



Week #12 Tuesday, August 29– Saturday, September 2, 2017

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In Your Bag

Melon*

Carrots

Beans

Onions

Garlic

Fennel

Cucumbers

Cauliflower

Peppers – green bells, maybe a sweet red or yellow!

The sweet ones are just beginning – a hint of what's to come!

Tomatoes – a colorful mix

Spicy greens mix

Parsley

**In most cases, your melon is ripe and ready to eat. Check it though. If you're not getting a melony smell, leave it out on the counter till you do. Once you've got the melon smell, eat it or keep it in the refrigerator until you are ready to eat.*

Coming Soon

We'll have a cabbage for you next week, more cauliflower and tomatoes. We try the Anaheim peppers again and the following week we'll go for the shishito peppers. We've got a planting of broccoli that's not too far away!

September 25th Cooking Class Offered – Sign-up Now!

Spring Hill member, Robin Schow, is offering one more cooking class for Spring Hill Members this season! Robin is a vegetable lover, nutritionist, UMN cooking class instructor, and Spring Hill enthusiast. She will be sharing her knowledge, expertise and enthusiasm for how to prepare good food well with Spring Hill members. The class will highlight vegetables in the bag that week and a variety of ways to create easy and delicious ways to prepare them. This is a hands-on, learn while doing, class. Participants will prepare and cook the vegetables and then share the meal they prepared together.

The Details:

Date: September 25, 6-8pm.

Location: The Good Acre, 1790 Larpenteur Avenue West, Falcon Heights, MN 55113

Cost: \$15 per class

Send an e-mail to springhill@chibardun.net to reserve your spot and follow-up with a check mailed to the farm.

Farm News

I'm sure I don't need to tell you that it's been a cool, wet week at the farm. Friday, Saturday and Sunday brought us another 1-1/2 inches of rain (nothing compared to Houston – but enough) and the whole week was quite cool. We were prevented from picking beans over those days and when we went to pick them on Monday, there were plenty of beans but there was also lots of happy grey mold to work around. Many plant diseases thrive in wet weather and we're keeping a watchful eye for diseases of all kinds. We know from the *Wisconsin Pest Bulletin*, a newsletter that comes out weekly from UW Madison, that late blight on potatoes and tomatoes has been confirmed in a number of counties in the state and that powdery mildew which makes itself at home in the squash family is "severe in many parts of the state." The bulletin is informative as it helps us know what's going on around the state and what to keep an eye out for on our farm. It comes complete with some pretty amazing pictures of plant diseases and bugs of all shapes and sizes and colors.

It also helps that we have a listserv going amongst growers here in western WI. People are good about letting others know what they're seeing and experiencing on their farms. It's an invaluable resource allowing us to connect throughout the season when we may not have time for face to face visits. Someone may post that they're struggling with flea beetles (tiny black beetles that love anything in the brassica family) and ask what others do to control them. Just last week, we were informed by one farmer that they had identified late blight in their tomatoes and were mowing them down. A grower requested pictures which were posted shortly thereafter and we were all able to see just what late blight looks like on the leaf, stem and tomato itself. Invaluable. A couple of weeks ago, a newer grower let everyone know that they were struggling to fill their weekly shares and asked if anyone had extra produce to share. Several growers responded.

I share these stories because I think it's important for you to know that community supported farmers support each other – in all kinds of ways. Each farm has its own community of supporters AND a community exists among farmers who support each other. Both are important.

