

CASCADE FARM CSA
HARVEST NOTES



THIS WEEK'S HARVEST:

THURSDAY JULY 15, 2010

Your harvest for this week may include:

- Arugula
- Green and Purple String Beans
- Beets & Greens
- Cabbage (Green)
- Collards
- Curly Kale
- Lettuce
- Radish
- Yellow Squash & Zucchini

New for this week will be:

- Rutabaga
- Tomatoes

From the Herb Garden:

- Basil
- Parsley

NEWS AND UPDATES

The rain arrived just in time. I think everything on the farm (including the workers) welcomed the much needed break from the hot, dry weather.

This week brings the much anticipated tomato! Hopefully these will be just the beginning of a really good tomato crop. Of course, the first ones always seem to taste best.

Have a great week!

RUTABAGA

Rutabaga is a root vegetable which is often confused with a turnip, because it resembles an over sized turnip. While related, the two vegetables are actually entirely different. Rutabaga have a sweeter and milder flavor than turnips.

Storage Tips

- Rutabagas store quite well in the refrigerator (up to one month)
- Trim off foliage and wipe clean (do not wash or get them wet as this can lead to mildew)

Cooking Tips

- Rutabagas can be roasted, boiled, steamed, stir-fried, mashed, or stewed.
- Boil them with potatoes and mash together.
- Roast them with other root vegetables (carrots, potatoes, beets, sweet potato) or include a squash
- Dice them and add them to soups or stir-fries

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TOMATOES

Garden-fresh tomatoes need no introduction. This year we are growing six different varieties: Brandywine, Short vine, Tall vine, Salsa, Amish Paste, and Washington Cherries.

Storage Tips

- Wash and dry tomatoes before storing
- Tomatoes are best kept in a bowl on a counter-top or windowsill (for about a week)
- If you need to store them for more than a week, store them in the refrigerator (keep in mind the cooler temperature can reduce flavor and cause mushiness)
- Best storage tip: don't (eat and enjoy them right away)
- If you have more tomatoes than you can eat at once (or if you just want to) try canning (preserves tomatoes for a year), freezing (preserves tomatoes for up to eight months) or drying (preserves tomatoes for up to a year)

FEATURED RECIPE

Roasted Yellow Squash with Onions

From Susan V. at www.fatfreevegan.com

Ingredients:

- 3 to 4 medium yellow squash
- 1 small onion (sliced)
- Freshly ground black pepper
- Salt

Preparation:

Preheat oven to 425F. Lightly spray a baking sheet with canola or olive oil. Trim the ends of the squash, cut off the slender necks, and slice necks in half, lengthwise. Then slice each squash into lengthwise slices about ¼ to ½ inch thick. Lay the slices on the cooking sheet in a single layer.

Trim and peel the onion Slice into thin wedges, separate, and sprinkle over squash. Bake for about 15 minutes until bottoms of squash are browned, then bake for 15 minutes more. Serve immediately, hot out of the oven.