

Week 13
A Week

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**TUESDAY
SHARES**

Tomatoes: Lots of delicious heirloom varieties as well as hybrid slicing tomatoes! YUM!
Carmen Sweet Pepper (long red frying pepper)
Beans or Potatoes
Jalapeño Pepper
Cucumber: Regular Green, English, or Korean Variety is Yellow/Brown (sweet flavor)
Celery
Beets
Kohlrabi
Eggplant <u>OR</u> Ground Cherries <u>OR</u> Tomatillos
Herb Bouquet: Basil and Rosemary

HOPES FOR NEXT WEEK

NO GUARANTEES, BUT WE HOPE TO HAVE CUCUMBERS, TOMATOES, BEANS, AND IN YOUR SHARE NEXT WEEK.

Farmer's Field Notes

The bounty of summer amazes me every morning as I walk about the garden. The tomatoes are so heavy with fruit that the plants topple over. The green bell peppers that will hopefully turn red soon are nearly softball sized and gorgeous. The garden is happy and it gives us a bountiful harvest to prove it! We are similar. If we are happy, we have

more of ourselves to give to others. For the next few weeks, expect the goodness of summer tomatoes to continue gracing your share bags. There are still several weeks until the last share, but it won't be long until the "Summer Bounty" wraps up and the "Fall Harvest" begins. Now is the time to savor the summer goodness while it lasts, so

make sure to arm yourself with lots of ideas on using the variety of tomatoes you will be bombarded with in the next couple of weeks. Quiches freeze well and are an excellent way to have a healthy breakfast during the week. Try a quick pasta sauce to freeze

~ Dayna

Ground Cherry Vinaigrette

- 1 cup husked ground cherries
- ¼ cup fresh squeezed lime juice
- 1 tablespoon honey
- ¼ teaspoon salt
- ¼ teaspoon ground cumin
- 1/8 t. ground cayenne pepper
- ½ cup olive oil

In a blender, puree ground cherries, lime juice, honey, salt, cumin and cayenne pepper.

Move to a medium bowl. Pour in olive oil slowly and whisk together.

Refrigerate and enjoy on salads with hearty greens, toasted seeds and nuts and autumn fruit like raspberries or thinly sliced apples.

Taken From: <http://archive.jsonline.com/features/recipes/328707201.html>

Tomato Mozzarella Salad with Balsamic Reduction

4-5 hothouse tomatoes, sliced ½-inch thick

2 (16 oz.) logs of fresh mozzarella cheese, sliced ½-inch thick

generous bunch of fresh basil leaves

extra-virgin olive oil

sea salt and fresh ground black pepper

Balsamic Reduction

2 cups balsamic vinegar

In a small casserole dish, arrange slices of tomatoes mozzarella, and basil vertically, in an alternating pattern until you have created two rows.

Drizzle olive oil over the top of the salad, followed by drizzle of balsamic reduction.

Sprinkle with sea salt and fresh ground black pepper. Serve immediately.

Balsamic Reduction

In a small saucepan, bring balsamic vinegar to a boil over medium-low heat. Cook 20-30 minutes, partially covered, until balsamic vinegar has reduced to a thicker glaze. (You can cheat this step and just opt for a 15-20 year aged balsamic vinegar from a store such as The Oilerie.)

Cool and store covered in the refrigerator. Bring to room temperature before use.

We grow a few varieties of beans here. Snap beans are round and pole beans tend to be flat. Beans are good anyway! Add them raw to salads or if you prefer cooked, steam them until crisp tender and vary the seasonings. Try sautéing them or tossing in with the following variations:

Sauté with garlic. Toss with lemon zest.

Toss with warm bacon dressing made with sugar and cider vinegar.

Toss with sherry vinegar, Dijon mustard, and olive oil.

Sauté with bacon. Toss with goat cheese and walnuts.

Kohlrabi is a versatile vegetable when it comes to how to prepare. We usually eat them raw—peeled, sliced and added to a salad or used for serving with a dip. You can also steam, boil, bake, grill, or roast them. Just peel away the outside thick skin first. Add them to soups or stews. Grate them and toss with grated carrots or apples.

