

September 14th, 2012

Fall is coming! The leaves are starting to change color, and the nights are starting to get chilly—it’s definitely one of my favorite times of year. This week our friend Dan MacArthur volunteered his time and tractor yet again to help us open up a new section of the field. Next year, we will be joining forces with our friends Laura Hecht and Matt Crowley, so we are expanding our growing area to match our larger farming crew. We are excited about this new collaboration, and hope that we will be able to expand our CSA membership and the diversity of what we offer next year—so tell your friends!

This week we have the last pickings of the tomatoes along with all the usual late summer fare. A word of advice, eat these tomatoes quickly—they’re still delicious but they don’t have a long shelf life!

* Butterleaf or Red Romaine Lettuce
* Japanese Cucumbers
* Provider Green Beans
* Green and Red Russian Kale
* Braided Copra and Varsity Yellow Onions
* Assorted Heirloom and Sungold Tomatoes
* Ruby Perfection Cabbage
* Sugar Baby Watermelon
* Zucchini

Recipe of the Week: Zucchini, Kale, and Red Cabbage Stir-Fry

Thinly slice 2 onions. Chop kale stems into bit size pieces. Add onion and stems to a large saucepan or frying pan and sauté over medium-high heat with 2-3 tablespoon olive oil. Add salt and pepper as desired. Thinly slice cabbage (1-3 cups) and add to the pan when onions are translucent and stems are tender. Chop kale leaves and add to pan—stirring frequently. Chop 1-2 zucchini(s) into bite size pieces, and add to pan. Add 2-3 tablespoons soysauce, 1-2 tablespoons maple syrup, and a few splashes of white wine vinegar. Taste, and add more of any of the above as desired. Continue cooking, stirring frequently, until zucchini and cabbage are tender—but not mushy—just 3-5 minutes or so. Remove from heat and serve with rice, quinoa, or a grain of your choice. Variation 1: add 2-3 cloves garlic and 1-2 tablespoons freshly grated ginger in with the onions. Variation 2: add 2 tablespoons sesame oil and toasted sesame seeds and toss after stir-fry is removed from heat.