

# Cascade Farm CSA Harvest Notes 2011

Cascade Farm CSA Harvest #17 September 8, 2011

## THE HARVEST

### Your Harvest Share this week

The rain just isn't letting up. There were a few sunny days after the storm last week but this week has just been rain and more rain (with more in the forecast). As many of you know, the hurricane devastated farms in New York and throughout the region. There are some farms that lost everything. A tough time of year for losses, as it is too late to replant and many of the crops were only days or weeks from being ready to harvest. We hope these farms can all recover from their losses.

So, after the record breaking rain in August, ending with hurricane Irene, and another week of steady rain I am afraid it is the end of our tomatoes. We will have some this week but the plants just won't be able to recover.

Our tomato plants did ok under the circumstances and we learned some lessons. We experimented with a new variety but it turned out smaller tomatoes than we had hoped so we will go with a different variety next year. We will also keep our heirloom varieties for next year.

The share this week is still full of the regular summer favorites; cucumbers, tomatoes, peppers, eggplant, watermelon, cantaloupe, and more.

Enjoy your harvest!

## THE FARM

### About Melons

This season we grew quite a crop of melons, specifically cantaloupe and watermelon. Melons are actually a relative of the cucumber. You can smell the sweetness of the ready-to-pick melons as you walk past the gardens. Harvesting melons can be fun tossing the ripe melons to a partner to avoid walking in and out of the vines too often (carefully of course as a dropped melon will easily crack and cause the help to take a break to "sample" the melon's ripeness). As the cantaloupes are harvested each week some may be a little short of ripe. If you receive one of these, keep it at room temperature for a few days or until there is a sweet smell coming from the stem end. Once the cantaloupe ripens, store it in the refrigerator until you use it. For me, the chilled cantaloupe tastes sweeter



### THIS WEEK'S HARVEST MAY INCLUDE:

- Beet and beet greens
- Cantaloupe
- Carrots
- Cucumbers
- Eggplant
- Hot Peppers
- Kale
- Pac Choi or Joi Choi
- Radish
- Sweet Peppers
- Tokyo Bekana
- Tomatoes
- Watermelon
- Fresh Herbs (Basil, Parsley)

than a room temperature one.

Watermelons are different from cantaloupe as they do not ripen off the vine. They need to be harvested when ripe. They need to be handled carefully – they can crack easily if bumped or dropped. Melons should be eaten within a week (for best flavor and to make room for your next share). Although I enjoy eating melon 'as-is' there are quite a few recipes (have you ever heard of grilled watermelon? Or Watermelon Soup? How about cantaloupe and tomato salad? ) Check the internet or your favorite cookbook.

## HARVEST TIPS

This section usually includes tips for new items in your harvest (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

### **Shredded Beet and Carrot Salad Topper**

A sweet way to get kids to eat raw vegetables or salad (a favorite in my house). I just use a cheese grater to shred the vegetables.

#### **Ingredients**

- 2 Fresh beets – washed and shredded
- 4 medium carrots – washed and shredded
- 2 or 3 sprigs of fresh parsley chopped (optional)
- Pinch of sugar (optional)

#### **Preparation**

- Mix all ingredients in bowl and sprinkle over salad already made (or serve as side dish alone).