

Week 16
B Week

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**TUESDAY
SHARES**

Tomatoes: Lots of delicious heirloom varieties as well as hybrid slicing tomatoes! YUM!

Sweet Peppers: Carmen (long red frying pepper), Green Bell, &/or Red Bell

HOT Peppers:
Jalapeño &/or Hot Chili

Italian Pole Beans

Swiss Chard

Butternut Squash or Potatoes

Garlic

Eggplant OR Ground Cherries OR
Tomatillos OR Cucumbers

Herb: Cilantro and Basil

HOPES FOR NEXT WEEK

**NO GUARANTEES, BUT WE HOPE TO HAVE
TOMATOES, CELERY, CARROTS, ETC. IN
YOUR SHARE NEXT WEEK.**

Farmer's Field Notes

This week marks the official start of Fall or Harvest. In the old days, "Harvest" referred to the season. It wasn't until later (when many people stopped working the land) that the terms "Fall" or "Autumn" came about and the word "Harvest" lost its reference to the season and became known as the action of reaping crops. I love pumpkins, cool weather, blankets, and putting the garden to bed. I like to think

that Harvest is my favorite season, but then I see an empty bed and think about all the stuff I am going to plant in Spring. I realize now that I have four favorite seasons! My favorite seasons are: Planning (winter), Planting (spring), Growing (summer), and Harvesting (fall)!

This week, some of you will begin seeing winter squash in your shares! Most winter squashes will store for a

couple of months, however, these were picked without their stems (unbeknownst to our volunteer picker) so they must be eaten within a week or so. Happy eating!

~ Dayna

Roast Garlic

Preheat the oven to 180C (350F). Peel most of the outer garlic head wrappers and trim ¼ inch off the top of the garlic head. Place the garlic head on a piece of aluminum foil big enough to wrap it around the heads. Drizzle 1 teaspoon of extra virgin olive oil over the exposed tops of the cloves and allow the olive oil to run down to the inner parts of the garlic head. Wrap the garlic head in the aluminum foil and place it on the baking tray, in the oven (trimmed top up). Bake for 40 minutes.

- spread warm cloves on a bread toast
- spread over a pizza crust, right before adding toppings
- add to mashed potatoes
- add to creamy soups
- add to casseroles
- use to make sauces (marinara, alfredo, mushroom cream, etc.)

Roasted Garlic Tomato Soup

- 1 garlic bulb
- 1 large onion, cut in half
- 3 big tomatoes
- 2 tbsp olive oil
- ¼ tsp of cayenne pepper
- ½ tsp dried thyme
- 1 to 2 cups of vegetable stock
- salt and pepper to taste
- 2 tbsp grated Parmesan

First, start off with roasting the garlic bulb. This can be done up to 24 hours in advance. Next, roast the tomatoes and the onion. Cut the tomatoes and onion in half and drizzle with some olive oil and salt and roast in the oven together with the garlic at 400 F degrees for about 30 to 35 minutes.

After roasting squeeze the garlic out in a pot, add the roasted tomatoes, the onions, vegetable stock spices and thyme and puree in a food processor or a blender. That's all there is to it, when you serve it, add some of the grated Parmesan cheese on top, and serve with a nice slice of toasted bread.

Adapted from: www.jocooks.com/soups/roasted-garlic-and-tomato-soup

Cuban Picadillo

1/2 large chopped onion
 2 cloves garlic, minced
 1 tomato, chopped
 1/2 pepper, finely chopped
 2 tbsp cilantro
 1-1/2 lb 93% lean ground beef
 4 oz (1/2 can) tomato sauce (I like Goya)
 kosher salt
 fresh ground pepper
 1 tsp ground cumin
 1-2 bay leaf
 2 tbsp alcaparrado (substitute capers or green olives)

Brown meat on high heat in large sauté pan and season with salt and pepper. Use a wooden spoon to break the meat up into small pieces. When meat is no longer pink, drain all juice from pan.

Meanwhile, while meat is cooking, chop onion, garlic, pepper, tomato and cilantro.

Add to the meat and continue cooking on a low flame. Add the alcaparrado and about 2 Tbsp of the brine (the juice from the olives, this adds great flavor) cumin, bay leaf, and more salt if needed. Add tomato sauce and 1/4 cup of water and mix well. Reduce heat and simmer covered about 20 minutes.

Taken From: Read more at <http://www.skinnytaste.com/picadillo-6-wwpts/#21LbHKAPkpg2mzd0.99>

Great in tacos, stuffed peppers, quesadillas and just about anything you can think of!

Swiss Chard Pesto/Salsa

1 bunch swiss chard, stems removed and coarsely chopped
 1 handful cilantro, coarsely chopped
 1 jalapeno, coarsely chopped
 2 cloves garlic
 1/4 cup pepitas, toasted
 1/2 cup olive oil
 1/2 lime, juice
 salt and freshly pepper to taste

Puree everything in a food processor.

Taken from: <http://www.closetcooking.com/2012/02/swiss-chard-pesto.html>

Curried Eggplant With Tomatoes and Basil

1 cup white basmati rice
 kosher salt and black pepper
 1 tablespoon olive oil
 1 onion, chopped
 2 pints cherry tomatoes
 1 eggplant (about 1 pound), cut into 1/2-inch pieces
 1 1/2 teaspoons curry powder
 1 can chickpeas, rinsed
 1/2 cup fresh basil
 1/4 cup plain yogurt (greek) (preferably Greek), optional

In a medium saucepan with a tight-fitting lid, combine the rice, 1 1/2 cups water, and 1/2 teaspoon salt and bring to a boil. Stir the rice once, cover, and reduce heat to low. Simmer for 18 minutes. Remove from heat and let stand, covered, for 5 minutes.

Meanwhile, heat the oil in a saucepan over medium-high heat. Add the onion and cook, stirring occasionally, until softened, 4 to 6 minutes. Stir in the tomatoes, eggplant, curry powder, 1 teaspoon salt, and 1/4 teaspoon black pepper. Cook, stirring, until fragrant, about 2 minutes.

Add 2 cups water and bring to a boil. Reduce heat and simmer, partially covered, until eggplant is tender, 12 to 15 minutes.

Stir in the chickpeas and cook just until heated through, about 3 minutes.

Remove the vegetables from heat and stir in the basil. Fluff the rice with a fork. Serve the vegetables over the rice with yogurt, if using.