

# Cascade Farm CSA Harvest Notes 2011

Cascade Farm CSA Harvest #11 July 28, 2011

## THE HARVEST

### Your Harvest Share this week

New for your share this week are sweet peppers and tomatoes. The peppers are finally big enough and there should be plenty more to follow; Green Bell Peppers and Sweet Banana Peppers. Our tomatoes are just starting to ripen but there are quite a few green tomatoes so there should be plenty in the weeks to come. This week you will receive cherry tomatoes and slicing tomatoes.

What we are missing this week are greens. Without much rain these past few weeks everything is growing quite slowly. The lettuce we planted to be ready this week just isn't big enough yet. Our kale has slowed down and other greens have bolted. We are watering our close gardens as frequently as we can, but it takes a long time since the soil is so dry. We really need some significant rain.

The heat of the past few weeks has affected us as well as the plants. Working in 100 degree weather is like working in slow motion. We try to get everything done early in the morning before it gets too hot but on harvest day last week it was already 80 degrees at 7:45am. In that kind of heat, even easy tasks seem difficult. However, this week has brought some better temperatures and a little bit of rain. Hopefully, we will see more rain soon.

Enjoy your harvest!



### THIS WEEK'S HARVEST MAY INCLUDE:

- Cabbage
- Cucumbers
- Peppers – new this week (Green Bell and Sweet Banana)
- Radish
- Rutabaga
- Summer Squash (Yellow and Zucchini)
- Swiss Chard
- Tomatoes (new this week)
- Fresh Herbs (Basil, Parsley, Dill)

## THE FARM

### The Fall / Winter Share

For those of you who were away or missed the message from last week, we will be offering a Fall/Winter share (10 additional weeks after the end of our summer season). See the details below and if you haven't already, let me know if you are interested by leaving a note on the sign-in sheet or email me.

We will be growing in the greenhouse as well as adding two smaller 'hoop houses' allowing us to extend the growing season for crops that don't mind a little cold. Believe it or not, now is time for us to prep and plant these crops. We expect the Fall/Winter season to run for 10 weeks after the end of the summer season (picks up in mid-October and continues through the week before Christmas). We will be offering cool weather greens (like kale and collard greens), hoop house greens (like chards and lettuces), broccoli, carrots,

onions, potatoes, turnips, rutabagas, kohlrabi, cabbage, brussel sprouts, beets, winter squash, herbs, and dried beans (like black turtle beans, lima beans, etc.). The list is subject to change due to weather conditions but we expect to provide harvests each week for the average family of four, as we do for our summer season shares.

FALL/WINTER SHARES AT CASCADE FARM:

10 weeks long, weekly beginning after last summer season harvest

\$300 for 10-week Season

Up to 50 Shares being offered

\$50 deposit due by September 1<sup>st</sup>, balance due by October 1, 2011

We want to first offer this to our current shareholders then open any remaining spots to the public. I will send sign-up details to those interested by email. If you have questions, feel free to contact me at harvest or by email.

## HARVEST TIPS

This section includes tips for new items harvested (how to store and prepare). For information about other items in your harvest see the previous harvest notes. They can be found on the website [www.cascadefarmschool.org](http://www.cascadefarmschool.org) under the CSA Member Page.

### **SWEET PEPPERS**

We have several varieties of sweet peppers this season; the green bell, yellow sweet banana, lipstick, and red knight varieties. Peppers are delicious raw (with a dip, in a salad) or cooked (stir-fried, roasted, grilled or stuffed)

#### **Storage Tips**

- Refrigerate pepper in a plastic bag for use within 5 days.
- All varieties of peppers can be cleaned, chopped, (or left whole) and frozen for up to a year

#### **Cooking Tips**

- Coat with olive oil and roast on the grill for a sweeter pepper.
- Dry some or freeze some for winter soups and chilis

### **TOMATOES**

Garden-fresh tomatoes need no introduction. This year we are growing four different varieties: Brandywine, Defiant, Amish Paste, and Washington Cherries. Although I offer storage tips below the best advice is don't store them, eat and enjoy them right away.

#### **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)

- 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 RECIPES

### Tomato Delight

This recipe was inspired by my dad who knew how to grow and enjoy a garden-fresh tomato.

#### Ingredients

- 1 or 2 slicing tomatoes (sliced generously)
- Fresh mozzarella cheese (sliced thin)
- 8 to 10 fresh basil leaves (whole and removed from stem)
- 1 tablespoon olive oil

#### Directions

Arrange tomato slices on a large platter. Top each tomato slice with a slice of mozzarella and a whole basil leaf. Drizzle olive oil across each. Admire momentarily before serving (they won't last long). Enjoy!

### Veggie Pizza

Feel free to substitute your favorite vegetables for this one.

#### Ingredients

- 1 prepared pizza crust (or your favorite from scratch recipe) pre-cooked per instructions
- 4 ounces mozzarella cheese
- 2 tablespoons chopped parsley
- ¼ cup basil (sliced into ribbons)
- 2 teaspoons of fresh dill (chopped)
- 2 cups of mixed fresh vegetables: carrots, green peppers, onions, tomatoes, summer squash, and cucumber (finely chopped)
- Freshly ground pepper
- 2 garlic cloves (minced)

#### Preparation

Pre-heat oven to 425 degrees

In large skillet stir-fry in a little oil and little water the 2 cups of fresh vegetables with garlic and pepper (cook until squash is almost done)

Arrange the cooked vegetables on pizza crust.

Sprinkle on the cheese then top with parsley, basil, and dill

Cook in preheated oven at 425 degrees for 7 - 10 minutes (or until cheese is melted)