

CSA Newsletter - Week 5

Full and Half Share members pick up this week

Dear CSA friends,

It was a beautiful week with little to no rain! Finally! We hope everyone has been drying out and enjoying the milder temperatures and blue skies. And it looks like we're good until Wednesday. So we are focusing most of our efforts on trying to keep up with the weeds that really took off with all the rain.

It looks like we are getting into more of the summer veggies - tomatoes and zucchini are starting to be picked. And now that that tomatoes are starting to ripen we REALLY don't want to continue with the heavy rains we've been experiencing. One of the big enemies of the tomato is lots of rain. Tomatoes will absorb the excess moisture causing the tomatoes to split, or become tasteless from dilution, or worst case scenario...get blight. Luckily the tomatoes were planted at the top of the field this year where there is better drainage, so we are hoping not to incur any of these challenges.

Some other veggies coming up are eggplant and peppers. For new members, we grow a variety of both hot and sweet peppers. We put the mildly hot peppers like banana peppers and Anaheim's in your box but once the really hot peppers start coming up, like jalapenos and serranos, we put those in a separate marked basket so you don't mistakenly cut into a hot pepper if you are not into those!

Lots of Onions

We pulled up our first row of onions this past week, so the "green onion" phase is officially over. It looks like this is going to be a really great crop of onions, and this row that we pulled up and you'll start seeing in your box are a variety of yellow Spanish onion - it is crisp and sweet and great raw or cooked. I decided to focus on a couple of my favorite onion recipes this week since I know the past weeks have also had large onions in the boxes and a lot of you probably still have onions, and trying to figure out what to do with them all. Remember, onions are one of the lucky veggies that freeze really well. So any onions that you know you won't be using in a given week, chop them up and freeze them in a zip lock bag so you have them into the winter for continued use. Whenever I freeze chopped onion or garlic, I flatten out the bags as much as possible so that it makes it easier to break out a chunk the size you want for any particular recipe.

We also pulled the garlic up last week and are now curing it. Unfortunately, it is not our best crop of garlic. While the taste is delicious as always (there is no comparison between store bought and home grown garlic) the bulbs are just medium sized and we don't have an abundance. We hope you will be seeing a head of garlic in almost every box, but we're not sure yet until I get out there and cut and count it all.

Note: We will be on our annual mini-vacation at my brother's lake house in Michigan, so I will not be sending out a newsletter on Sunday.

Recipes - Week 5

Beer Batter Onion Rings

1 1/2 cups flour
1 1/2 cups beer
3-4 large onions
4 cups canola oil
Sea Salt

Whisk flour and beer in bowl until smooth. Cover and let stand at room temperature for 3 hours. Slice onions into 1/4 inch thick rounds and separate into rings. Heat oil to 375 degrees. dip onion rings into batter, a few at a time and fry until golden brown, turning once. Drain each batch on paper towels and salt lightly. Serve hot.

French Onion Soup

6 tbl. butter
2 large onions
2 cans beef consomme
1 cup water
1/2 cup dry white wine
1 tbl. Worcestershire sauce
1/8 tsp. pepper
Grated Parmesan cheese
Sliced French bread or large croutons

Slice onions in half and then cut each half into slices. Melt butter in large pot and add sliced onions. Saute until very soft and turning brown - about 20 minutes. Add consomme, water, wine, Worcestershire sauce and pepper. Simmer for 20 minutes on low heat. Do not boil.
Pour soup into oven proof bowls and top with bread or croutons and grated cheese. Put under the broiler for 5 minutes to melt cheese.

Thank you everyone...have a great week!

Farmer Scott & Kathy