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Box #13
Odd Week
20 September 2017

Contents
Beets: Red
Cauliflower – Family Shares
Eggplant
Garlic
Green Beans – Couple Shares
Kale: **Green Curly – Couple Shares**
Green and Red Curly – Family Shares
Lettuce: Mixed Types
Melons: Cantaloupe
Peppers: Italian Carmen, Jalapeño
Tomatoes: Mixture of heirlooms, round slicing tomatoes, cherry tomatoes & Juliets

New Stuff: Italian Carmen peppers
Choice Box: scratch & dent Carmen peppers, wide variety of other items

"Carmen" is a variety of Italian pepper that is sweet and complex in flavor—definitely our favorite and good for any dish, but especially great on the grill. Italian peppers tend to be long and pointed. Carmen turns red when mature, other varieties turn yellow or orange. This week, the Italian peppers in your box are from Three Sisters Farm Community Farm, a certified organic farm in Campbellsport. Jeff and Kelly are fellow members of CSA Farms of Southeastern Wisconsin. This season, they were long on Italian peppers and short on potatoes. We have lots of potatoes and a bit short on our Italian Carmen peppers, so we traded. This is not something we usually do, but we had the chance to help a friend and get you mature peppers a bit earlier than ours would be ready. And, they're certified organic.
We're harvesting from a new patch of beets we planted in late July. The greens are very good, so you shouldn't have to discard too much to find nice leaves and stems to cook with.
The green beans are still producing lots of nice beans, but some of our wholesale customers have bought part of our crop, so we are giving green beans only to the Couple and EOW Shares this week. The Family Shares will get white cauliflower.
The eggplant is putting out more fruits, and we're finding more of good size. The plants are still on the small side, but they are enjoying this warmer weather and could use a good drink. We plan to put eggplant in next week's box also.
Chuck thought it would be nice to give the Family Shares their larger portion of kale in another color, so we bunched some red curly. The 2 colors look nice in a salad. There's less contrast when you cook it.
"Caldo Verde", which means "green broth", is a traditional Portuguese soup often eaten at weddings, birthdays, etc. "Black" kale, the kind used in Portugal, is not grown much in this country, but any kale will work, as will collard greens, chard, beet greens, mustard greens or spinach—or any combination of these.

Caldo Verde *serves 6-8*

In a Dutch oven over medium-high heat, put:
1 Tbsp. olive oil
Add: 12 oz. sausage, cut into pieces (use whatever you prefer)
-Cook, stirring occasionally, until lightly browned, 4-5 minutes. Remove sausage to a bowl.
Add to the pot: 1 onion, chopped
4 cloves garlic, chopped
1 tsp. salt
¼ tsp. red pepper flakes (*optional*)
-Cook, stirring often, until onion is transparent.
Add: 2 lbs. potatoes, cut into ¾" pieces
8 cups chicken broth
-Bring to a boil, turn down heat and simmer, until potatoes are just tender, 10-15 minutes.
Add: 1 bunch kale, washed, stems removed, and chopped into 1" pieces (approx.)
-Stir, cover, and simmer kale about 10 minutes, or until tender.
To make a thicker soup, put about 1 cup solids and 1 cup broth into a blender and process until very smooth. Put the puree back into the soup.
Stir in: sausage pieces
salt and pepper to taste
2 tsp. white vinegar (*optional*)
Serve with a crusty bread.
It's good to see our tomato patch with lots of yellow, pink and red tomatoes in it. I don't think we've ever planted this many varieties of tomatoes before.
Picking a paste tomato next to a lobed or contorted heirloom fruit seems odd, but the sprawling plants grow every which way in that part of our field. The rest is somewhat contained by string supports.
We're seeing some diseases in the fruits. The most noticeable is bacterial speck, which looks like black freckles on the fruit. Altho it's ugly, the speck is only on the tomato's skin and is easily cut off. Tomatoes

with these "freckles" are perfectly safe to eat, just not very pretty.

Tomato Bisque *Serves 4*

In a 4-qt. pot over medium-high heat put:
2 Tbsp. olive oil
Add: ½ cup onion, chopped
2 lbs. tomatoes, coarsely chopped
-Sauté, stirring occasionally, until softened, about 7-8 minutes.
Add: ¼ cup dry sherry
2 Tbsp. tomato paste
-Cook until contents are reduced by half, 2-5 minutes.
Add: 1 tsp. Kosher salt
3 cups chicken stock
-Bring soup to a boil, then reduce heat and simmer until soup is slightly thickened, about 10 minutes. Remove pot from heat and puree with a hand blender or in a regular blender, being careful not to burn yourself on the hot ingredients. Return pureed soup to the pot.
Add: ¼ cup heavy cream
-Heat until soup is steaming, altho heavy cream will not curdle if it boils.
For an elegant touch, add a pound of small to medium sized raw shrimp at the end and cook just until done, about 3 minutes, depending on size. If you use precooked shrimp, cook just until heated thru.

Field Notes

It's been a few weeks since we've had any significant rain, and the fields are getting pretty dry. Chuck has been hooking up drip tape and irrigating our new lettuce plantings. Now it's time to move or install drip tape on much older plantings, like the peppers, tomatillos, eggplant, tomatoes, etc.

If you are a Family Share member, please bring your boxes back to your pickup site—we're running a bit low on them here at the farm. The boxes we pick up this week will be the ones we'll use to pack your vegetables in next week. So, please unfold those boxes carefully to ensure none of the tabs or cutouts rip in the process, and bring them back when you come to get your Share. Thank you!

And here's another reminder that this Sunday is Farm Day! We'll start at 1pm with a little apple picking and apple cutting so we can press apple cider in the barn. Bring a pint or quart container with you to fill and take home. There will be plenty of cider for tasting—each batch is a little different.
Around 2:30pm, Chuck will take you on a tour of our fields and you can see just where your vegetables are grown. On the way, he'll conduct a raffle for Fabulous Prizes: a bottle of cider, fresh vegetables, a pound of our wonderful garlic, or who knows what other fabulous items will be there?
We encourage you to bring your family and friends for an afternoon at our farm. The weather looks like it will be warm and sunny.
See you then!

Terry & Chuck