



September 18, 2008

Greetings CSAers,

What's in Your Box

- Potatoes--Romance, a yellow potato with red skin
- Corn! Senaca Horizon
- Celery
- Chard
- Cucumbers, lemon and slicing
- Tomatoes
- Peppers, all kinds
- Sweet Onion
- Beans--purple, dragon tongue, yellow and green
- Basil
- Summer Squash, all kinds



Beth's Farm News: What's Growing On

Have you been enjoying this week's Harvest Moon? It is the full moon closest to the Autumnal Equinox, which is around the corner on the 22nd. I recently read that it is called the Harvest Moon because at this time of year (or in March in the southern hemisphere) the moon rises within 30 minutes or so of dusk, so the day's light seems to be extended. This helped farmers bring in the harvest before the days of tractor lights.



The guys—Michael, Ron, Shane and Glenn—look happy sitting on their buckets during a bean break!

We continue to bring in the harvest, mostly by the light of the sun. We received a boost of help this past week, too. Last Friday we enjoyed the company of volunteers through United Way's Day of Caring. They weeded the leeks (which you will be seeing in your boxes next month and throughout the fall) and helped pick beans and squash. On Monday a Cedar Creek crew unburied the last succession of bush beans, making these last few weeks of picking much more pleasant. They also dug potatoes and covered our new greenhouse with shade cloth.



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I'm grateful for two new interns from The Evergreen State College: Molly and Ty. Even though school doesn't officially start for two more weeks, they have already begun to work with us, right when we are needing extra help at this critical harvest time. Picking corn for the first time this year also fills me with gratitude. Despite the cold start they had in June, they have caught up and look beautiful. Whether you bask in the moonlight or the sunlight, I hope you enjoy this week's box and the beginning of autumn.



Molly brings sunshine in her smile.

Recipes

A handful of celery recipes, to celebrate the success of the celery crop!

Apple and Celery Soup (what a good fall soup)

- 1 sm Head of fresh celery (about half of what we got this week would be fine)
- 2 lg Cooking apples
- 1 oz Butter
- Stock or water to barely cover
- 2 md Onions, peeled and diced
- Salt and milled pepper
- Milk to finish
- Chopped parsley and browned flaked almonds to garnish
- 1 teaspoon brown sugar

In a large saucepan sauté the diced onion in the butter. Wash, trim and dice the celery, add to the onion and continue on a low heat. Remove any bruises from the apples and grate them into your pan, discarding the core. Cook for a further 10 minutes before adding the stock, seasoning and sugar ~ beware too much salt if you are using a stock cube. Bring to the boil, then simmer, lid on, for 30 minutes - don't overcook or the celery flavor becomes jaded and the colors dull. Allow to cool a little before liquidizing thoroughly. Pass through a large mesh sieve to ensure there are no stringy threads of celery remaining. Check seasoning and consistency, adding a little milk if needed. Serve in warmed bowls, sprinkled with parsley and the browned almond flakes.

Celery Potato Soup

- 1 cup Celery - including leaves; chopped
- 1 cup Potato; sliced
- 1 Onion; sliced
- Salt and pepper
- 3 cups Milk
- 3 tablespoons Butter
- 3 tablespoons Flour

Cook the celery, potatoes and onions in just enough water to cover them; until tender. Combine the milk and the flour, stirring out the lumps, and then add to the vegetables stirring until mixture has thickened. Season with salt and pepper, and then melt the butter on top.



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Arabian Stew

3 1/2 cups Tomato juice
16 oz Chicken, cooked & cut up
2 sm Raw Potatoes, diced
1 md Eggplant, cut up
1 lg Raw Onion, diced
6 Celery Stalks with Greens, diced
3 cups snapped Green Beans
12 oz Fresh or 8 oz canned Mushrooms, drained
1 tablespoon Oregano
Garlic, to taste
Onion Powder, to taste
Parmesan Cheese, grated

Place all ingredients in a slow cooker in the order listed (except for the cheese), cover and cook 8-10 hours on medium. Serve with cheese. Makes 20 cups.

Apio (Sephardic Sweet-Sour Celery)

2 c Water
Juice of 2 or 3 lemons
1/4 c Vegetable or olive oil
1 tablespoon (or 2) sugar
1 teaspoon Salt or to taste
2 bunches Celery; leaves removed, stalks cut into 1 1/2 inch long pieces
Combine water, lemon juice, oil, sugar and salt in large saucepan. Bring to boil over high heat. Add celery. Cover and simmer until tender, about 20 minutes. Serve warm as side dish or at room temperature, or chilled as appetizer. Makes 6 to 8 servings.

Calabicita (Little Squash) *if you have more corn than you can eat as corn-on-the-cob (not likely), try this recipe.*

2 ears corn, cut off the cob
2 Or 3 Small squash
2 Green chilies
1 Onion; chopped
2 Cloves garlic; minced
2 tablespoons Butter
Salt and pepper to taste
1/2 (up to) 1 c Grated cheese
Simmer corn, squash, chilies, onion and garlic until done. Add butter and seasonings; top with cheese. Bake at 350 until cheese is brown. This one will surprise you--it's really different!

Enjoy!