

Week 8
BWeek

Volume 2, Issue 8

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**TUESDAY
SHARES**

Swiss Chard
Beets w/ Edible Tops
Green Beans
Carrots w/Edible Tops
Summer Squash: Zucchini, Yellow Crookneck, or Straightneck
Cucumbers OR Broccoli
Red and Yellow Onion
Herb: Basil and Dill

HOPES FOR NEXT WEEK

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

UPCOMING EVENTS

Preserving the Harvest: Saturday, August 29th from 10am-1pm. Come learn the basics of canning, freezing, and drying your harvest. \$30 suggested donation (includes lunch).

Farmer's Field Notes

Our tomatoes are taking FOREVER! I anticipated them last week and still no sign of color. Our onions are doing excellent, so enjoy some fresh onions! 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. Don't worry, you'll get a few rounds of fresh eating onions this summer and then you'll get a few pounds of onions for storage in the fall. The carrots and beets this week had some pest pressures, so

be sure to wash and cut away any damaged parts. For our half-share members, take a look on our website at the newsletters you missed for some great recipes, including one for carrot top pesto (which we received great reviews on). Last year, we had a problem with squash bugs and lost a lot of squash plants. We planted much more this year to try to account for the loss we expected and wouldn't ya' know it...those suckers haven't been around, which means you'll have more zucchini

than you need. Let's hope the same holds true for the winter squash! As a gardener, I have lots of zucchini recipes I make, including a zucchini crisp (nobody can tell it's not apples) and dehydrated zucchini gummy candies. Those recipes will be in future newsletters. Get creative and have fun!

Dagna

Freezing Your Greens (Kale, Chard, Collards, etc.)

You might think you are getting too much now, but trust me, you'll miss them soon enough. Why not freeze some greens to get you through a long, cold Wisconsin winter?

Trimming. Remove any tough stems from leaves. Kale has a particularly fibrous stem; if you wish to keep it, first chop it into one-inch pieces. Then blanch it, separately from the tender leaves, for 3 minutes.

Chopping and Cleaning. Roughly chop or tear the leaves, then swish them around in a bowl or sink of water to remove dirt.

Blanching. Dump the leaves into a big pot of boiling water; cover, and blanch for 2 1/2 minutes (again, 3 for collards). Timing begins the moment your greens touch the water.

Chilling. Using tongs or a slotted spoon, transfer the greens to a big bowl of ice water, and let them sit for 2 1/2 to 3 minutes. Drain well.

Drying. Lay the leaves out on a baking sheet lined with either a cloth towel or several thicknesses of paper towels. Use another towel to blot tops of leaves. The goal here is to absorb excess water. Leaves needn't be completely dry before you freeze them.

Bagging. Arrange clumps of leaves in serving sizes, and loosely pack into zip-lock freezer bags. Be sure to label these as to content and date.

And that's it! Summer-grown greens – when properly blanched, sealed and frozen – can be enjoyed for 8-12 months.

Adapted from: <http://www.agardenforthehouse.com/2012/07/how-i-freeze-kale-other-green-things/>

Carrot Cake Smoothie

1 medium banana, peeled, diced and frozen
 1 cup diced carrots (about 2 medium-sized carrots)
 2/3 cup almond milk
 1/2 c. plain or vanilla Greek yogurt
 2 teaspoons maple syrup (or your desired sweetener)
 1/4 teaspoon ground cinnamon
 pinch of ground ginger
 pinch of ground nutmeg
optional toppings: extra grated carrots, toasted coconut, toasted walnuts

Add all ingredients to a blender and pulse for 30-60 seconds until smooth. If the smoothie is too thick, add an extra 1/4 cup of almond milk to thin it out.

Serve immediately, garnished with optional toppings if desired.

*If you don't have a high-powered blender, you may have to blend this smoothie for a bit longer. Or you could also shave the carrots (instead of dicing them) beforehand to make blending easier.

Taken from: <http://www.gimmesomeoven.com/carrot-cake-smoothie-recipe/>

Skinnytaste's Crustless Swiss Chard Pie

I don't know why they didn't add any fresh herbs to this recipe...but I never cook without them!

Pie doubles well-cook it in a 9x13 baking dish instead. Leftovers can be stored in an airtight container in the fridge for several days and reheated in the microwave or oven.

1 bunch of Swiss Chard, washed well to remove any dirt or grit
 1 large onion, halved and cut into thin slices
 1 tablespoon unsalted butter
 1/2 teaspoon kosher salt, more to taste
 Black pepper to taste
 1/2 cup grated light Swiss cheese (you could use light cheddar instead)
 2 tablespoons freshly grated Parmesan cheese
 1/2 cup white whole wheat flour
 1 teaspoon baking powder
 2/3 cup skim milk
 1 teaspoon olive oil
 2 large eggs, beaten

Preheat oven to 400°F and spray a 9 inch pie plate with nonstick cooking spray. Cut leaves away from the chard stems. Finely chop the stems, stack the leaves on top of each other, about 6 at a time, roll up and slice into thin ribbons. In a medium skillet, melt half a tablespoon of the butter over low heat. Add onion, a pinch of salt and pepper and saute for 8-10 minutes, stirring until onions are tender but not browned. Increase heat to medium and cook 8-10 minutes more until onions are caramelized. Place in a bowl and set aside.

Add remaining 1/2 Tbsp butter to the skillet, when melted, add the chard stems. Cook about 3-4 minutes until tender, stirring often. Add the chard leaves and cook until wilted for a couple of minutes. Add salt and pepper to taste and toss with the onions. Add in both cheeses and mix well. Set aside.

Into a separate medium bowl, sift the flour and baking powder. Add in the milk, olive, eggs and more salt to taste. Whisk mixture well and pour into the bowl of swiss chard and onions. Stir together and pour into the prepared pie plate.

Bake for 30 minutes until the top is golden brown and a knife inserted into the pie's center comes out clean. Let stand for at least 5 minutes before serving and slice into 6 wedges.

Taken From: <http://www.unwritenrecipes.com/blog/2015/skinnytastes-crustless-swiss-chard-pie-famous-fridays>

Zucchini Pickles

1 pound zucchini
 1 small yellow onion
 2 tablespoons salt, a little more if using kosher
 2 cups cider vinegar
 1 cup sugar
 1 1/2 teaspoons dry mustard
 1 1/2 teaspoons crushed yellow and/or brown mustard seeds
 1 teaspoon ground turmeric

Wash, trim, then slice zucchini lengthwise into 1/16-inch-thick slices. (You could also slice them crosswise). Slice onion very thinly. Combine the zucchini and onions in a large shallow non-reactive bowl or casserole dish, add salt, and toss. Add a few ice cubes and cold water to cover, then stir to dissolve the salt. After about 1 hour, taste and feel a piece of zucchini—it should be slightly softened. Drain and pat dry. Meanwhile, combine the vinegar, sugar, dry mustard, mustard seeds, and turmeric in a small saucepan and simmer for 3 minutes. Set aside until just warm to the touch. If the brine is too hot, it will make the pickles soft instead of crisp. Transfer the zucchini and onion pieces into 3 pint canning jars (or the equivalent) and cover with cooled brine. Seal tightly and refrigerate for at least 24 hours. Keep for a week in the fridge.

Adapted From: <http://food52.com/recipes/36398-zuni-cafe-zucchini-pickles>