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Box #14
Even Week
27 September 2017

Contents
Broccoli
Eggplant
Melon: Cantaloupe, a few Watermelons
Onions: Yellow Spanish
Peppers: Carmen, Green Bell
Potatoes: French Fingerlings
Spinach
Tomatoes: Mixture

Choice Box: Also a mixture, including tomatoes that should be used soon.

Some of you will receive bunches of broccoli side shoots. The stems on these tend to be pretty tough, so let your knife tell you when you've reached the point where it's tender enough to eat. Or, taste the stem (I do both). We've put a little more in those bunches to compensate for the stem loss.
Site manager Laura Plizka gave me this recipe last week:

Eggplant Fries
1 cup All-Purpose flour
2 Tbsp. Kosher salt, plus 1 tsp. for seasoning
1 tsp. freshly ground black pepper
3 large eggs
1 cup Panko breadcrumbs
½ cup grated Parmesan cheese
1 medium eggplant (about 1 ½ lbs.)
Place 2 racks in the upper and middle thirds of the oven and preheat to 425 degrees F. Place a wire rack on a large baking sheet.
Whisk together the flour, salt and pepper in a large bowl. Lightly beat the eggs in a medium bowl. Combine the panko and the Parmesan in another medium bowl.
Slice off both ends of the eggplant. Cut the eggplant in half lengthwise and slice each half into ½ to ¾" thick layers, then cut each layer into ½" sticks. After al fries are cut, crop them into the flour and lightly toss them to coat evenly. Working in batches of a few at a time, dip the floured fries into the egg and then into the panko mixture. Place the fries on the wire rack in the baking sheet, leaving an 1/8" space between each.
Bake the fries until they are golden brown, about 15 minutes. Season the fries with the remaining salt.
These will likely be the last cantaloupes you'll get this year. It's not been a good one for our cantaloupes. The vines contracted powdery mildew early due to all that rain, and died before the melons had a chance to mature and develop more sugars. They seemed to ripen in the sun despite the lack of living leaves and stems, so we were hopeful. Next year.
The watermelons were much more successful. Chuck has been harvesting the later-maturing ones, and you may get another round of those in a week or two. Cross your fingers.
Bell peppers are maturing now—they love this hot weather. It was almost hard to find enough that are still green to give you some. You may get a pepper that's a lighter green in one spot, or has a bit of red on it: that's a sign that the pepper is maturing by turning color. When peppers do this, their walls thicken and they develop more sugars so taste sweeter. Most peppers mature in this way, green to red/orange/yellow, etc.
French fingerling potatoes are dark red on the outside and cream colored with streaks of red on the inside. They have a velvety texture and great flavor. The skins on these are pretty thin, so be careful when you wash them or you may scrub it off. No need to peel them—most of the nutrition is just under the skin. Another benefit to French fingerlings is they are prolific: Chuck says he's dug about 20% more of them per bed than any other potato we're growing this year.
Our late spinach is also abundant, and we're able to give you quite large bunches this week.
The hot weather has helped mature more tomatoes. Our limiting factor at present is enough labor to pick them. Quarts contain a variety of types, from large heirlooms to small cherry tomatoes. The bacterial speck and late blight have affected a lot of the fruits, so we'll put those in your pickup site's Choice box. Use these up quickly if you grab some.

Fresh Tomato Sauce
In a large pasta dish, put:
3 cups chopped, fresh tomatoes
½ cup chopped basil, parsley, or other fresh herbs; use dried if you don't have fresh
freshly ground pepper
-Mix, and let sit for 2 hours so the herb(s) can infuse into the tomatoes. **Do Not Salt** the tomatoes yet, or they will lose too much liquid.
After 2 hours, bring a large pot of salted water to a boil and cook 1 lb. of your favorite pasta shape until *al dente*. Try to choose one that will hold the pieces of tomato. After draining the pasta, put it into the dish with the herbed tomatoes and oil generously with good

extra virgin olive oil. Sprinkle with Kosher salt and toss to mix. Serve immediately with lots of freshly grated cheese.

Field Notes

We got one, brief shower from Tuesday's promised rain. Oh well, back to the drip tape.

It's dry out in our fields, and the crops are feeling the lack. While picking peppers, I left behind some with slight wrinkles on the skin, feeling sure that, with some rain, those wrinkles would disappear. I'll have to wait for the results from drip tape.

The cauliflower harvest is enormous. White, orange, purple or green, they're growing larger by the day. Chuck and Matt, one of our field crew members, were out today cutting and packing cauliflower. I came out to the barn to find a small wall of cauliflower boxes. There's another vegetable you'll get again.

We had a good turnout of hearty souls who braved the heat and visited us on Farm Day. We had a few trees in our orchard that had produced apples acceptable for cider, and we supplemented that with seconds from Barthel's Fruit Farm. Everyone pitched in to cut up fruit, and the kids filled the cheesecloth bundles with mashed apples. Every batch tastes a little different, but they're all delicious. Anyone who brought a container went home with fresh apple cider.

Chuck made his tour of the fields short due to the heat. Folks learned how to tie cauliflower leaves over the heads so white cauliflower stays white. (We don't have to do this to orange, purple or green cauliflower.)

Thank you to everyone who's bringing their wax boxes back to their pickup sites for us to carry back to the farm. We are still short on the ¾ bushel Family boxes, so urge all Family Share members to return those to your site and we'll use them again. Reusing our food grade, wax boxes saves the farm money and keeps the cost of your Share down. Thank you for helping us do that!

Enjoy the cooler weather—I know I am!

TERRY & CHUCK