

Week 16  
B Week

Volume 2, Issue 16

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## TUESDAY SHARES

### Kale

**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 Cherry, Sweet Cherry, Sweet Grape, and/or Orange Cherry.  
There are more varieties, too.

**Beans**– Flat Italian Green Pole and/or Flat Purple Pole and/or Green Snap Pole

### 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

### Potatoes

### Celery

### Garlic

**Spanish Onions**– a mild, sweeter onion.  
Use fresh because they have not been cured to store.

**Bunching Onions**—both white and green parts are edible

**Peppers**– Green or Red Bell or Italian Frying

**Herb: Basil and Sage**

**Flower: Edible Borage** –slight cucumber taste great on a salad or try brushing on egg white and dusting on sugar to use on cupcakes

## Farmer's Field Notes

Has it been 16 weeks already? It is amazing what can be accomplished in such a short amount of time! We've sowed, hoed, and harvested. Our tomato plants are being pulled up this week to ready the fields for Spring. The hoophouse doors need to be closed during cold nights and each morning we wait for the dew to dry before harvesting. All of the pumpkins and winter squash have been pulled from the fields and are curing in our barn. Summer is officially wrapping up and Fall is just beginning. You've tried new foods and learned to eat with the seasons. You've learned that by eating local, organic food you feel healthier than

ever before. We really have accomplished quite a bit and we should be proud. We are still anticipating being able to go until week 20 with your share, but no guarantees, we just have to wait and see. While we are experiencing higher than average temperatures right now, it won't be long before the blankets come out to protect what crops are left in the garden. For week 17 and beyond, expect winter squashes (acorn, festival, butternut, and pumpkin), leeks, celery, kale, swiss chard, and potatoes for sure. We should have sweet potatoes as well, but we have had critters nibbling them along with the beets and carrots, so the

harvest will suffer unfortunately. That's the way it goes, though. We just have to take what life hands us, be grateful we have it, and make the most out of it. After all, that is what being a part of a CSA is all about!

*Dayna*

P.S. As a reminder to those of you with a half share, please check out the garden recipe section of our website to view newsletters for the weeks you've missed so you don't miss important info, tips, and recipes.

## Slow Cooker Honey Garlic Chicken and Veggies

8 bone-in, skin-on chicken thighs  
16 ounces baby red potatoes, halved  
16 ounces baby carrots  
16 ounces green beans, trimmed  
2 tablespoons chopped fresh parsley leaves

### For the sauce

1/2 cup reduced sodium soy sauce  
1/2 cup honey  
1/4 cup ketchup  
2 cloves garlic, minced  
1 teaspoon dried basil  
1/2 teaspoon dried oregano  
1/4 teaspoon crushed red pepper flakes  
1/4 teaspoon ground black pepper

In a large bowl, combine soy sauce, honey, ketchup, garlic, basil, oregano, red pepper flakes and pepper. Place chicken thighs, potatoes, carrots and soy sauce mixture into a 6-qt slow cooker. Cover and cook on low heat for 7-8 hours or high for 3-4 hours, basting every hour. Add green beans during the last 30 minutes of cooking time.

**OPTIONAL:** Preheat oven to broil. Place chicken thighs onto a baking sheet, skin side up, and broil until crisp, about 3-4 minutes.

Serve chicken immediately with potatoes, carrots and green beans, garnished with parsley, if desired.

*Taken From: <http://damndelicious.net/2015/06/05/slow-cooker-honey-garlic-chicken-and-veggies/>*

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.ehow.com/how\\_8380959\\_freeze-raw-celery-carrots.html](http://www.ehow.com/how_8380959_freeze-raw-celery-carrots.html)

## Healthy Chicken Salad with Apples and Celery

3 stalks of celery, chopped  
2 1/2 cups of Rotisserie chicken (cut and cubed)  
2 Tbsp Mayo (I use reduced fat mayonnaise with olive oil)  
1/2 cup non-fat plain Greek Yogurt  
1 cup chopped apple (I use 2 green Granny Smith apples)  
2 tsp fresh squeezed lemon juice  
salt and pepper to taste

In a bowl mix chicken, celery, and apples well. In a separate bowl mix mayo, yogurt, and lemon juice together. Mix well.

Combine chicken mixture with mayo mixture and stir well until mixed well. Add salt and pepper to taste..

Serve immediately. Serve in a fresh Avocado, or over baby spinach salad greens, or as a sandwich with fresh baked bread.

Taken from: <http://www.pinkwhen.com/healthy-chicken-salad-with-apples/2/>

## Garlic Shrimp and Kale Stir-Fry

1 c quick-cooking brown rice  
3 tsp toasted sesame oil  
1 lb peeled and deveined medium shrimp  
1 onion, chopped  
4 cloves garlic, sliced  
3 scallions, chopped  
2 med carrots, thinly sliced  
6 c chopped kale  
1/2 c low-sodium chicken broth  
1 Tbsp hoisin sauce

Prepare the rice according to package directions, omitting any salt or fat.

Meanwhile, heat 1 teaspoon of the oil in a large nonstick skillet over medium-high heat. Cook the shrimp for 3 minutes, turning once, or until just opaque. Transfer to a plate.

Heat the remaining oil in the same skillet over medium heat. Cook the onion, garlic, scallions, and carrots for 2 minutes, or until just starting to soften. Add the kale and cook for 2 minutes. Add the broth and cook for 3 minutes, stirring occasionally, or until the kale has wilted. Stir in the shrimp and the hoisin sauce. Cook for 1 minute, stirring, or until hot. Serve over the rice.

Taken From: [http://www.prevention.com/food/cook/26-amazingly-healthy-recipes?s=18&?cm\\_mmc=Spotlight\\_-1458720\\_-10132013\\_-26-Amazingly-Healthy-Recipes](http://www.prevention.com/food/cook/26-amazingly-healthy-recipes?s=18&?cm_mmc=Spotlight_-1458720_-10132013_-26-Amazingly-Healthy-Recipes)

## Marinated Cucumbers ,Onions, and Tomatoes

3 medium cucumbers, peeled and sliced 1/4 inch thick  
1 medium onion, sliced and separated into rings  
3 medium tomatoes, cut in wedges  
1/2 cup vinegar  
1/4 cup sugar  
1 cup water  
2 teaspoons salt  
1 teaspoon fresh coarse ground black pepper  
1/4 cup oil  
Combine all ingredients in a large

bowl.  
Toss well to mix.  
Refrigerate at least 2 hours before serving.

Taken From: <http://flavorite.net/2015/04/16/marinated-cucumbers-onions-and-tomatoes/>

Notes: While you may not have cucumbers in your share this week, this recipe works well for quick pickling a variety of produce. Try beans, summer squash, and more. I have included this recipe because this method allows you to semi-preserve the veggies because this will keep well in the fridge for a couple of weeks.