



IN THE SHARE week 18

Full:

Tomatoes
Garlic
Potatoes
Lettuce
Kohlrabi
Kale or Collards
Eggplant or cherry tomatoes
Basil, Parsley, Thyme, Arugula or dried herbs

Partial:

Tomatoes
Garlic
Potatoes or beans
Lettuce
Kohlrabi, kale or collards
Basil, Parsley, Thyme, Arugula or dried herbs

Next week: More kohlrabi, greens, lettuce, eggplant and tomatoes. Some beans may remain. Broccoli should be starting. Carrots and onions.

—technology—

Tom and I are no Luddite farmers. Where would we be without our excel spreadsheets and yahoo groups? Hence we were elated when high speed internet arrived on the farm a couple of weeks ago. It took some finagling including several trips to the top of the old silo to install a five foot tall antennae (we played no part in that, mind you; that was left to the professionals). While we can now download video and audio clips and surf around at top speed like the rest of the world, our email has been down for an unrelated and yet-to-be-determined reason since Saturday. Ughh. So, if you need to get a hold of us in the next few days,

give us a call. The line is now always open.

—turning of the seasons—

While the Autumnal Equinox is not until September 21st, the crops that define it have begun to bear fruit. This week our old friend from spring, kohlrabi, returns. We haven't yet had one ourselves but they are looking really good—perhaps our best yet. The greens are back as well. Read the flipside for more on how to enjoy your kale and collards.

With the advent of fall comes the waning of the heat-loving summer crops. Tomatoes, peppers, okra are slowing considerably in their production. The squash and cucumbers are long gone due to

some nasty diseases in the squash patch this year . . . which leads me to the saddest news—the winter squash crop was a complete bust. We know they are some of the favorites and did our darndest to nurture them, but to no avail. Last year we were so happy with our first ever nice harvest of pie pumpkins, butternuts and acorns. We thought that perhaps we had cracked the code on the cucurbits, but this summer the entire family quickly vaporized. A bit of old and new strategies will be employed next year, hopefully with better results. Until then, we recommend shopping at your local farmers market for some winter keepers. We purchased a gorgeous 23 pound Jarradale from Bad Seed Farm this weekend which should keep us in warm soups and hearty dishes all winter.

Sans squash, Tom and I calculate that we should still have plenty to fill your shares for the rest of the season. Here's a short list of what to expect: broccoli, cabbage, cauliflower, sweet potatoes, rutabagas, turnips, radishes, greens of many kinds, leeks, lettuce, garlic and herbs.

CSA Harvesting—week 17:

If you are coming out to harvest this week, here's what's waiting for you...

Harvesting: basil, parsley, thyme, arugula, lettuce, kale, collards, kohlrabi, green beans, cherry tomatoes

Other chores: weed brassicas & undersow with cover crops

CALENDAR

September 19: Wednesday pick-up

farm workers: Jennifer Bauer, Stephanie & Spencer Thomson, Mike, Gayle & Kim Bauer

K.C. distribution team: Patrick Tuohey, Tim Nord

September 22: Saturday pick-up

farm workers: Deborah Thornton, Bette Marcus, Max Hetherington, Harry Mallin & Lisa Key

Recipes

Tomato Paella (*Mark Bittman, NYT 9/5/07*)

Cooking author Mark Bittman, aka The Minimalist, has a regular column in the NY Times. He also hosted a PBS series called *Bittman Takes on America's Chefs*. In it he would go to a chef's restaurant, watch them cook a fancy dish, and then cook a similar, tasty looking dish in a fraction of the time, with less expensive ingredients. This paella is an example of just such a minimalist recipe. A classic Spanish dish filled with seafood, this version instead focuses on what you should have plenty of at home—tomatoes.

This recipe made enough to serve 5 to 6 people, so we had some for leftovers. We reheated it in a frying pan along with some garlic, fresh tomatoes and sun-dried tomatoes. Once it was hot we added a couple eggs, mixed it together, and topped it with parsley.

Ingredients:

- ◇ 3 1/2 cups stock or water
- ◇ 1 1/2 pounds ripe tomatoes, cored and cut into thick wedges
- ◇ Salt and freshly ground black pepper
- ◇ 1/4 cup extra virgin olive oil
- ◇ 1 medium onion, minced
- ◇ 1 tablespoon minced garlic
- ◇ 1 tablespoon tomato paste
- ◇ Large pinch saffron threads (optional)
- ◇ 2 teaspoons Spanish pimentón (smoked paprika), or other paprika
- ◇ 2 cups Spanish or other short-grain rice

- ◇ Minced parsley for garnish.

Method:

- ◇ Preheat oven to 450 degrees. Warm stock or water in a saucepan. Put tomatoes in a medium bowl, sprinkle with salt and pepper, and drizzle them with 1 tablespoon olive oil. Toss to coat.
- ◇ Put remaining oil in a 10- or 12-inch **oven-proof** skillet over medium-high heat. Add onion and garlic, sprinkle with salt and pepper, and cook, stirring occasionally, until vegetables soften, 3 to 5 minutes. Stir in tomato paste, saffron if you are using it, and paprika and cook for a minute more. Add rice and cook, stirring occasionally, until it is shiny, another minute or two. Add liquid and stir until just combined.
- ◇ Put tomato wedges on top of rice and drizzle with juices that accumulated in bottom of bowl. Put pan in oven and roast, undisturbed, for 15 minutes. Check to see if rice is dry and just tender. If not, return pan to oven for another 5 minutes. If rice looks too dry but still is not quite done, add a small amount of stock or water (or wine). When rice is ready, turn off oven and let pan sit for 5 to 15 minutes.
- ◇ Remove pan from oven and sprinkle with parsley. If you like, put pan over high heat for a few minutes to develop a bit of a bottom crust before serving.

Your Share Items

Collards and Kale

Mark also has written several books, among them *Leafy Greens*. In it he talks about both collards and kale.

His cooking recommendations for collards are as follows: Remove any thick, tough stems. As with other tough dark greens, you can steam them (which preserves a few more nutrients) or boil them (which does a better job of preserving color) or stir-fry them with a bit of water or stock.

They have long been a favorite in the South, partly because of their heat tolerance. But like kale, to which they are intimately related, collards are at their sweetest when grown in cool weather.

He offers good advice on kale, noting: Kale is among the darkest of greens, very flavorful and nutritionally potent. It must be cooked sufficiently; undercooking yields a tough, bitter dish, whereas properly cooked, kale is sweet and tender.

Kale is super high in the antioxidants A, C, and E and has a good quantities of calcium, magnesium, iron, and many B vitamins. Countless European peasants relied on kale for much-needed nutrition through hard winter months in centuries gone by.