This Week’s Veggies with Storage & Handling Tips

Beets—with no tops this week, as we finish out the first planting. The beets and scallions are the last holdouts in Field D, and I’m eager to finish them up and turn the whole field under. We’ll seed cover crops there and say goodbye to all those weeds!

Broccoli or Cauliflower—The cauliflower are finally coming along a bit more, but both of these will soon be finished until the fall planting. To freeze broccoli, blanch it in steam for four minutes, plunge it into cold water to stop the cooking process, and pack it into freezer bags or boxes.

Cabbage
Carrots
Celery
Cucumbers—Our second planting succumbed to fungus and is no more. But the high tunnel cucumbers are coming along, and the first planting is still giving us some harvest. You haven’t seen the last cucumbers yet!

Eggplant
Garlic
Herbs
Hot Peppers—More variety is on the way, as the hotter peppers are beginning to ripen.

Kale—The chard needs a break to catch its breath. Just kale this week.

Melons—The cantaloupes are suffering from the same fungus as the cucumbers. Watermelons are still slowly chugging along, but it will be a short melon season. A wet field does not get along well with melons.

Mustard Greens—Another shot! Did you enjoy them last time?

Peppers—They’re finally starting to turn color! The smallest ones ripen first, but don’t be alarmed by their small size—they are still sweet peppers, and will not burn tender taste buds!

Pickling Cucumbers—These are very easy to miss in the patch, and they protect themselves with prickly vines. The youth farmers have taken to calling them “pickling cucumbers,” and when we find a pickle that got missed, it can be the size of a small cat. Today we fed a whole pile of giant pickles to the chickens...

Popcorn
Potatoes
Salad Mix
Scallions—Will this be their last week??

Sweet Onions

Tatsoi—This is an Asian green similar to bok choy, but with much more delicate stems, and smaller leaves. It can be eaten either cooked or raw, and comes in a manageable size. Add it to eggs, quiche, or any recipe calling for cooked greens.

Tomatoes
Zucchini/Summer Squash

I was out of town last week, relying on my amazing crew to keep the gardens going while I was away. I return to find that more weeds have been weeded, more plants have been planted, and that it’s AUGUST already. True that I’ve been on vacation, but waking up this morning felt awfully early and dark—are any of you feeling like summer is entering the downhill slide?

We still have a long way to go, and lots of veggies coming. And a later sunrise only means more dark and dew to proliferate fungus—the melons are giving up the ghost to a fungal disease, and they’re taking some nearby cucumbers with them. I found an organic anti-fungal spray that seems to help somewhat, and I’m feeling like we need to get it onto everything—especially those prized tomatoes! Their lives are short and precious, and every time I look at them, I expect to see mold creeping.

We want a few more weeks, please!!!

Summer harvests have been smaller than I would have liked up to now. It’s been a challenging growing year, with weeds, heat, rain, and fungus, and I’ve been grateful that I don’t have a Thursday CSA to worry about—the harvests have been enough so far, and as we make our way toward fall, we’ll aim to keep you well-supplied.

The fall veggies are coming along—brussels sprouts, cauliflower, and winter squash all got some attention this week, and are showing good progress. It’s fun to weed when you spot little green butternut squashes along the way. The squash vines are huge and rampant, and taking over everything nearby, including the pathway—we hope for a heavy harvest as we trip over them. Rutabaga, parsnips, and winter radishes are growing quickly too, and show lots of promise. They’ll appreciate the warm days that are coming, and so will we!

~Melissa
**RECIPES**

**Chickpea & Tatsoi Coconut Curry**
From: dishingupthedirt.com
Serves: 4

- 1 cup basmati rice (or rice of choice)
- 2 Tablespoons coconut oil
- 1 medium sized onion, diced
- 3 cloves of garlic, minced
- 2 teaspoons curry powder
- 1/4 teaspoon crushed red pepper flakes
- salt and pepper
- 1/2 cup vegetables stock (or water)
- 1 (15 ounce) can of chickpeas, drained
- 1 (15 ounce) can full-fat coconut milk
- 1 Tablespoon fresh lime juice
- 3 cups roughly chopped tatsoi (or bok choy)

Cook the rice according to specific instructions on the package. Heat the oil in a large dutch oven or soup pot over medium heat. Add the onion and cook, stirring occasionally until fragrant, about 5 minutes. Add the garlic, curry powder, red pepper flakes and a healthy pinch of salt and pepper. Cook for 1 minute longer, stirring often to coat the onion and garlic in the spices. Add in the vegetable stock, chickpeas and coconut milk. Bring to a boil. Reduce the heat and simmer for 10 minutes. Add the lime juice and tatsoi and keep on low heat until the tatsoi wilts down. Season to taste with additional salt and pepper. Serve the soup with a scoop of rice and enjoy.

