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Box #10
Newsletter #10
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Contents

Pears: **Bartlett—Couple Boxes only**
Lincoln or ???: Family Boxes only
Cabbage
Cantaloupe: Couple Boxes
Green Beans: Roma
Onions: Red & Yellow
Peppers: Anaheim, Green Bell
Swiss Chard
Tomatoes: Cherry: Juliet, Sungold, Red Grape
Slicers: Early Girl, Black Prince
Watermelons or Cantaloupe: Family Boxes
SEPARATE CONTAINER
Zucchini: Zephyr and/or Green

New Stuff: pears, cabbage, cantaloupe, Anaheim pepper
Choice Box: red Romaine lettuce

When we bought our farm in 2002, we got an orchard of approximately 85 trees as part of the deal. In that orchard are 13 pear trees, with the rest apple. The pears generally bear abundantly, and this year is no exception. We've picked your pears from the Bartlett, Lincoln and another pear tree we're unsure of. Bartlett pears tend to have that classic pear shape: large with a rounded bottom and a defined neck. Lincoln is a smaller, shorter, rounder variety with a very short neck. The unknown pear is shaped like a small Bartlett.
Pears ripen best off the tree, at room temperature. Refrigerating them delays ripening, but not forever. A pear is ripe when the stem end yields to gentle pressure. These pears are young, and may ripen very slowly: one to two weeks—it's hard to say, exactly. The first pears usually take longer to ripen, whereas later-picked ones will only take 3-4 days.
Our pears have not been sprayed for anything, animal, vegetable or fungus. They will not look like the perfect fruit you see in supermarkets. Some will have dimples, or rub marks, or slight insect damage. We have tried to sort out the ones with any kind of damage that would make them inedible, tho. One thing I can say is that our pears, when properly ripe, are delicious. Certainly worth waiting for.
Cabbage is low in calories, but still contains significant amounts of vitamins A, C, as well as calcium, potassium and magnesium. It's been used for centuries as a digestive aid and intestinal cleanser.
We've had a little trouble with "tip burn" in the cabbage. It expresses itself as a dried edge on the leaves. The rest of the leaf is fine. If you find any "tip burn" on your cabbage, simply cut off the dry part and use the rest of the leaf.
We're pleased to be able to give some of you cantaloupes this week. Chuck grew these from seeds he saved from a cantaloupe he found in his patch last year. It was different from the other melons around it, ripened earlier and had less netting on the outside. The most important part? It tasted good. So, we're naming this one "Chuck's Own", for all his hard work. Let us know what you think.
Cantaloupes are ripe when the skin underneath the netting has turned orange, mostly, and the melon has a nice, cantaloupe smell. Commercial cantaloupes are often picked green, before the sugars develop fully. Before cutting into it, wash your cantaloupe to remove any dirt from the rind. Store cantaloupes in your refrigerator, especially after they've been cut.
Anaheim is a medium-hot pepper, long and rather slender, with a light green color. It's good for folks who like a little spiciness, but not flaming hot. We find they vary in their heat, from very mild to medium. To test them, cut a piece off and hold it to your tongue for several seconds.
Store peppers in a plastic bag in your crisper drawer. They should keep for over a week.

Here's a good soup for hot weather.

Cold Tomato Soup

In a blender or food processor, put:
- 2 lbs. tomatoes, coarsely chopped
- ½ onion, coarsely chopped
- 1 clove garlic
- 1-2 tsp. red wine vinegar
- 2 Tbsp. good-quality olive oil
- ½ tsp. cumin, ground
- 1 tsp. Pimenton/smoked paprika *optional*
- ½ tsp. Kosher salt
- ½ tsp. freshly-ground pepper

-Process all ingredients until everything is finely pureed. Store in refrigerator until ready to eat. Soup is better if allowed to sit for 2-4 hours so the flavors can "swap around".
Optional ingredients: cucumber, peeled and seeded; peppers, sweet or spicy; parsley; basil; anything else you think would be good.

Here's another cold soup from Racine site manager Jeff Siuta:

Classic Red Gazpacho *Serves 6-8*

In a large bowl, put:

1 or 2 cucumbers, cut into ¼" dice
2 large, ripe tomatoes, cut into ¼" dice
1 Lg. onion, cut into ¼" dice
2-4 cloves garlic, minced
2 bell peppers, seeded & cored, cut into ¼" dice

-Toss ingredients to combine. To create an interesting mixture of textures, puree half the ingredients, then return to bowl.

Add: 2 Tbsp. good-quality olive oil
3-4 Tbsp. Sherry or red wine vinegar
3 cups tomato or V8 juice
1 cup ice water
1-2 tsp. cayenne pepper *optional*
1-2 tsp. Kosher salt

-Stir to combine. Cover and refrigerate 2-4 hours so flavors have a chance to meld.

Garnishes - *optional*

1/3 cup fresh dill, cilantro or basil, chopped
½ cup crumbled feta cheese, for garnish
2 cups croutons

Store leftover gazpacho in refrigerator: it keeps for about a week. Gazpacho does not freeze well.

This week, we'll be delivering the Family watermelons and cantaloupes in separate containers, and placing them close to the Family boxes you get. We'll be putting the Couple cantaloupes inside the Couple boxes.

Field Notes

Hot and dry. Did I mention the humidity?
Altho rain is moving thru part of the state, it's not coming our way. Chuck and the crew have been hooking up and moving drip tape for weeks to ensure no crop gets too dry.
Transplanting proceeds: broccoli, lettuce and cauliflower last week, then more broccoli, cabbage and cauliflower this week, with lettuce the week after.
More notes next week.
Have a wonderful Labor Day weekend.
Stay Cool,
Terry & Chuck