

September 4th and 6th

We had our first brush with cold weather last night—the first frost warning of the season. Though our field didn’t receive any freezing temperatures, we made sure to cover all of our frost sensitive crops just in case. Just a little more warm weather in September will help our tomato and squash plants to keep ripening all the fruit that’s already on the vine, though the bright cool days followed by cold crisp nights is just about my favorite weather—so I guess I’m feeling ready for fall too.

In your share this week there are more summer vegetables—tomatoes and cucumbers, broccoli and peppers. Enjoy the bounty!

* Heirloom Tomatoes
* Cherry Tomatoes (Sungold, Black Cherry, Principe Borghese)
* Beets (Early Wonder, Golden, Chiogga, Whiter)
* Rainbow Chard
* Bleu de Solaize Leeks
* Green King Broccoli
* Salad Mix
* Sweet Peppers (Green Bell or Jimmy Nardellos)
* Cucumbers (Lemon or Pickling)
* Garlic
* Provider Green Beans (Half and Full Shares Only)
* Parsley or Dill

Recipe of the Week: Roasted Beets with Beet Greens or Chard

Preheat oven to 350. Wash beets and cut off the greens. Rinse greens, along with chard if you want extra greens, and set aside. Cut beets into halves or quarters and place in a baking dish with ~2 tablespoons olive oil and a sprinkling of coarse salt—mix to ensure all beets are coated in oil—then cover and back for ~30-45 minutes, or until a knife can easily slide into a beet. While the beets are roasting, chop 1-2 leeks or 1 onion, mince two cloves of garlic, and sauté on medium heat in a large saucepan with ~2 tablespoons olive oil. Chop chard and beet stems and add these as well, continuing to cook until onion or leek is translucent. Chop the greens and add to the sauté, stirring and cooking until greens are wilted and tender. Add salt and pepper to taste. Serve beets and greens together or separately. Optional: add crumbled feta or blue cheese on top.