Next Week's Harvesters

Tuesday, September 5 - Kathy Steinberger/Jim Young, Suzanne/Roger Dahl, Hermann Weinlick, Sandy/Roger Clark
Randi Roth/Mike Bander

Saturday, September 9 – Tony/Ashley Barnes, Claudine Arndt/Mike McCloskey, Micheal/Rebecca Thompson,
Annalisa Carlson/Andy Barnes, Shelley Thron/Shelley des Isles

Cauliflower Salad – serves 6 (Farm Fresh and Fast; 2013)

Salad:

1 small head cauliflower
½ red onion, finely chopped
1 stalk celery, finely chopped (or use a carrot?)
1 large bell pepper, finely chopped
1 large cucumber, finely chopped
12 green olives, sliced
¼ cup chopped fresh parsley

Dressing:

2 Tbsp. fresh lemon juice
1 Tbsp. stone ground mustard
1/3 cup olive oil
1 clove garlic, smashed
Salt and pepper to taste

Place the head of cauliflower on a cutting board, stem side up. Beginning at the edge, thinly slice the cauliflower, shaving off cauliflower crumbs until you reach the center core. Rotate the cauliflower and continue slicing all the way around. Then turn the core on its side and thinly slice from the top until only the center core remains. Discard the core. Toss the chopped cauliflower with the onion, celery (carrot), pepper, cucumber, olives and parsley.

Blend the dressing ingredients together in a small jar, shaking to mix well. Pour over the salad and mix together. Let the salad marinate in the refrigerator for about 1 hour before serving.

Rice Salad with Herbs and Vegetables – serves 4-6 (Moosewood Restaurant Favorites; 2013)

Author's Notes: Rice salads can reflect the season. beans, peas, mushrooms and celery are all good. Add nuts or dried fruit. Add olives or capers. If you have an herb garden, play around with the herbs; try chives, basil, tarragon, marjoram, mint, or oregano. Go Italian, Greek, Tex-Mex or Chinese. Keep it fresh and you can't go wrong. Here's a nice, basic rice salad to get you started.

Dressing:

½ cup extra virgin olive oil
2 garlic cloves, pressed
2 Tbsp. fresh lemon juice
3 Tbsp. red wine or apple cider vinegar
2 tsp. Dijon mustard
½ tsp. salt
½ tsp. ground black pepper

Vegetables:

1 cup diced carrots
1 cup seeded and diced bell peppers
1 cup diced fresh fennel bulb
1 cup chopped fresh parsley
½ cup chopped scallions
½ cup minced fresh dill

2 cups uncooked brown rice, cooked per package directions with ½ tsp. salt

While the rice cooks, prepare the rest of the ingredients: In a large bowl, whisk together all the dressing ingredients. Steam the carrots until tender and add them to the bowl. As you prep the peppers, fennel, parsley, scallions and dill, put them into the bowl.

When the rice is done, transfer it to the bowl and toss thoroughly. (Important: Warm rice absorbs the dressing flavors better than cold rice, so if using cold, cooked rice, warm it up before adding to the bowl.)

Serve warm, at room temp or chilled.

Beans with Ginger and Garlic – serves 10 (cooking.nytimes.com)

This recipe has a 5-star rating based on 479 ratings! It can easily be halved or reduced to accommodate the number of beans you have.

Salt
2 ½ lbs. beans, trimmed
4 Tbsp. vegetable oil
¼ minced fresh ginger
4 garlic cloves, minced

Bring a large pot of salted water to a boil, and fill a large bowl with ice water. Working in two batches (or one if reducing), boil beans until just tender but still crisp and bright green. Start testing after 2 minutes or so, being careful not to overcook. When done, plunge beans into ice water to stop cooking, lift out immediately when cool and drain on a towel. (Recipe can be made at this point up to a day in advance and kept refrigerated, wrapped in towels.)

When ready to cook, heat 2 Tbsp. oil in a wide skillet over high heat. Add half the beans, half the ginger and half the garlic, and cook, stirring and tossing constantly, until beans are heated through and ginger and garlic are softened and aromatic. Sprinkle with salt, and remove to a serving dish. Repeat, if needed, with remaining oil, beans, ginger and garlic. Serve.

Recipe Links of the Week: recipes for spicy greens mix!

<http://www.mykitchenlove.com/spicy-greens-with-vinaigrette/>

<http://www.tomatomountain.com/content/14224>

<http://www.finecooking.com/recipe/grilled-bread-salad-with-tomatoes-spicy-greens>