

Week 13
AWeek

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**TUESDAY
SHARES**

Turnip Greens (green) or Mustard Greens (reddish)

Cucumbers- Poona Kheera (yellowish brown) and Slicing

Tomatoes- Black Prince (dark purple), Amish Paste (long striped), Brandywine (Pinkish), Cherokee Purple, Wisco55/Celebrity/New Girl (small red slicing), Amish Paste (long red), Valencia (medium orange), Red Grape, Yellow Pear, Yellow Chery. Sweet Cherry, Sweet Grape, and/or Orange Cherry. There are more varieties, too.

Beans- Flat Green Pole, Flat Purple Pole, or Green Bush

Summer Squash: Zucchini, Yellow Crookneck, Straightneck and/or Patty Pan (saucer shape)

A little bit of this!

We have some veggies that are just starting or ending and we didn't have enough to go around, so I may have tucked it in your bag.

Fresh Red Onion

They won't keep unless you continue drying them until the tops turn brown, but you can cut the tops off and use fresh in the next several days.

Cabbage-Red or Green (NOT STARTED WITH ORGANIC SEED)

Peppers- Green Bell or Italian Frying

Herb: Basil, Dill, and Tarragon

Farmer's Field Notes

As we start September, The Bridge's kitchen is bustling with activity as we work to preserve summer's bounty. Split tomatoes and misshapen cucumbers are destined for mason jars. Cut up or simmered, nobody will ever know that were not perfect when they are enjoyed on a cold winter night. Our canned goods at The Bridge help us raise money to support our mission while also ensuring we don't waste. If you are looking to stock your pantry with summers preserves, check out what The Bridge

has to offer and support our efforts. On my own homestead, I am frantically trying to "put up" produce for the winter months. I just canned our fermented cabbage and will enjoy it in winter along with our pastured pork and carrots and potatoes pulled from the root cellar. My apple trees at home are heavy with fruit so I have tucked in a few left over heirloom Yellow Transparent Apples for you to try. These apples were grown at my home, without chemicals, so you may notice a scab (a virus

caused by lack of sunlight I am told). They are delicious but they do not keep well (a big reason you won't see them on store shelves) so enjoy them soon. The tarragon tucked in your bag is also from my home and grown organically. The green cabbage this week, however, was purchased as seedlings because one of our own seedling batches failed. Once planted here, they were grown organically, but it's your right to choose whether or not to enjoy it. If I were you, I'd enjoy it!

Mixed Greens and Sausage Soup with Cornmeal Dumplings

Dumplings

3/4 cup all purpose flour
3/4 cup yellow cornmeal
1 tablespoon sugar
1 1/2 teaspoons baking powder
1/2 teaspoon salt
3/4 cup whole milk
1 1/2 Tbsp. butter, melted
1/2 c. chopped green onions

Soup

2 Tbsp extra-virgin olive oil
1 1/2 cups chopped onion
4 large garlic cloves, pressed
4 Turkish bay leaves
1 Tbsp chopped fresh thyme
1 lb. andouille sausages, sliced
6 cups low-salt chicken broth
2 14.5-ounce cans diced tomatoes in juice
1 teaspoon hot pepper sauce
1/8 teaspoon ground allspice
1 bunch turnip, mustard, or collard greens, any thick stems cut away

Dumplings

Line rimmed baking sheet with plastic wrap. Whisk first 5 ingredients in medium bowl. Stir in milk and butter, then green onions. Let stand at least 1 hour and up to 2 hours. Using wet hands, shape mixture, 1 tablespoon at a time, into 18 dumplings, arranging on sheet. DO AHEAD Can be made 1 day ahead. Cover; chill.

Soup

Heat oil in large pot over medium heat. Add onion, garlic, bay leaves, and thyme. Sauté until onion is tender, about 5 minutes. Add sausage; sauté until fat renders, 3 to 4 minutes. Add broth, tomatoes with juice, hot sauce, and allspice; bring to simmer, stirring occasionally. DO AHEAD Can be made 1 day ahead. Chill uncovered until cold, then cover and keep chilled. Return to simmer before continuing.

Add greens to simmering soup. Cook greens uncovered 10 minutes, stirring occasionally. Drop in dumplings. Cover; reduce heat to low. Simmer until dumplings are tender and cooked through, 20 to 25 minutes. Season soup with salt and pepper. Ladle soup and dumplings into bowls.

Adapted From: <http://www.bonappetit.com/recipe/mixed-greens-and-sausage-soup-with-cornmeal-dumplings>

Roasted Cabbage Wedges with Onion Dijon Sauce

½ medium green cabbage (about 1½-lbs)
 1 TB. garlic-infused olive oil (or regular olive oil)
 salt & pepper
 Sauce
 3 TB. butter
 2 TB. minced fresh onion
 1 TB. Dijon mustard
 ½ tsp. minced garlic
 pinch salt and pepper
 optional: chopped chives or parsley for serving

Heat oven to 450 degrees. Line a baking sheet with parchment or silicone.

Cut cabbage half into four equal wedges and set on prepared baking sheet. Use a pastry brush to coat the cut side of each wedge with oil and sprinkle with salt and pepper. Turn wedges and repeat. Place the baking sheet in the oven and cook for 10-12 minutes. Flip the wedges and roast until nicely browned, 8-10 minutes more.

Meanwhile, make the sauce by adding all the sauce ingredients to a small saucepan and cook over medium heat until the butter is completely melted. Keep warm. To serve, place the wedges on a plate and drizzle with the sauce. Sprinkle with chives or parsley, if desired.

Adapted from: http://anoregoncottage.com/roasted-cabbage-wedges-with-onion-dijon-sauce/#_a5y_p=3808169

Chilled Cucumber Soup

2 large cucumbers, peeled; 1/2 cup diced small, the rest coarsely chopped
 1 1/2 cups vanilla Greek or regular yogurt
 3 tablespoons fresh lemon juice
 1 garlic clove, peeled
 1/3 c. loose packed fresh dill weed
 1/4 c. loose packed parsley leaves
 2 Tbsp loosely packed tarragon leaves
 1/4 cup extra virgin olive oil, plus more for drizzling
 1/4 teaspoon kosher salt (or to taste)
 1/2 red onion, finely diced

In a blender, combine the chopped cucumber with the yogurt, lemon juice, garlic, dill, parsley, tarragon and 1/4 cup of extra virgin olive oil. Blend on high speed for 2 minutes, until smooth. Season with salt, cover and refrigerate for 2-8 hours to allow flavors to meld and develop. (You can serve and eat right away, but the flavor of the soup won't be nearly as refined and delicious.)

Taste the soup for proper seasoning again just before serving. Pour the soup into bowls. Garnish with the finely diced cucumber, red onion and a drizzle of olive oil, and serve.

Taken From: <http://www.itsyummi.com/cucumber-soup-recipe/>

Green Beans with Tarragon

1 pound green beans, trimmed
 1 tablespoon unsalted butter
 1½ teaspoons fresh tarragon, finely chopped
 ½ teaspoon garlic powder
 salt to taste
 ground black pepper to taste

Fill a 3 quart sauce pan approximately ½ full with salted water and bring to a boil.

Drop trimmed green beans into the water and bring back up to a boil. Cook gently for 5-6 minutes or until tender.

Drain the green beans and return to the pan, adding butter, chopped tarragon, garlic powder, salt and pepper. Stir to melt the butter and combine. Serve immediately.

Taken From: <http://www.afamilyfeast.com/green-beans-with-tarragon/>