



Week #9 Tuesday, August 8 – Saturday, August 12, 2017
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In Your Bag

Beets

Adirondack Red Potatoes *cut these open for a fun surprise. As one seed catalog said, "These rubies will have your cast iron glistening!"*

Fresh Onions – *Lovin' these fresh white and red tropea onions!*

Garlic

Cucumbers

Zucchini/Summer squash

Green beans

Broccoli OR Eggplant

Peppers – *green bell & jalapenos*

Tomatoes

Rainbow Chard

Mixed herb bunch – *parsley, basil, thyme*

Coming Soon

We'll keep the peppers coming in some form. We've got a number of varieties out there, green bells, sweet red Carmans, sweet yellow Cornitos, Anaheims, Shishitos, and jalapenos. We'll likely harvest carrots for next week and tomatoes of course. Maybes include broccoli, eggplant and beans. We are starting to regularly check the melons!

Spring Hill 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 work we're able 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.

Spring Hill Cooking Class for Spring Hill Members!

September 25, 6-8pm. There are several openings for this one!

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.

Next Week's Harvesters

Tuesday, August 15 - Mary & Elaine Ess, Margaret, Victor & Angela Nelson, Alex Fowler & Jon Black & Milo, Diane Clayton & Colleen Bell, Elaine & Lary May, Jay Gilbertson

Saturday, August 19 – Paul & Marilee Tuite, Sue Illg, Caron Moore & Anne Holzinger, Vinay Gidwani & Divya Karan, Brie Reid & Alex Ross-Stuart, Michaela Klei

Farm News

The rains came!! We had a nice three quarters of an inch of rain on Thursday followed by another quarter inch on Sunday. Perfect really. Those two rains were truly wonderful. Thursday's cool and wet gave us a chance to breathe a little so it was good for both the plants and those tending the plants to have a rain day. The showers even had the decency to come AFTER we got our hay both baled and unbaled. Indeed, the hay was baled from one field on Wednesday and then unbaled down the pathways of fall cabbage and broccoli and beets just across the stream that same day. Kinda crazy – crazy but good!

We had a lovely visitor/worker this past week. My sister's neice Ella was visiting from Alabama and spent several days on the farm. She was looking for some outdoor work after spending the summer interning in a lab and we were the lucky hosts. Ella arrived at 8am on Monday morning and went right to work harvesting carrots and kale and tomatoes and cucumbers for Tuesday's bag of veggies. She was ready and willing to pitch in with whatever we did that week which meant she got in on lots of bean and zucchini picking, cabbage harvest, cultivating some of the fall crops, planting a round of beets, baling hay, mulching pathways and all the other little odds and ends that fill our days. Erin and Melanie showed her the ropes on many of the tasks and because they are both welcoming and engaging and fun, I think Ella enjoyed her days. In the evenings, we would cook with the veggies Ella had harvested. We made quiche with zucchini and basil one night, roasted potatoes with beans the next and then zucchini pancakes on Ella's final night – always with plenty of tomatoes, refrigerator pickles and carrots on the side. Maggie very kindly gave her a grand tour of Prairie Farm including our very sweet Pioneer Park and we had a campfire on Ella's final night on the farm. It was a delight to have her here. Thank you Ella!

Chard Salad with Garlic Dressing – serves 4 (Spring Hill Community Farm Cookbook, Celebrating 20 Years of Food & Community) *Patty noted in the cookbook that this recipe was replicated from a chard salad she had at W.A. Frost's in St. Paul. I think tomatoes and cucumbers from this week's bag will make a nice addition to a mid-summer chard salad. Leftover dressing might be delicious drizzled over roasted/cooked potatoes or beets.*

- 1 bunch Swiss Chard
 - 3 cloves garlic, minced or pressed to a paste
 - ¾ cup vegetable oil
 - ¼ cup lemon juice
 - 1 Tbsp. chopped fresh basil
 - 1 Tbsp. grated Parmesan cheese
 - ½ tsp. coarsely ground black pepper
 - ½ cup milk
 - 1 tsp. salt
1. Wash chard, remove stems and cut into bite-size pieces.
 2. Process garlic, oil, lemon juice, basil, salt, Parmesan, and pepper in a blender or food processor for several seconds. With the blender running, slowly add milk, processing until dressing is thick and smooth. Pour over chard.
 3. Covered and refrigerated, this dressing will keep one week. Makes 1½ cups.

