's fun and informative! Thanks for sharing Annemarie.

Heads up, in about two weeks we will be sending out a mid-season survey. Your feedback is crucial.

Thank you for supporting local, organic, and small family farms. Come visit us!

—Star

This Weeks Box

Salad Mix

Peas

Beans

Young Red Onion

Salad Cucumber

New Potatoes

Leeks

Carrots

Red Cabbage

Herbs: Sage, Savory,

Basil, Parsley,

& Celery

Broccoli EOW

Shares Only

Winter Shares

Start thinking about a Winter Share. We will be sending out sign up forms soon. We have space for about 50 shares. The Winter share is Two Large boxes of storage crops for \$110. You can get four boxes for \$200. Delivered in November just in time for the Holidays. These are crops that you can store over the winter, eating local all year long! Shares may include but are not limited to:

- Potatoes
- Onions
- Garlic
- Winter Squash
- Brussels Sprouts
- Cabbage
- Carrots
- Radishes
- Herbs

Will also include cold hardy leafy greens like Spinach, Kale and Swiss Chard if available!

CSA Harvest Celebration

September 19th from 3pm till midnight!

Farm Tour- Smell the air, touch the soil

Potluck- Share the bounty and make new friends (bring plates and forks)

Children's Activities- Games and crafts

Bluegrass Music- We Be Jammin'

Bonfire- Bring a chair or blanket

Camping- On the farm or nearby

Viola Horse and Colt Show- Parade (Noonish), Tractor Pull, and Horse Competitions in our local town of Viola

It's a long drive to the country. Want to make the most of it? Visit your CSA farm and spend the weekend in the Kickapoo Valley. Come see for yourself the scenic green hills and valleys of the Driftless region in Wisconsin. Enjoy hiking, camping, canoe/kayaking, fishing, horseback riding and mountain biking.

Check out these sights online: Kickapoo Valley Reserve, Wildcat Mountain State Park, Sidie Hollow Campgrounds, Elroy Sparta State Trail, and Viola Horse and Colt show. There are also hotel/motels and campsites available in Readstown (3mi), LaFarge (12 mi), Viroqua (30 mi) and Richland Center (35mi).

We hope you can make it!

Braised Leeks

This recipe works for as few or as many leeks as you like. If you are having a big dinner with many side dishes assume 1/2 a leek to 1 leek per person. They are pretty good so get consumed quickly. Try to either use leeks that are the same size or cut them into the same size pieces so they cook uniformly. They need to be well cleaned as dirt is almost always layered between the stalks.

4 leeks, trimmed, cleaned and halved lengthwise

water, salt and pepper to taste

Butter dabs, maybe 1/2 stick

1 cup of parmesan cheese (or more to taste)

Place leeks in a roasting pan. Pour enough water in to come about 1/4 inch in the bottom of the pan. Dab butter every few inches. Sprinkle with salt and pepper. Cook in a preheated 350 oven for about 30 minutes. Watch and do not get very brown. Add more water, if necessary. Add parmesan and return to the oven until it melts. Serve. You could also cut them into smaller pieces.

Trout with Herbs, Snap Peas, and New Potatoes (Mouth watering)

Ingredients

2 fresh trout, cleaned and rinsed
3 oz fresh mixed herbs
1 pint new potatoes, scrubbed and halved or cut into bite sized pieces
2 spring onions (1 if large) chopped, both white and green parts
1 pint fresh snap peas, cleaned
olive oil or grapeseed oil (optional)
sea salt to taste
fresh cracked pepper to taste
CSA salad greens (optional) for serving

For potatoes: Heat a seasoned cast iron or other heavy pan over high heat. Do not use a nonstick pan, do not oil the pan. Cut new potatoes in halves or bite-sized chunks. When the pan is hot, add the potatoes in a single layer. Drizzle lightly with olive oil or grapeseed oil. Let the potatoes "color" at the edges and blacken slightly, sautéing occasionally until almost cooked through. Add chopped spring onions, sauté until green parts of onions are wilted and white parts are transparent. Season with sea salt. Remove to warmed serving bowl. Potatoes can be served hot or tepid. **For snap peas:** Cut or pinch off stem ends of snap peas, if desired. In large bowl, toss snap peas with olive oil until lightly coated. Heat a wok or other large heavy pan (not nonstick) over high heat until a pea sizzles when tossed in. Throw the peas into the pan and sauté until they are bright green and tender-crisp. Season with sea salt and fresh cracked pepper while finishing in the pan, then remove to warmed serving dish. Peas

can be served hot or tepid. This same easy technique can be used with a variety of fresh green CSA vegetables through the whole season — try with sliced summer squash / zucchini or green beans. **For trout:** Clean whole trout, using one fish per person. Season inside of fish with sea salt, and stuff the fish with fresh seasonal herbs like basil, parsley, celery, and onion. Lightly oil a grill pan or apply oil to an outdoor grill by wiping a thin layer on with a paper towel. Lay the trout on the grill and cover. Because it is very delicate, grill the trout over indirect heat, NOT hot coals. Cook about 2-3 minutes per side, turning the fish carefully with two spatulas.

Optional sauce:

If a more elegant presentation is desired, make a green sauce as follows:

1 c parsley leaves
1/2 c lovage or celery leaves
1 c fish stock
1/2 c white wine
1 minced shallot or young onion
2 tbsp fresh lemon juice
4 tbsp butter, cut into pieces

Bring wine, shallot, and lemon juice to a boil and reduce until almost dry. Add fish stock, bring to a boil, then add the herbs. As soon as the mixture boils again, pour into a blender, add butter pieces, puree until smooth. Serve over the fish.

Garlic, Buttery Green Beans

Ingredients:

1 pound fresh green beans
1/4 to 1/2 cup sliced fresh mushrooms
6 tablespoons butter or margarine
1/4 cup chopped onion
2-3 cloves of garlic
Salt and pepper, to taste

Directions:

Boil or Steam green beans in water, covered, until tender yet crisp. Meanwhile, in a skillet, sauté mushrooms, onion and garlic in butter until tender.

Drain beans; add to skillet and toss. Season with salt and pepper.