

Week 15  
A Week

Volume 2, Issue 15

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**TUESDAY  
SHARES**

Cabbage- Red or Green
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 Italian Green Pole and/or Flat Purple Pole
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.
Carrots
Beets
Red Potatoes
Celery
Garlic
Bunching Onions—both white and green parts are edible
Peppers- Green or Red Bell or Italian Frying and Jalapeños
Herb: Basil, Sage, & Rosemary
Flower: Edible Nasturtium (spicy peppery flavor...great on a salad)

## Farmer's Field Notes

As you unpack your share this week, I hope you will not be overwhelmed with the bounty. These are the days when we must take advantage of this bounty, because we do not know what tomorrow may bring. Jack Frost will be here before we know it! Once the temps get down below 50 degrees at night, our summer produce will be done. This week is likely the last share of cucumbers. Because of pressure from garden pests, some fall crops were pulled a bit sooner than I anticipated. The carrot beds were discovered by thieves. Inspect your veggies for bites and cut off any damaged areas. The slugs have found the celery and

other things, too, so wash and inspect your produce well before using. This extra early fall bounty means you have a lot of work ahead of you! Be prepared to take good care of your veggies this week because you likely will not be able to eat them all by next week. Don't be afraid to try your hand at freezing some carrots and celery or even beans. Immediately unpack and repack your beets, carrots, celery, etc. to ensue they keep fresher, longer. Potatoes should be stored in a cool, dark place. The cabbage, carrots, beets, and garlic will keep well for several weeks or more, but be forewarned, you may see some of the same in next

weeks share. Or, try pairing them with summer veggies for an extra special end of summer treat, like some type of potato salad with carrots and celery...garnished with the yummy spicy peppery Nasturtium flowers for a little summer flair! As you learn to eat with the seasons, the combinations can get really crazy (not to mention delicious)! In the next couple of weeks, you can expect a few more tomatoes, peppers, and maybe beans along with the fall superstars such as leeks, kale, swiss chard, onions, potatoes, winter squashes, and sweet potatoes.

*Dagna*

## Perfect Potato Soup

6 slices Thin Bacon, Cut Into 1-inch Pieces

1 whole Medium Onion, Diced  
3 whole Carrots, Scrubbed Clean And Diced  
3 stalks Celery, Diced  
6 whole Small Russet Potatoes, Peeled And Diced  
8 cups Low Sodium Chicken Or Vegetable Broth  
3 Tablespoons All-purpose Flour  
1 cup Milk  
1/2 cup Heavy Cream  
1/2 teaspoon Salt, More To Taste  
Black Pepper To Taste  
1/2 teaspoon Cajun Spice Mix  
1 teaspoon Minced Fresh Parsley  
1 cup Grated Cheese Of Your Choice

In a soup pot over medium heat, cook bacon until crisp. Remove the bacon and set it aside. Pour off most of the grease, but do not clean the pot. Return the pot to medium-high heat and add the onions, carrots, and celery. Stir and cook for 2 minutes or so, then add the diced potatoes. Cook for 5 minutes, seasoning with salt, pepper, and Cajun spice.

Pour in the broth and bring it to a gentle boil. Cook for 10 minutes, or until the potatoes are starting to get tender. Whisk together the flour and the milk, then pour into the soup and allow the soup to cook for another 5 minutes.

Remove half to 2/3 the soup and blend in batches in a blender/food process until completely smooth. (\*\*USE CAUTION WHEN BLENDING HOT SOUP; IF POSSIBLE, ALLOW THE SOUP TO COOL BEFORE BLENDING\*\*) Pour it back into the soup pot and stir to combine. Let it heat back up taste for seasonings, adding more of what it needs. Stir in cream, then stir in parsley. Serve in bowls garnished with parsley, grated cheese and bacon pieces. Adapted From: <http://thepioneerwoman.com/cooking/perfect-potato-soup/>

The tops of celery can be used in a number of ways, but I like to add the chopped leaves straight to soup. You can also save them in the freezer to be used when making soup stock. To freeze raw celery and carrots for later use:

Cut the carrots and celery into preferred sizes. It helps to plan ahead and know which recipes you'll be adding your vegetables to so you can cut them accordingly. For example, if you'll be using the celery and carrots in soups or stews, you would want to cut them into thicker pieces than if you'll be using them in stir-fry dishes. Place cut carrots and celery onto clean, dry paper towels that have been spread out on cookie sheets.