Chocolate Beet Muffins from Spring Hill member Rae Frank: *"I didn't have enough beets, even for ½ recipe. I mashed them with a fork instead of food processing so I wouldn't lose any. They were not pureed sufficiently as a result. Better to use a mixer or food processor."*

- 4 medium beets, boiled and pureed (1-1/4 cup beet puree)
 - 2 cups all-purpose flour
 - 1 cup sugar (LVK: reduced from 1 ½ cups)
 - ½ cup unsweetened Dutch-process cocoa powder
 - 1 ½ tsp. baking soda
 - ¾ tsp. salt
 - 2 large eggs
 - ¾ cup warm water (LVK: used beet juice in recipe instead of water to provide more flavor)
 - ¼ cup safflower (or canola) oil
 - 1 tsp. pure vanilla extract
 - Vegetable oil cooking spray
1. Cover beets with 2 inches water in a pot. Bring to a boil. Reduce heat, and simmer until very tender when pierced with the tips of a sharp knife, about 30 minutes. Drain. Puree beets in a food processor until smooth.
 2. Preheat oven to 350 degrees. Whisk together flour, sugar, cocoa powder, baking soda and ¾ tsp. salt in a large bowl. Whisk in eggs, water, oil, vanilla and 1 ¼ cups beet puree (reserve remaining puree for another use).
 3. LVK: used muffin tin and baked at 350 degrees for 30 minutes. Makes 12 muffins. (FYI: I cut the recipe in half yielding 6 muffins) **OR**

Coat a 9-inch round cake pan (3 inches deep) with cooking spray. Line the bottom with parchment and coat with spray. Pour batter into pan. Bake until a toothpick inserted in the center comes out clean, about 45 minutes. Let cool in pan on a wire rack for 20 minutes. Turn out cake from pan and discard parchment. Let cool completely, right side up. Trim top of cake to create a level surface using a serrated knife. Transfer cake, cut side down, to a platter. Pour chocolate glaze over top and let set, about 30 minutes. (Or maybe frost with a cream cheese frosting?)

Potato, Squash, & Goat Cheese Gratin – serves 6 (*thekitchn.com*)

- 2 medium yellow summer squash, about ½ pound
 - 4 small to medium red potatoes, about 1 pound
 - 3 tablespoons olive oil
 - 4 ounces goat cheese
 - Salt and freshly ground black pepper
 - 1/4 cup whole milk
 - 1/3 cup freshly grated Parmesan cheese
 - 1 tablespoon thinly sliced basil or thyme
- Preheat oven to 400°F. Lightly grease a 1 1/2- to 2-quart casserole dish with a drizzle of olive oil. Use a mandolin or chef's knife to slice the squash and potatoes into very, very thin slices, 1/8-inch thick or less. Toss the sliced vegetables with the 3 tablespoons olive oil in a large bowl.
 - Place a third of the squash and potato slices in the bottom of the dish – no need to layer them squash-potato-squash; just spread them evenly – then season with salt and pepper. Top with half of the goat cheese, scattered evenly in large chunks. Repeat with another third of the vegetables, seasoning again with salt and pepper and topping with the other half of the goat cheese. Finish by layering on the final third of the vegetables and seasoning with salt and pepper.
 - Pour the milk over the entire dish. Top with the Parmesan cheese. Bake, covered, for 30 minutes, then uncover and bake 15 more minutes, until the top browns. Scatter on the fresh basil, if using.

Recipe Link of the Week: Here's a blog written by Spring Hill Member, Laura Murphy. There's a plethora of recipe ideas and links! <http://farmshareseason.tumblr.com>

