

August 17th, 2012

Late summer is here—in the morning the songbirds are quiet now, the crickets’ chirping dominates each day’s soundtrack, and thunderstorms seem more likely than not most afternoons. This week we spread compost and manure on beds that have grown spring lettuce, followed by a healthy cover crop of clover all summer. Now we’ll sow a short cover crop of oats or buckwheat and then in the fall we’ll plant our garlic there.

Beets are back in the share this week! The beet greens on these bunches may be a bit tougher and a bit more bitter than those tender early summer beet greens. For you beet green lovers out there, they’re still okay to eat, especially when sautéed with garlic, or onion, and some other spices (I do not recommend eating them raw!).

* Buttercrunch Lettuce
* Red and Green Russian Kale
* Red Cipollini Onions
* Red Norland Potatoes
* Bunched Beets (three or four kinds of beets in your bunch: golden beets, chiogga beets, red ace beets, and bull’s blood beets)
* Green Cabbage
* Sungold Tomatoes
* Zucchini and Yellow Crookneck Summer Squash
* Dill Seed

Recipe of the Week: Baked Sungold Tomatoes

Yes, sungolds are delicious fresh, but if you’re tired of raw tomatoes, here’s another way to prepare them (once they’re baked you can throw them in pasta, on pizza, in a sandwich, etc.). Cut sungolds in half and place face up on a baking sheet. Drizzle olive oil over all of them. Sprinkle with any Italian spices (fresh or dried thyme, oregano, basil, rosemary), salt, pepper, crushed garlic, and bake at 250 or 300 degrees F. Optional: Depending upon your taste, you can also drizzle balsamic over the tomatoes, or sprinkle some grated parmesan cheese on them before baking. These should bake for about 10 or 12 minutes. You want them to caramelize and shrivel a little, this really concentrates the sweet tomato flavor in an amazing way.