Place the cookie sheets in the refrigerator until chilled (approximately two hours). Remove carrots and celery from the cookie sheets and place in freezer bag. Do not place more than 2 to 3 lbs. of vegetables into one bag. Press the freezer bag well to release all excess air and seal the bag and place the bag containing the vegetables in the freezer.

Taken From : [http://www.ewh.com/how\\_8380959\\_freeze-raw-celery-carrots.html](http://www.ewh.com/how_8380959_freeze-raw-celery-carrots.html)

## Rosemary Roasted Beets and Carrots

1 pound beets, peeled and cut into 1/2-inch wedges  
1 pound carrots—scrubbed, cut into 2-inch lengths, and halved lengthwise if large  
1/4 cup red wine vinegar  
3 tablespoons olive oil  
2 sprigs fresh rosemary  
kosher salt and black pepper

Heat oven to 450° F. Toss the beets, carrots, vinegar, oil, rosemary, 3/4 teaspoon salt, and 1/4 teaspoon pepper on a rimmed baking sheet. Roast, tossing once, until the vegetables are tender, 30 to 35 minutes.

Taken from: <http://www.realsimple.com/food-recipes/browse-all-recipes/rosemary-roasted-beets-carrots>

## Flat Beans with Tomato and Olive Oil (Greek Fasolakia Ladera)

2 pounds flat beans  
1 green pepper, sliced  
1 big onion, chopped  
14 oz chopped tomatoes in their juice (why not use fresh!!!!)  
1 cup water  
3 tbsp olive oil  
2 tsp salt  
1/2 tsp ground nutmeg  
1/2 tsp ground cinnamon  
1/3 cup olive oil or 1/4 cup if you want it even lighter  
2 tsp sugar  
2 bay leaves  
A bunch of parsley finely chopped  
Pepper

In a big pot pour the 3 tbsp of olive oil and sauté the onion and peppers.

Add the flat beans and sauté for couple of minutes.

Pour the tomatoes and their juice, the water, the nutmeg, the cinnamon, the bay leaves, the sugar and pepper. When it starts to boil, lower the heat to medium and let it cook for an hour and a half or until they are soft. If you see that they need more liquid, just add some more water about 1/4 cup per time. You taste and if they are soft, throw the parsley, the salt and the olive oil and let them boil for another 10 to 15 minutes. If they are still firm let them boil for another 10 minutes and then check them again.

They go perfectly with feta cheese and warm, straight from the oven, bread!

Taken From: <http://culinaryflavors.gr/2012/02/flat-beans-with-tomato-and-olive-oil-fasolakia-ladera/>

## Tomato Sweet Onion, and Celery Salad

2 to 3 ripe plum tomatoes, sliced crosswise 1/8 inch thick  
1 sweet onion, preferably Vidalia, sliced crosswise 1/8 inch thick  
3 celery stalks with leaves, thinly sliced crosswise  
2 tablespoons thinly sliced fresh basil  
1/4 cup olive oil  
3 tablespoons balsamic vinegar  
2 tablespoons heavy cream  
Coarse salt and freshly ground pepper

Arrange tomatoes, onion, celery, and celery leaves on a serving plate. Sprinkle with basil; set aside.

In a small bowl, whisk together oil, vinegar, and cream; whisk to combine. Season with salt and pepper. Drizzle over salad; serve immediately.

Taken From: <http://www.marthastewart.com/318887/tomato-sweet-onion-and-celery-salad?czone=f&center=276955&gallery=274670&slide=318887>