

# Cascade Farm CSA Harvest Notes 2011

Cascade Farm CSA Harvest #15 August 25, 2011

## THE HARVEST

### Your Harvest Share this week

Your share this week includes our summer regulars; tomatoes, squash, cucumbers, eggplant, and peppers. This is the time to be creative and create new dishes. You can also enjoy some of your surplus later in the coming winter months by freezing, canning, pickling, or drying. Grated summer squash freezes well and makes excellent zucchini bread in the fall. Extra cucumbers can be sliced and frozen as freezer pickles. Sweet peppers can be frozen, hot peppers hung to dry, fresh herbs frozen, and tomatoes made into sauce (home canned or frozen). Feel free to share your ideas.

Tomatoes happen... lots of tomatoes. Our tomato plants did experience a fungus with all the recent rain damaging some of the plants and fruit. The good news is they are recovering in the recent pleasant weather so plenty of tomatoes are yet to come. You may have received imperfect tomatoes in your last share (especially the heirloom varieties) however blemished they are still very tasty (carefully cut away any dark or bruised spots).

For those of you who want to can or freeze larger quantities we will be selling "seconds" of certain crops to our members at a discount. "Seconds" are usually made up of blemished or older produce and should be processed quickly. Whenever we have seconds they will be available for discount sale on Thursday pick-up days and at our farm stand on Saturdays. This week we have excess tomatoes and cucumbers.

Our lettuce, although abundant at the start of the season, has been scarce lately. Some woodchuck and deer damage along with the very hot weather has left us without enough lettuce for this week. However, there are salad greens (arugula and mizuna) in your harvest this week, as well as Tokyo Bekana, an Asian green, also great raw in a salad.

Enjoy your harvest!



### THIS WEEK'S HARVEST MAY INCLUDE:

- Arugula
- Carrots
- Cucumbers
- Eggplant
- Hot Peppers
- Joi Choi
- Mizuna
- Summer Squash (Yellow and Zucchini)
- Sweet Peppers
- Swiss Chard
- Tokyo Bekana
- Tomatoes
- Fresh Herbs (Basil, Parsley, Dill)

## HARVEST TIPS

This section usually 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.

## FEATURED RECIPES

### Gazpacho Soup

The recipe below is adapted from [www.allrecipes.com](http://www.allrecipes.com) submitted by Nanced35

#### Ingredients

- 4 cups tomatoes, seeded and diced
- 1 cup tomato juice
- 1 cup beef or vegetable broth
- 3/4 cup chopped green bell pepper
- 3/4 cup chopped celery
- 3/4 cup chopped cucumber
- 1/3 cup chopped onion
- 2 cloves garlic, minced
- 1 tablespoon olive oil
- 1 tablespoon lemon juice
- 1 tablespoon balsamic vinegar
- 1 teaspoon dried basil
- 1 teaspoon dried parsley
- 1 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/2 teaspoon ground cumin
- 1/3 teaspoon hot pepper sauce
- 1/2 teaspoon Worcestershire sauce

#### Preparation

In a large bowl, mix the tomatoes, tomato juice, broth, green bell pepper, celery, cucumber, onion, garlic, olive oil, lemon juice, and balsamic vinegar. Season with basil, parsley, salt, pepper, cumin, hot pepper sauce, and Worcestershire sauce. Cover bowl, and refrigerate gazpacho 8 hours or overnight before serving.