

August 31st, 2012

 What a beautiful week! The cool nights are a welcome respite from the summer heat—and a reminder that summer won’t last forever. So, we’ve been canning and harvesting, curing and drying, so that we’ll be able to enjoy the late summer bounty through the rest of the year.

 This week we have carrots in the share! Our carrots faired poorly during drought this summer, and we are excited to finally offer them from our field. We’ve already cut off most of the green tops and fed them to our chickens— but, since carrots store best without *any* greens (they sap the moisture out of the root), if you don’t plan on eating you carrots in the next few days, it’s best to cut the tops off completely.

* Red and Green Russian Kale
* Sungold Tomatoes
* Heirloom Tomato Mix—Black Prince, Rose de Berne, Prudence Purple, Green Zebra, Pink Brandywine
* Zucchini
* Red Norland and Russet Potatoes
* Varsity and Copra Yellow Onion Braid
* Lettuce
* Yaya and Yellow Carrots
* Laurentian Rutabaga (I like these best roasted in the oven with other root vegetables like potatoes, beets, carrots, herbs, and olive oil)

Recipe of the Week: Zucchini Basil Soup -- adapted from Every Day Vegan, by Jeani-

Rose Atchison—made by my Mom last night and consumed by us all with delight!

 Chop 1-2 onions, mince 3-4 cloves garlic, and sauté in a large saucepan with 2-3 tablespoons olive oil and 2 tablespoons of rice. Cook over medium heat until onion is soft, stirring frequently. Add 1 quart vegetable stock, ¼- ½ cup chopped basil leaves, 1 teaspoon fresh or dried thyme. Bring to a boil, then lower heat and let simmer until rice is tender (~25 minutes). Grate 1 large zucchini or 2-3 medium zucchini and add to the pot, cooking for 1-3 minutes. Add 2 big tablespoons of miso. Remove from heat. Puree soup in a blender in batches. Add salt and pepper to taste.