Boil them and mash them with potatoes or other root vegetables. Stir-fry them with other vegetables, or julienne them and fry them like potatoes. Look for Indian recipes using kohlrabi as they are often used in Indian cuisine.

The leaves are also perfectly edible, and can be cooked up like kale.

Taken From: <http://www.simplyrecipes.com/kohlrabi/#ixzz4GCGVDfK3>

Crustless Caprese Quiche

½ of a small onion, chopped
1-2 cloves garlic, chopped
2 medium tomatoes, one with the seeds completely removed and chopped, the other sliced
½ cup packed fresh basil, chopped
4 ounces fresh mozzarella, shredded (pre-shredded is fine)
4 large eggs
2 large egg whites
¾ cup milk (any)
½ teaspoon salt
¼ teaspoon black pepper

Preheat oven to 350°F. Spray an 8" or 9" pie plate with non-stick spray. Set aside. Spray a large skillet with non-stick spray and heat over medium-high heat. Add chopped onion and garlic (and a pinch of salt and black pepper) and cook for 5-6 minutes, stirring frequently, or until tender. Spoon onion and garlic into a medium bowl and allow to cool.

Add the chopped tomato and basil to onion/garlic mixture and stir well. Spoon this mixture into the bottom of your pie plate and spread into an even layer. Top with mozzarella and set aside.

In a medium bowl whisk the eggs, egg whites, milk, salt, and pepper until thoroughly combined. Pour the egg mixture evenly on top of cheese layer. Lay tomato slices gently on top of egg mixture, sprinkle salt and black pepper. Bake for 50 minutes or until filling is set. Cool 10 minutes before serving. Cover tightly and store in the refrigerator up to 4 days, or in the freezer up to 2 months. Thaw in fridge overnight and bake at 350°F for about 20 minutes.

Adapted from: <http://freshaprilflours.com/2015/01/14/crustless-caprese-quiche/>

Chicken Salad with Kohlrabi

1/3 cup mayonnaise
2 tablespoons fresh lemon juice
¼ teaspoon celery seed
Salt and freshly ground black pepper
1 pound chopped or shredded cooked chicken
1 small kohlrabi bulb, peeled and finely chopped
2 stalks celery, finely chopped

In a small bowl, whisk together mayonnaise, lemon juice, celery seed, ¼ tsp. salt, and ¼ tsp. pepper. Stir in chicken, kohlrabi, and celery. Toss until evenly coated. Season to taste with salt and pepper, and chill at least 20 minutes to blend flavors.

Taken from: <http://www.culinaryhill.com/chicken-salad-with-kohlrabi-and-scallions/>

Rosemary Sea Salt and Vinegar Beet Chips

2 large beets, thinly sliced with a mandolin or using the slicing mechanism in a food processor
Nakano natural rice vinegar
2 sprigs of rosemary
olive oil for pan frying
sea salt

For the dip

1/4 cup plain yogurt
1 tablespoons roasted garlic
1 tablespoon chopped rosemary

For the dip
Combine all ingredients in a small bowl and stir together.

Place sliced beets in a large pot.

Add rice vinegar to cover the beets. Bring to a boil, turn off heat and let sit for 15 minutes then drain.

Add enough olive oil to the bottom of a large pot, add 1 sprig of the rosemary and heat over medium. Once oil is hot, add the beets in a single layer. Pan-fry the beets for about 1-2 minutes on each side until they start to crisp up.

Transfer to a paper towel lined plate to drain and repeat with remaining beets, adding oil as necessary to the pot/skillet. Sprinkle with sea salt and the remaining rosemary sprig and serve warm.

Not up for frying? You can easily bake these as well. Lay beets on a parchment lined baking sheet and bake at 375 degrees for about 20 minutes, flipping half way through.

Taken From: <http://www.runningtothekitchen.com/sea-salt-and-vinegar-beet-chips/>