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Box #13
Newsletter #13
18 September 2013

Contents

Basil
Cantaloupes
Family Cantaloupes will be in a separate container
Carrots: Yellow
Cucumbers
Kohlrabi: Kossak
Onions: Yellow
Peppers: Anaheim, Bell, Jalapeño
Tomatoes: Juliet, Black Prince, Black Truffle, Early Girl, Old German

Choice Box: cucumbers

Our yellow carrots tend to be a bit shorter and wider than the orange varieties. These have a mild, but rather complex flavor. No need to peel them, just scrub with a brush just before using. Store these like you do with the orange carrots, they should keep for weeks.

Cucumbers should probably be peeled before using. They're field-grown, so the skin is a little thicker.

The bell pepper will be turning color, either yellow/orange, or red. It's glorious seeing all the colors in the pepper patch. The side towards the sun turns color first, then, over the next week or 2, the rest of the pepper becomes colored. Inside, the walls and ribs thicken, the sugars concentrate and the seeds become larger. Anaheim and Jalapeño peppers also turn red when they mature. Some boxes will have more mature peppers of these varieties. Store peppers in the vegetable drawer in your refrigerator.

This week, everyone will be receiving an Old German tomato. This is a large, yellow-red, heirloom variety: some weigh over a pound. Old German is a juicy, delicious, gorgeous variety. Being an heirloom, it tastes great, but grows irregularly, and often has brown "scars" on the bottom. Just cut off the "scars" and use as you would any other tomato. They would be wonderful on a BLT. These don't last long, so eat them up within the next 3 days.

As usual, keep tomatoes on the counter and refrigerate only after cutting.

I had a good response to my request for tomato recipes. Here's a nice salsa from Melanie Axford:

Black Bean & Corn Salsa

1 15 oz. can (~2 cups) black beans, drained (not rinsed)
1 11 oz.can (~1 ½ cups) Mexicorn, drained (or even better cut sweet corn off a couple of cobs)
2 avocados, diced
2-3 tomatoes, diced
1 red onion, diced
1/4 cup vegetable oil
1/4 cup vinegar
1 packet (~2 Tbsp.) Good Seasons Italian Seasoning (Italian seasoning is usually basil, tarragon, thyme, oregano, plus onion & garlic powder, salt & pepper)

Mix everything together in a bowl and enjoy with some sturdy tortilla chips.

Here's another from Sandy DeBoer:

My favorite thing to do with tomatoes is roast them with onions and garlic and put that on toasted or grilled baguette bread. Just cut up the tomatoes put them in a pan (prefer to use an aluminum pan, so I don't have to clean up after) add chopped onion, chopped garlic, toss with olive oil (be generous, so the tomatoes don't stick) add salt and pepper. Couldn't be easier. We often do this on the grill. Great for an appetizer. You can add chopped basil before serving if you like. I also do this with eggplant, cut up eggplant, roast in oven or on grill with olive oil. When done, top with Parmesan cheese and lemon juice. Serve with grilled baguette bread.

Last, but not least, an idea from Jessica Stenz:

Our Italian side of the family makes Punapun. But don't ask me how to spell it because I can't find it online! (Italian father-in-law says spell it "any way you want. Look up in Italian meaning dunk and dunk" but I can't find that.) This has been a great way to use up recent tomatoes, peppers, and onions!

Punapun (Italian salsa)

Juicy ripe tomatoes, at least 4, cut in chunks
1/2 onion, sliced
1 bell pepper, any color, sliced in chunks
fresh basil ~10 good sized leaves, cut or torn into pieces
Italian seasoning (if needed)
garlic salt
olive oil
salt & pepper
a bit of water if desired to make it juicier

Mix everything in bowl. Cover with lid and let it sit at least overnight in fridge so that flavors meld. Serve with Italian bread. Tear off chunks of bread to dip in the punapun. Make soakies in the juice, and use the bread to pick up chunks of veggies.

Field Notes

We had a nice, gentle rain on Sunday, the kind that soaks into the soil and really nourishes plants. Everything looks a little perkier out there.

The kale plants have grown up nicely, the leaves are now a good length and we'll be putting them in your boxes soon.

Flea beetles have been feasting on radish, arugula, turnip and rutabaga leaves, leaving behind a lacey network of holes. The plants still grow, but slower as their chlorophyll producers are rather tattered. Chuck went out and sprayed over the weekend, so we should see some improvement shortly.

The crew has been thinning the rutabagas so the roots have enough room to grow big. Rutabagas are also know as "Swedes", since the plant was grown widely in Sweden, being an excellent winter storage root. It looks a lot like turnips, and tastes a bit like them as well, but milder and sweeter.

Farm Day is only 11 days away! We hope you'll spend an afternoon in the country, and visit us on Sunday, Sept. 29th. We start at 2pm, and end around 5pm. The best way to find us is **Google Maps**. They locate us correctly at the corner of Cty. S and Crooked Rd., in Washington County. MayQuest, Yahoo Maps and many GPS devices will direct you 4 miles further west, near the corner of Cty. S and Cty. P in Dodge County. Our website also contains a map.

Pray for a beautiful day.

Take Care,

Terry & Chuck