



This Week's Word From the Farm

Week of 7/20/09

What's In Your Box ?

- Red Thumb Potatoes
- Green Beans
- Peaches
- Cucumbers
- Carrots
- Salad Greens
- Chard
- Basil
- Onions
- Garlic
- Zucchini
- Broccoli
- Tarragon

Dear Friends,

You've all been great companions as we move into high summer of our fourth CSA season: prompt, courteous, appreciative. We are thankful for your support for this farm in our community. As a young farm, we need that support, and strive to fulfill our obligations to you and to the community. We're working hard in spite of the heat, although there are days when the toll it takes on each of us is plain to see. The interns decided as a group that it would be better to start earlier in the morning at 6:30 and take a two-hour lunch mid-day to recover a bit from the heat. It's pleasant in the early dawn light and cool enough to think about working with enthusiasm all day, an illusion that passes soon enough when the temperature starts to rise.

A few notes to heed, if you will. We pick specific quantities each day according to the number of people on our CSA list for that day. Our pick up days are Monday, Wednesday and Friday. It's fine for you to miss one of your regular days and make up on another regular CSA day but, please, let us know ahead of time. For example, if your day of the week is Friday, you'll need to let us know at least before Wednesday if you need to come a different day that week. We're happy to accommodate you but please do let us know ahead of time. If it's necessary to send someone else to pick up your box for you, that's fine with us, just let your substitute know the hours for picking up your box.

Recipes of the Week:

Green Bean and Potato Salad

- 1/2-1 Tablespoon Dijon mustard (to your taste)
- 2 Tablespoons white wine vinegar
- 3/4 teaspoon sea salt
- 1/2 teaspoon freshly ground black pepper
- 1/3 cup extra-virgin olive oil
- 1 tablespoon minced tarragon
- 1/2 lb. green beans, trimmed and cut into pieces
- 1 lb. Fingerling Potatoes
- 1/2 onion, finely chopped

1. Place the mustard, vinegar, tarragon, salt and pepper in a jar with a screw-top lid. Shake to combine.
2. Add the olive oil to the jar and shake again to emulsify.
3. Cook the beans and potatoes, separately, in boiling salted water until just tender.
4. Drain beans and run under cold water.
5. Drain potatoes and cut into bit-sized pieces
5. Put the beans and potatoes in a bowl with chopped onion and toss with vinaigrette.

Curried Carrot Slaw

- 1 pounds carrots, approximately 6 to 10 medium carrots
- 1/4 cup mayonnaise
- Pinch kosher salt
- 1/8 cup sugar
- 1/2 cup raisins
- 1 teaspoons curry powder
- 1 teaspoon minced garlic
- Pinch of celery seed and/or caraway seed, optional

Wash the carrots and peel, if necessary. Grate carrots or slice into matchstick-size pieces. In a large mixing bowl whisk together the mayonnaise, salt, sugar, raisins, curry powder, garlic, and celery seed and/or caraway seed, if using. Add the carrots and toss to combine. Serve immediately or refrigerate for 1 hour to serve cold.