

Cascade Farm CSA Harvest Notes 2011

Cascade Farm CSA Harvest #16 September 1, 2011

THE HARVEST

Your Harvest Share this week

We hope you have all made it through the storm this past weekend without too much trouble. The farm made it through mostly ok. We did spend a lot of time preparing; digging trenches to divert water, preparing animals, and putting equipment out of harms way. All of this prep, plus the luck of a storm that had weakened by the time it reached us helped. We had power soon after the storm even though some of our neighbors are still without power several days later. The wind knocked down our corn and we will have to wait to see if it will recover. We are not so sure the tomatoes can pull through with all the additional rain though we do have some for the share this week. There were some other minor problems such as wind damage (plants and flowers blown down) and just too much rain. Overall, we consider ourselves fortunate.

Other local farms were not so lucky. Many were already struggling from weather problems and the hurricane unfortunately caused a lot of additional damage. There are farms that lost most of their fall crops to flooding (from the rain amounts and from nearby creeks). As members of a CSA farm you are part of a special community supporting local farms taking on the risks and rewards while ensuring a farm exists within your community. Over time we expect the rewards to exceed the failures and are grateful for your continued support. We hope the CSA farms and other farms in the region that were hit hard by this storm, manage to get through this tough time.

The share this week is still full of the regular summer favorites; cucumbers, tomatoes, peppers, eggplant, squash and more. In addition you will see lettuce in your share again this week. It thrives in the cooler weather we have been experiencing.

New this week are melons. We have cantaloupe and 'Sugar Baby' watermelons in your share. As the watermelons are 'seeded' the best way to avoid the seeds is to cut the melon across the mid-section exposing a circle of seeds that can be cut or spooned out before slicing and serving (although I can remember spitting watermelon seeds as a summer sport). Enjoy your harvest!



THIS WEEK'S HARVEST MAY INCLUDE:

- Cantaloupe
- Carrots
- Cucumbers
- Eggplant
- Hot Peppers
- Kale Mix (three varieties)
- Lettuce
- Pac Choi
- Summer Squash
- Sweet Peppers
- Tokyo Bekana
- Tomatoes
- Watermelon
- Fresh Herbs (Basil, Parsley)

THE FARM

Fall Share Reminder

Some members have requested information for the fall share so I have included a summary below. Visit our website for an application and details. If you need additional information, feel free to call or email (info@cascadefarmschool.org).

The FALL SHARE will begin on Thursday October 20th and continue for 10 weeks until Thursday December 22nd. We will be offering cool weather crops like lettuces and greens, root crops, herbs, beans, and winter squash (see list below). We will keep gardens as long as the weather allows and then continue growing in the greenhouse and hoop houses. We expect the harvests to produce enough vegetables for the average family of four each week (about 10 to 15 lbs. of produce each week on average).

Below is a list of the plantings for the fall share. Like our summer shares, this list is subject to change due to weather and growing conditions: Asian greens, arugula, beets, broccoli, brussel sprouts, cabbage, carrots, collard greens, dry beans, herbs, kale, kohlrabi, lettuce, pac choy, potatoes, radish, rutabaga, spinach, string beans, swiss chard, turnips, winter squash (acorn, butternut, hubbard), and more!

There is still time to sign up for the FALL SHARE (10 additional weeks after the end of our summer season). If you like your weekly, fresh locally grown vegetables, extend the season with a FALL SHARE.

FALL SHARES AT CASCADE FARM:

10 weeks long, weekly distributions from October 20 through December 22

\$300 for 10-week Season

Up to 50 Shares being offered

\$50 deposit due by September 10th, balance due by October 1, 2011

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 under the CSA Member Page.

CANTALOUPE (MELON)

Storage Tips

- Melons should be stored in a cool (45 degrees) dark place or store them unwashed in the refrigerator for up to one week
 - Cut melons should be stored in a container or plastic bag as they will absorb other tastes from odors in the refrigerator

Cooking Tips

- Just slice and eat them as soon as possible (they begin to lose some of their sweetness soon after being picked)

WATERMELON

Storage Tips

- Store uncut watermelons at room temperature (between 55 and 70 degrees). Watermelon will store for up to two weeks at room temperature.
- Cut watermelons should be stored in a container or plastic bag as they will absorb other tastes from odors in the refrigerator (will last 3 to 4 days)

Cooking Tips

- Just slice and eat them as soon as possible (they begin to lose some of their sweetness soon after being picked)
- Chill the watermelon before cutting for a more refreshing treat

FEATURED RECIPES

Corn Tomato Basil Salad

Ingredients

- 4 Tomatoes (chopped into bite sized pieces)
- 2 ears of fresh corn cooked (slice corn from cobs with sharp knife)
- 1 ripe avocado
- 6 to 10 basil leaves
- 3 tablespoons of Olive Oil
- 2 tablespoons of red wine vinegar
- 1 jalapeno hot pepper chopped (optional)
- salt and pepper to taste

Preparation

- Chop basil leaves into small pieces.
- Add tomatoes, corn, and pepper to bowl.
- Add vinegar, oil, basil, and spices.
- Mix well, cover bowl and chill 20 minutes to 1 hour before.
- Just before serving remove avocado from skin, remove pit and chop into bite sized pieces and sprinkle over salad.