



This Week's Word From the Farm

Week of 9/8/08

What's In Your Box?

- Salad Mix/Mesclun Mix
- Tomatoes
- Cherry Tomatoes
- Beets
- Peppers
- Eggplant
- Summer Squash
- Carrots
- Cucumbers
- Potatoes – German Butterball
- Basil
- Garlic

Dear Friends,

Here it is, 7:30 in the morning, and the sunlight is just at the top of the trees. A month ago we would already have been sweating. The cycle of summer is nearing its inevitable conclusion, with shorter days and a lower angle of sun. Soon, we might even have some clouds and rain, which would be a very welcome event for those of us who have been out in the sun and heat each day for the last seven months.

Although the light intensity is waning, you wouldn't know it from the temperatures we've been having. It has been nearly 100 degrees each day of the past week, and some days over 100. Nighttime temperatures have been staying high, which is not so good for sleep but very good for those tomatoes and peppers, which depend on warm nights to continue strong production and flavorful ripening.

Too many tomatoes? Not a chance. Start thinking about extra tomatoes for freezing, canning, sauce or sun-drying. Also, if you need more basil for a big pesto production for freezing, just ask, and you can cut your own or we'll cut it for you (email us, please! We probably can't cut it for you while you wait on a CSA day.)

A reminder: if you're not going to be able to make it to your CSA pick up, try to tell us a day ahead. We cut specific quantities for each day's list of subscribers, and we don't like to have a lot left over at the end of the day if folks we were expecting don't show up.

Most of all, eat up! Summer is nearing an end and you'll be wishing you had eaten more tomatoes when they were here. Bon appétit!

Recipes of the Week:

Fresh Tomato Sauce

- 6 Tomatoes of any kind, chopped (with skins)
- 1 chopped white onion
- 2 or more cloves garlic
- ½ cup diced fresh basil

Sauté' onion in olive oil over medium heat until transparent. Add garlic and sauté' for one more minute. Add tomatoes and heat through. Toss with cooked pasta and top with chopped basil. Serve with grated parmesan cheese and French bread.

Ratatouille

Ratatouille is essentially a vegetable stew, and as with most stews, the quantities and proportions are variable. Ratatouille is good served over pasta, rice or couscous; or as a vegetable side dish.

- 1 large eggplant, or several smaller ones
- 2 medium zucchini
- 1 onion
- 1 pepper
- 2 tomatoes (more if small)
- 2 cloves garlic
- 2 tablespoons chopped basil, oregano or marjoram (or a mix)
- 2 tablespoons chopped parsley (optional)
- 4 tablespoons olive oil
- salt

Directions

- Cut eggplant, zucchini, pepper and onion into cubes of about 1/2 inch. Mince or press the garlic. Finely chop the tomatoes, retaining seeds and juice.
- Heat 2 tablespoons olive oil in a large skillet over medium heat. Sauté the eggplant until it begins to brown a little. Remove eggplant, add to the pan the remaining 2 tablespoons olive oil, the onions, zucchini and peppers. Cover, reduce the heat and cook for 10 minutes.
- Add garlic and tomatoes and cook 5 minutes. Add the browned eggplant and the chopped herbs and cook until all vegetables are tender - 10 to 15 minutes.
- Add salt to taste and serve hot or at room temperature.

