



Week #11 Tuesday, August 22- Saturday, August 26, 2017

www.springhillcommunityfarm.com; springhill@chibardun.net ; 715-455-1319

In Your Bag

Carrots
Red Potatoes
Fresh Onions –*Red tropeas*
Beets OR Cauliflower
Zucchini/Summer squash
Eggplant
Garlic
Peppers – *green bells & jalapenos*
Tomatoes – *a colorful mix*
Rainbow Chard
Basil bunch

Coming Soon

Melons next week. This September like weather slows things down! Green beans too, probably fennel and, after a week off of cucumbers, they'll be back! It looks like we'll have a nice batch of cauliflower coming in. We'll have more tomatoes – yum!

Community work and Celebrations – Mark your Calendar!

Every fall we celebrate the season with two events, one at the farm and one in the city.

Our Fall Community Work Day is scheduled for Sunday, October 8th. We'll make soup, press apples, bake bread, glean from the garden, dig any remaining potatoes, pick Halloween pumpkins, and any other garden work and clean-up we can do! We've got a few other things up our sleeve as well and we'll keep you posted!

Spring Hill's Harvest Dinner Celebration will be Saturday evening, November 4th at St. Frances Cabrini Church in Minneapolis. We've got their basement rented for our annual fall potluck dinner to celebrate the season.

We hope you'll plan to join us for one or both events!

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.

Next Week's Harvesters

Tuesday, August 29 - Kim & Dale Lampe, Emma Connolly, Mary Dolan O'Brien & Clark Furlong,
Karen Abraham & Ray Wiedmeyer, Sara, Pat, Audrey & Andrew Wright

Saturday, September 2 – Christi & Tim Anderson, Rosemarie Merrigan/Peg Labore & Myrna Tautant,
Blake & Sara Christiansen, Kate Kysar, Carrie Pomeroy/Brian Berg, Kim Blue, Lola, Pearl

Farm News

More rain, a solar eclipse, birds migrating, mushroom eating, onion pulling and plenty of harvesting. That about sums up our week. We got a good 1-1/2 inches of rain last Wednesday/Thursday, enough that we told Erin and Mel to take a rain day (the summer equivalent of a snow day) and we spent the day catching up on paper work and equipment repair. We'd be happy if the rain stopped for a while now. Melons do better if they ripen when it's drier. Tomatoes don't really need the rain now either. Our Roma tomatoes are outside and if those plants stay wet too long, disease starts to spread. The same goes for the beans. The leafy plants capture moisture and you start to see some mold on the plants and the beans when it gets too wet. Bring on the sunshine!

Monday was pretty interesting. As we harvested carrots, we were very aware of the change in light over the fields as the solar eclipse began. Equally intriguing (perhaps more because it was unexpected), was the incredible silence that accompanied it. When we first noticed the stillness, the dogs and cows and sheep in the neighborhood were silent but the frogs were still calling. After a time, even they became still. It was some combination of eerie and awe-inspiring to have it be so very quiet. Today also brought several large flocks of migrating birds through the farm – swallows and nighthawks. Now, that is fun to see!

The other day, Erin showed up at work with a really special treat - some chicken of the woods mushrooms she had gathered! Chicken of the Woods is a beautiful yellow-orange mushroom. Erin sautéed it up with some garlic and boy was it delicious!

Last week's Saturday crew was put to work laying out the storage onions to cure. It's a beautiful crop of onions this year. Those tidy rows of onions are quite a site. Thank you!

Fresh Salsa – makes 2 cups (Spring Hill Community Farm 20th Anniversary Cookbook)

A classic summer recipe and as noted in the cookbook, "A summer standard at the farm!"

- ½ cup chopped onions
- 1 cup chopped tomatoes
- ½ cup chopped bell peppers
- 1-3 jalapenos, finely chopped
- 2 Tbsp. vinegar or lime juice
- 1 tsp. sugar
- Pinch of salt
- 1 Tbsp. fresh cilantro

Mix everything together and enjoy with chips, beans and rice, etc.

Basil Pesto - (Spring Hill Community Farm 20th Anniversary Cookbook)

As noted in the Spring Hill cookbook: *Following is a basic pesto recipe made with basil. Adjust the ingredients to your taste. Pesto is often served over warm pasta but can also be added to potatoes, spread on a sandwich or used as a pizza sauce and topped with fresh tomatoes and some Parmesan cheese. It's easiest to make using a food processor. Add oil to get the texture you like, and, if your storing it in the refrigerator rather than using it immediately, drizzle some olive oil on top so that the pesto retains its color. Pesto can be frozen. It can be frozen in ice cube trays and, once frozen, put the cubes in zip lock bags. Many people suggest leaving out the cheese when you freeze it. Add the cheese at the time you use it.*

- 2 cups loosely packed fresh basil leaves
- 1-4 cloves garlic, chopped
- ¼ tsp salt
- ¼ cup pine nuts or walnuts (or try other nuts if you like)
- ½ cup grated Parmesan cheese
- ¼ - ½ cup olive oil

Directions:

Place basil, garlic, salt, nuts, cheese and about ½ oil in a food processor. Pulse until its nicely blended. Add additional oil in a stream until you have the consistency you want.

Potato Salad Vinaigrette – 8 servings (*newyorktimes.com*)

This potato salad received five stars from 198 ratings and can easily be halved!

- 3 lbs. red potatoes
- ¼ cup red wine vinegar
- 3 Tbsp. whole grain Dijon mustard
- ½ cup olive oil
- 6 scallions, chopped (or minced equivalent of fresh tomatoes in this week's bag?)
- ½ cup chopped parsley
- ¼ cup chopped dill
- Salt and pepper

Directions:

1. Place potatoes in a large stockpot, and cover with water. Bring to a boil, and cook until the potatoes are tender, about 20ish minutes. Drain and allow to cool. When cool, cut the potatoes in half.
2. Combine the vinegar and mustard in a large bowl. Slowly whisk in olive oil.
3. Add potatoes to the vinaigrette, and mix gently but thoroughly. Toss in the scallions, parsley and dill. Salt and pepper to taste.

Recipe Link of the Week: Baking with zucchini! This link has many extra links for baking with zucchini in addition to many other zucchini recipe ideas.

<https://www.twopeasandtheirpod.com/chocolate-zucchini-bread/>