

# Monroe Family Organics

## CSA Newsletter

AUGUST 26, 2012

### Farm Update

This week was a little warmer, and we started irrigating again as the soil finally started to dry out from the rains we had a couple of weeks ago. On Thursday Emma Currie and Susan Patton came out from The Brass Café, along with Holly Mahaffey from the Morning Sun. There was a nice article in the paper on Friday about our farm! This weekend Fred has been working long hours putting in some larger fall plantings, and our two new greenhouse frames should be coming sometime this week. Charlie, one of our main field workers, went back to school this week so Malcom Frisbie, who helped us last year, will fill his place for the rest of the season. The insect pressure during this second half of the season has been very low, although we are starting to see a resurgence of the Mexican Bean Beetle on our green beans. We have also been having some trouble with watermelon rot in the field because some of the melons sat on the wet ground too long during the rainy spell. Some tomato vines are starting to die off, but we will still get plenty of tomatoes since the main fruit set is already well established. A quick note on the watermelon: so far every melon we have had has been very good, but usually there are a couple that are not as good during a given season. If you have a melon that is whitish inside instead of a pink to red in color let us know. So far we have heard no complaints, but definitely let us know if you get a dud melon. This week we have extra

tomatoes for sale by the half bushel for \$12 and basil for \$10 per pound for canning and freezing. The blueberries are done at this point, but we were very happy with the season we had this year and plan to do blueberries again next year.



*The pigs have been enjoying playing in the mud!*



### What to Expect in This Week's Share

- ❖ Sweet corn, watermelon, carrots, or specialty tomatoes
- ❖ Beans
- ❖ Potatoes, beets, or broccoli
- ❖ Green pepper, kohlrabi, or eggplant
- ❖ Tomatoes, kale, or chard
- ❖ Cherry tomatoes
- ❖ Salad mix, head lettuce, cooking greens
- ❖ Hot peppers, cilantro, dill, or garlic

*Have questions or comments? Email us at [mfororganics@yahoo.com](mailto:mfororganics@yahoo.com) or call Michele at*

*517-896-6884.*

## Great Recipes for August Vegetables!

One of the great things about providing vegetables for people who really love food is getting to hear what they do with their produce! It is really exciting to get new ideas from excellent cooks, and even more exciting to try them out at home. On Thursday, Emma and Susan from the Brass Café in Mount Pleasant came out to the farm for an article that appeared Friday in the Morning Sun. They have been ordering produce from us for their restaurant since last summer, and it was really cool for them to come and see how it is grown. Emma provided the following recipe for a chilled Peach and Tomato Soup in the newspaper article, which is very fitting because we are going to have a lot of tomatoes this week.

### Peach and Tomato Soup

#### Ingredients:

1 ½ pounds of tomatoes, chopped  
1 pound of peaches, pitted and chopped  
¼ cup of crushed ice  
2 tbsp of olive oil  
1 ½ tablespoons of white wine vinegar  
1 tbsp of fresh tarragon  
Salt and pepper to taste  
¼ - ½ cup of cold water

#### Directions:

Combine 2/3 of the tomatoes, half of the peaches, ice, shallots, 1 tbsp of oil, 1 tbsp of vinegar, 2 tsp of tarragon, ¾ tsp salt and ¼ tsp pepper into a blender and puree until very smooth, about 1 minute. Force through a medium sieve into a large glass measure, discard the solids. Stir in enough water to make the desired consistency. Make the salsa: Combine the remaining tomatoes and peaches in a bowl and toss together with remaining oil, vinegar, tarragon and salt and pepper. Serve the soup topped with the salsa.



*Jane loves her tomatoes!*



*This chicken is not pleased that we are taking her eggs! This is what a scowling chicken looks like.*



*Along with these recipe ideas, we've also been making a lot of omelets. They are great because you can put almost any veggie in them if you need to use up your vegetables.*

Earlier in the week when Fred delivered veggies to the Brass Café, he was asking Emma about ideas for chilled soups, and she recommended trying a cucumber and Serrano pepper soup. So we found a recipe online and modified it a little bit, and this is what we came up with:

#### Cucumber-Serrano Soup

##### Ingredients:

- 2 large cucumbers, peeled and diced
- 1/2 cup + 1 tablespoon olive oil
- 1/2 cup ice water
- 3 cloves garlic
- 1/4 cup + 2 teaspoons white wine vinegar
- 1 tablespoon fresh lemon juice
- Salt and pepper to taste
- 1 small onion, diced
- 1 1/2 serrano peppers, chopped
- 10 cherry tomatoes
- 1 tablespoon basil, chopped

##### Cooking Directions:

1. Set aside 1/4 cup of the diced cucumbers and cover.

2. To a food processor, add remaining cucumbers, 1/2 cup olive oil, ice water, garlic, 1/4 cup white wine vinegar, 5 cherry tomatoes, 1 serrano pepper, and lemon juice. Process until smooth.
3. Season with salt and pepper. Transfer to a large bowl and chill at least one hour.
4. To a separate mixing bowl, combine onion, 2 teaspoons white wine vinegar, reserved cucumbers, basil, remaining serrano pepper, remaining cherry tomatoes (very finely diced), 1 tablespoon olive oil and salt and pepper to taste. Toss.
5. Serve chilled cucumber-serrano soup mixture into serving bowls and spoon the serrano-cucumber mixture over the top.

These next recipes were given to us by one of our CSA members. There are three great ideas for eggplant, including an Eggplant Parmesan. Thanks Heidi! ☺

#### Easy Eggplant Parmesan (plus two more options for eggplant)

Prepare eggplant by peeling and slicing it 1/4" thick, lengthwise to grill or in rings to bake in oven. Brush with olive oil, sprinkle with salt and pepper. Grill slices until tender or bake rings at 350 until tender but not mushy (10-15 minutes). Meal #1: Toss the grilled eggplant into pasta, along with other grilled vegetables and cheese.

Spoon a thin layer of spaghetti sauce into the bottom of a baking pan. Arrange one layer of eggplant on sauce. Top with bread crumbs or seasoned stuffing, another layer of eggplant, bread crumbs, sauce. Top generously with mozzarella cheese and some Parmesan. (Note: order of layers doesn't matter, but it doesn't stick to the pan with sauce in the bottom.)

Bake uncovered at 350 approximately 30 minutes or until cheese is bubbly and slightly browned. Serve hot with whole grain pasta tonight (Meal #2) and grill between slices of focaccia bread as a tasty sandwich tomorrow (Meal #3).

*If you have ideas for an article, or you would like to contribute a recipe to a future newsletter, please email [mforganics@yahoo.com](mailto:mforganics@yahoo.com) or call Michele at 517-896-6884.*