



Week #10 Tuesday, August 15 – Saturday, August 19, 2017
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In Your Bag

Carrots
Red Potatoes
Fresh Onions – *Red tropeas*
Cucumbers
Zucchini/Summer squash
Green beans
Broccoli
Peppers – *Anaheim (the long green ones) Green bell & jalapenos*
Tomatoes – *a colorful mix*
Rainbow Chard OR Spicy Salad mix
Cilantro
Parsley/Basil bunch

Coming Soon

I'm going to guess melons next week. We'll probably have carrots too. Garlic will be back along with tomatoes and peppers. We've got a planting of fennel that will be ready quite soon and it looks like red and yellow peppers are coming along.

Musicians Wanted!

We want to fill the farm with music on our Fall Community Work Day! We're imagining music on the porch to liven up, inspire and entertain us all as we pop garlic, make soup and bread, press cider and whatever other garden work the weather permits us to do that day!

Date: Sunday, October 8th.

Details: Sign-up for a 30-45 min session.

If you prefer to play with others, let us know.

September Openings for Harvest/Delivery Days

If you haven't signed up for your day at the farm as yet, now's the time!

September openings include:

Tuesdays, Sept. 12, 19, 26th

Saturday, Sept. 16

If you need to sign-up for a Saturday, you will want to do that very soon. We currently have openings for each Saturday in October. E-mail Michele Gersich at mgersich@att.net or give her a call, 612-378-0380.

Next Week's Harvesters

Tuesday, August 22 - Janet Peters & Alan Torberg, Rosemarie & Maria Merrigan, Carla Urban, Julie & Dan Miller, Rae & Kathy Frank, Chris Koszalka, Lola, Pearl (local)

Saturday, August 26 – Koehler Family, Robin Preble/Dan Hedlund, Leah & Paul Robinson, Nancy Dilts & Dan Philippon Rachel Brown & Lew Anderson

Farm News

It was a treat for us this past weekend to have all our children home. The visit included Friday and Saturday night campfires and plenty of fresh salsa. Our oldest daughter Katie now lives in St. Joseph, MN and works at the St. Cloud hospital. She and her husband, Ben, are looking forward to welcoming twins this fall. We're looking forward to loving them up! David lives in Madison and is working at the Lafolette School of Public Policy on UW-Madison's campus and Maggie is on the verge of moving to Minneapolis and beginning school at Metro State.

Once again the weather is not matching the month of the year. August's weather has felt a lot like September's. We certainly appreciate the cooler days for working and the cooler nights for sleeping. It may not be ideal weather for ripening tomatoes and melons but it is good for lots of veggies. Broccoli and greens love the cooler weather and recent rains have given the beans, cucumbers and zucchini a boost. All in all it's been a really good year for Spring Hill vegetables. We're hoping that continues for the many fall crops yet to come.

Many of you have heard of us mention our neighbor, Kate Stout who ran North Creek Community for over twenty years. Over all of those years we've shared labor, equipment, seeds; called upon each other when coolers and trucks and tractors broke down; commiserated over inclement weather and celebrated good harvests. A couple of weeks ago, Kate packed her van and moved back to her home town of Berkeley, CA where her mother still resides. She's been a good friend, a good neighbor and someone we came to rely on in many ways. We miss her and we wish her well.

Second Payments Due!

Some of you planned to fulfill your farm pledge with two payments. The second payment is now due. If you are unsure of the amount, we are happy to look that up for you. Just let us know! Thanks.

Sautéed Swiss Chard with Garlic and Lemon – serves 4 (adapted from *bonappetit.com*)

- 1 Tbsp. olive oil
- 2 cloves garlic, thinly sliced
- ½ tsp. crushed red pepper flakes
- 1 bunch Swiss chard, stems removed and cut into 2-inch pieces (about 6 cups)
- Kosher salt and freshly ground pepper
- 1 Tbsp. fresh lemon juice

Directions:

Heat oil in a large skillet over medium heat. Cook garlic, stirring occasionally, until golden brown, about 2 minutes. Add red pepper flakes and half of Swiss chard, season with salt and pepper, and cook, tossing often, until wilted, about 4 minutes. Add lemon juice and remaining chard and cook, tossing, just until all chard is wilted, about 1 minute; season with salt and pepper. *(I will make this recipe this week but will sauté sliced summer squash and/or zucchini after the garlic and prior to adding the chard which may require more oil and lemon juice. Then add fresh herbs from this week's bag at the finish.)*

Roasted Carrots with Carrot Top Pesto – serves 8 (*bonappetit.com*)

This recipe was shared from Spring Hill member Julie Drysdale and she commented that it was delicious. I think it can easily be halved depending on the amount of carrots and tops you have on hand.

- 3 lbs. carrots with tops (any color)
- 2 Tbsp. vegetable oil
- Kosher salt and freshly ground pepper
- 1 garlic clove
- 3 tablespoons macadamia nuts or pine nuts
- ½ cup (packed) fresh basil
- ¼ cup finely grated Parmesan
- ½ cup extra virgin olive oil

Directions:

Preheat oven to 400°. Trim carrot tops, leaving some stem attached. Measure out 2 cups carrot tops and set aside; reserve any remaining carrot tops for another use. Toss carrots and vegetable oil on a rimmed baking sheet; season with salt and pepper. Roast, tossing occasionally, until carrots are golden brown and tender, 25–35 minutes. Let cool. Pulse garlic and nuts in a food processor until a coarse paste forms. Add basil, Parmesan, and reserved carrot tops; process until coarse. Add olive oil and pulse until combined; season with salt and pepper. Serve carrots with pesto. DO AHEAD: Pesto can be made 1 day ahead. Press plastic wrap directly onto surface; chill. Carrots can be roasted 4 hours ahead. Let stand at room temperature.

Greek Salad – makes about 4 ½ cups (adapted from *epicurious.com*)

- ¾ lbs. tomatoes, seeded, diced (about 2 cups)
- 2 cups diced seeded peeled cucumber (from about 1 large)
- 1 cup diced bell pepper (from about 1 large)
- ¼ cup pitted Kalamata olives or other brine-cured black olives, halved
- ¼ cup diced red onion
- 3 Tbsp. chopped fresh Italian parsley
- 3 Tbsp. extra-virgin olive oil
- 1 ½ Tbsp. red wine vinegar
- ½ tsp. dried oregano
- ¼ cup crumbled feta cheese (about 2 ounces)

Directions:

Toss first 9 ingredients in medium bowl to blend. Gently mix in cheese. Season with salt and pepper. (Can be made 2 hours ahead. Let stand at room temperature.)

Recipe Link of the Week: Grilled Veggies! This link from the Kitchen Window in Minneapolis is a great resource shared by Spring Hill member Peggy Steif Abram. If you get an eggplant in your bag this week be sure to check out the recipe for Grilled Eggplant Caprese Stacks with Fresh Herb Pesto.

https://www.radiantretailapps.com/CustomerConnect/Email/View?m=ZN6_N_9Yb0WXIGUkm9eh5w&e=fp8w-Gr7_EG7OTs49qt0wm0eozsKu0F&c=4748&h=ee8d37de93a2b14e75de1c07a293ebd4