

# Monroe Family Organics

## CSA Newsletter

SEPTEMBER 18, 2011



*There is a vast difference between the beans on the left and the beans on the right. The ones on the right were covered before the frost, and the ones on the left weren't.*

Hello members! It looks like the season is starting to turn to fall as the first frost has now come and the summer crops are gradually starting to fade. This week you will be receiving a large quantity of winter squash. Instead of giving you a little bit each week as we had intended, we have decided to hand it out all at once, because we are having trouble storing it. Since the squash bugs no longer have foliage of squash plants to feed on, they have become desperate and have found where we are storing it in our barn. Instead of trying to fight the bugs all fall and having fewer good squash by the end of the season, we have decided to give them all to you now, when we still have a lot of quality ones left. They should last for several weeks if not months. If you are not a winter squash person, we do have the option of getting watermelon instead.

### Farm Update

A light frost came on Thursday morning but a much more substantial frost came on Friday morning which did kill some of the tomatoes, basil, summer squash, and beans. Before the frost we put our floating row covers on some of our plantings we wanted to save. On the beans we also put a line of drip irrigation on the top of the row cover and ran it all night. The heat from the water added to the protection the row cover provided. This week we put our first transplants into the coldframe and will start seeding it soon. Right now we are trying to work down many of our old plantings so we can put some rye seed in as a cover crop this fall.

This week (and probably the next couple) we will still have tomatoes as part of the share. Getting more tomatoes at this time of year can be daunting to some of you, especially if you have a garden or someone is giving you a lot of tomatoes besides what you are getting in your shares. The best way to deal with our small portion of tomatoes (if you do not plan on eating them right away) is to freeze them because it is easy and quick. Just cut them into chunks and put them in a freezer bag. Push the air out and stick them in the freezer. You can also puree them, maybe adding the basil or dill that you get in your share and freeze it as well. Then in the winter you can use it for your favorite soup or pasta recipe. Also, this week for canning or freezing we will be offering beets for \$11.00 per half bushel, green beans for \$15.00 per half bushel, and tomatoes for \$12.00 per half bushel. Since much of our basil was killed off by the frost, we will only be offering the remaining basil as part of the share.

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

*517-896-6884.*

## What we are Doing with Our Share

Just like many of you, we are eating a lot of vegetables this season. Our grocery bill has been extremely low even though we do purchase meat and a few other things. I noticed last week that I have gotten into a rut with my cooking, mostly cooking the tried and true things I usually do without much experimentation. I really do like trying new recipes and combinations, but had stopped doing many new things since I was usually very tired after the long days of work. Last week I sold some squash to Chef Bill at Risk in Mount Pleasant, and I asked him what he was going to do with it. He said he was going to make squash soup, which I had never had before. I looked up a squash soup recipe online and made it on Friday. It was one of the best soups I have had. Most of the better things I have made were someone else's idea first, and I have made a lot of awesome meals using the ideas of other chefs and friends who were good cooks. As you still have vegetables from the few remaining weeks of our CSA, please try a few new things. You may hit a few duds but many of the new things we have tried have become regular favorites at our house. Listed below are a few of the things we cook this time of year that we really enjoy.

### Green Beans in Spicy Peanut Sauce

1 CSA bag or quart of fresh green beans  
1 tablespoon of soy sauce  
1 tablespoon of Padang sauce (Ours is from House of Tsang, available at most grocery stores)  
1 tablespoon of olive oil

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*The fall planting of beets is coming along well.*



*The first planting of corn has been mowed down.*



*Photo: Rows of lettuce and other vegetables grow outside the coldframe.*



Take the fresh green beans and snip off the ends. I usually just take a bunch, even them out to where the stems are aligned, chop them off with one cut, and repeat on the other end. This way you don't snip each bean individually. Put the olive oil in a medium size pan over medium to medium/high heat and cover. Add the beans, and after they have started to cook, stir the beans every 30-60 seconds until they are cooked and a few beans start to wrinkle on their skin. Then add the Padang sauce and soy sauce and stir, and let cook for another minute. Then serve. We usually have it as a side dish which would feed 2-4 people used as a side. This dish is slightly spicy with a slight peanut taste as well. Michele doesn't even really like peanuts, but she loves this sauce.



### **Cherry Tomato Salad**

½ pint cherry tomatoes  
2oz (1/5 of a bag) salad mix  
1 csa bag basil  
½ medium sized red or green bell pepper  
1-2 tablespoons Italian dressing  
½ to 1 tablespoon olive oil  
1 small to medium clove of garlic (a little goes along way when used fresh)  
Cut cherry tomatoes in half. Take the salad mix

and tear into smaller pieces that are no bigger than 1.5 inches square. Cut the green pepper into thin strips. Chop the basil into very small pieces. Cut the garlic into very small pieces and crush. Throw all these ingredients together along with the Italian dressing and olive oil, and mix very thoroughly. Then serve cold as a side. This would feed two people as a side salad.

### **Butternut Squash Soup with a Kick**

<http://allrecipes.com/recipe/butternut-squash-soup-with-a-kick/detail.aspx>

This recipe and the reviews that tell other people's variations can be found online at allrecipes.com. My variation was to put in two jalapeños and use 12 oz of heavy cream mixed with milk that we get from a local farm (which is a little thicker than what you get in the store) in place of the coconut milk and evaporated milk. I also took another person's suggestion and roasted the squash first for 30 minutes to make the soup thicker. Definitely one of the best soups I have ever had.

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

- ❖ Beets
- ❖ Green Beans
- ❖ Tomatoes
- ❖ Salad Mix or head lettuce
- ❖ Cherry tomatoes, broccoli, or edible pod peas
- ❖ Bell pepper, hot peppers, green onions, or small cabbage
- ❖ Winter squash
- ❖ Beet greens, red mustard, dill, cilantro, parsley, or basil

*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.*