**Simple Quesadillas**
From: Moosewood Restaurant Cooks at home
Serves 4-5 (2 quesadillas per person)

- 8 or 10” wheat or corn tortillas
- Grated cheese (Monterey Jack, Munster, cheddar, feta, Jarlsberg, Swiss, smoked cheese)

Choose any of the following:
- Chopped olives, black or green
- Chopped scallions, red onions or sweet onions
- Finely chopped red or green bell peppers
- Sliced roasted red peppers or pimientos
- Thinly sliced chiles (fresh or canned)
- Avocado slices or guacamole
- Sliced hard-boiled eggs
- Fresh herbs (such as cilantro, dill, chives, basil, oregano, or sage)
- Refried beans
- Salsa
- Leftovers (such as spicy beans, vegetables, or mashed potatoes)

Before beginning to assemble the quesadillas, have all of the filling ingredients of your choice prepared and at hand. Lightly oil a heavy skillet. Warm the skillet on medium heat. Sprinkle or spread the filling ingredients on one half of each tortilla, leaving a 1/2” border along the edge. Don't pile it on too thick or the filling will ooze into the skillet, about 1/2” deep is good. Fold the plain half of the tortilla over the filling. Place the quesadilla (as many as you’re cooking or as many as will fit) in the heated skillet and cook each side for 2-3 minutes, until the cheese is melted and the filling is hot. Add more oil to the skillet if necessary, and cook the remaining quesadillas.

**North African Beet Salad with Cumin**
Adapted from Mark Bittman
Serves 4

- 1 lb. beets, or a little more
- Juice of 1 lemon
- 1 garlic clove, minced
- 1 tsp. ground cumin
- Salt and black pepper to taste
- 1/4 cup extra virgin olive oil
- 1/4 cup chopped fresh parsley leaves

Preheat oven to 375 degrees. Wash the beets, then put them, still wet, in a roasting pan and cover with foil. Bake until safe, about 45 minutes (use a thin-bladed knife to pierce through the foil and into the beets to test for doneness.) Remove the beets, then allow them to cool before peeling and slicing into rounds 1/2” thick. (You can cook the beets a day or two in advance if you like, cut them up at the last minute). In a blender or bowl, whisk together all the remaining ingredients except the parsley until creamy. Taste and adjust the seasoning as necessary. Toss the beets with the dressing and refrigerate or serve, garnished with the parsley.

**Double Chocolate Chip Zucchini Muffins**
From: damndelicious.net
Yield: 12 muffins

- 1 cup all-purpose flour
- 3 tablespoons unsweetened cocoa powder
- 1 teaspoon baking powder
- 1/2 teaspoon cinnamon
- 1/4 teaspoon salt
- 2/3 cup sugar
- 1/4 cup vegetable oil
- 1/4 cup plain Greek yogurt
- 2 large eggs
- 2 tablespoons unsalted butter, melted
- 1 teaspoon vanilla extract
- 1 cup shredded zucchini
- 1/2 cup chocolate chips

Preheat oven to 350 degrees F. Line a 12-cup standard muffin tin with paper liners or coat with nonstick spray; set aside. In a large bowl, combine flour, cocoa powder, baking powder, cinnamon and salt. In a large glass measuring cup or another bowl, whisk together sugar, vegetable oil, Greek yogurt, eggs, butter and vanilla. Pour mixture over dry ingredients and stir using a rubber spatula just until moist. Stir in zucchini and chocolate chips. Scoop the batter evenly into the muffin tray. Place into oven and bake for 20-22 minutes, or until a tester inserted in the center comes out clean. Remove from oven and cool on a wire rack.