

S U M M E R 2 0 1 3

The Dirt

Towne's Harvest Garden September, 2013



Towne's Harvest CSA Summer & Fall Share Week 9

Hello Everyone!

I hope everyone had a relaxing Labor Day weekend and ready to kick off another fall season! This week promises to be another bumper week for your CSA share as you will receive some hearty crops such as potatoes, onions, beets, and kohlrabi just to name a few. Tonight, I will continue to have the support of dietetic interns helping distribute produce but I encourage everyone to pick their brains about nutrition and how it connects to our food system. They would love to talk everyone as a way to continue their own understanding of their chosen field. I cannot wait for winter squash to finish so I can get ready to try out the wide variety of recipes available with these diverse ingredients. I hope everyone is having a lovely week and I will see all of you at the farm tonight to pickup your shares!

Cheers,

Tim, Alex, and Chaz



Labor Day History

Labor Day is in honor of the creation of the labor movement and is dedicated to the social and economic achievements of American workers. It constitutes a yearly national tribute to the contributions workers have made to the strength, prosperity, and well-being of our country. Matthew Maguire, later the secretary of Local 344 of the International Association of Machinists in Paterson, N.J., proposed the holiday in 1882 while serving as secretary of the Central Labor Union in New York. What is clear is that the Central Labor Union adopted a Labor Day proposal and appointed a committee to plan a demonstration and picnic. The first Labor Day holiday was celebrated on Tuesday, September 5, 1882, in New York City, in accordance with the plans of the Central Labor Union. The Central Labor Union held its second Labor Day holiday just a year later, on September 5, 1883.

Week 9 Produce

Potatoes

The word latke derives from Yiddish, the Jewish language spoken by East European Jews. For Jewish villagers living in Russia or Poland, pickings were slim in winter, and potatoes were cheap and available from the root cellar. Grating and making potatoes into little patties to be fried, millions of Jewish mothers provided sustenance to their hungry children with just a few potatoes and very little fuel.

Potato Latkes

Ingredients

1 pound potatoes
 1/2 cup finely chopped onion
 1 large egg, lightly beaten
 1/2 teaspoon salt
 1/2 to 3/4 cup olive oil
 Accompaniments: sour cream and applesauce



Directions

Preheat oven to 250°F.

Peel potatoes and coarsely grate by hand, transferring to a large bowl of cold water as grated. Soak potatoes 1 to 2 minutes after last batch is added to water, then drain well in a colander.

Spread grated potatoes and onion on a kitchen towel and roll up jelly-roll style. Twist towel tightly to wring out as much liquid as possible. Transfer potato mixture to a bowl and stir in egg and salt.

Heat 1/4 cup oil in a 12-inch nonstick skillet over moderately high heat until hot but not smoking.

Working in batches of 4 latkes, spoon 2 tablespoons potato mixture per latke into skillet, spreading into 3-inch rounds with a fork. Reduce heat to moderate and cook until undersides are browned, about 5 minutes. Turn latkes over and cook until undersides are browned, about 5 minutes more. Transfer to paper towels to drain and season with salt. Add more oil to skillet as needed. Keep latkes warm on a wire rack set in a shallow baking pan in oven.

Green Beans

Green Bean Trivia:

- An estimated 40 million green bean casseroles are served on Thanksgiving
- Campbell's Green Bean Casserole recipe (using their cream of mushroom soup) was developed in 1955.
- There is only around 40 calories in one cup of green beans.
- The first to put green beans on their menu were the French.
- China is the largest producer of fresh green beans.
- Green beans are also called snap beans because of the sound they make when being broken. Green beans are also called string beans because many varieties used to have a long string that ran along the seam of the bean.

Onions

Chickpea Salad with Tomato and Red Onion

Ingredients

19 ounces garbanzo beans, drained
 2 tablespoons red onion, chopped
 2 cloves garlic, minced
 1 tomato, chopped
 1/2 cup chopped parsley
 3 tablespoons olive oil
 1 tablespoon lemon juice

Directions

In a large bowl, combine the chickpeas, red onion, garlic, tomato, parsley, olive oil, lemon juice and salt and pepper to taste. Chill for 2 hours before serving. Taste and adjust seasoning. Serve.



Peppers

Corn, Peppers, and Zucchini Saute

Ingredients

2 tablespoons olive oil
 Variety of peppers
 1/2 medium yellow onion, medium dice
 1 medium garlic clove, finely chopped
 Kosher salt
 Freshly ground black pepper
 2 ears white or yellow corn, shucked
 2 medium zucchini, medium dice
 2 tablespoons thinly sliced fresh basil leaves
 1 teaspoon freshly squeezed lemon juice, plus more as needed



Directions

Heat the oil in a large frying pan over medium heat until shimmering. Add the bell pepper, onion, and garlic and season with salt and pepper. Cook, stirring occasionally, until the vegetables have softened slightly, about 6 minutes. Meanwhile, remove the corn kernels from the cobs: Place a large container on a damp towel. Fold a paper towel into fourths and place it inside the container. Stand 1 ear of corn on the paper towel, using the stem as a handle. Using a paring knife, slice downward, letting the kernels fall into the container. Increase the heat to medium high, add the zucchini, season with salt and pepper, and stir to combine. Cook, stirring occasionally, until the zucchini is crisp-tender, about 3 to 4 minutes. Add the corn, stir to combine, and cook until just warmed through, about 2 minutes. Turn off the heat and stir in the basil and measured lemon juice. Taste and season with salt, pepper, and additional lemon juice as needed.

Beets

Mini carrot and ginger pudding pies

Ingredients

2 ½ cups grated beets
 1 cup agave nectar
 4 eggs
 ½ cup grapeseed oil
 1 tablespoon vanilla extract
 ½ teaspoon almond extract
 ½ cup cacao powder
 ½ teaspoon celtic sea salt

Directions

In a medium saucepan, heat the beets and agave to a boil, then cover. Reduce to a simmer and cook for 30 minutes, until beets are soft. Transfer beet-agave mixture to a food processor and puree on highest speed until smooth. Blend in eggs, oil, vanilla, almond extract, cacao and salt until thoroughly incorporated. Pour batter into a well greased 9 inch cake pan, and bake at 350° for 30-35 minutes until a knife inserted into the center comes out clean. Cool and serve.



Ingredients

8 medium-size heirloom and/or vine-ripened tomatoes (about 2-2 1/2 pounds)
 2 6-oz cans tomato paste
 3 heaping tablespoons dried oregano
 1 1/2 heaping tablespoons dried basil
 1 tablespoon minced garlic
 3 bay leaves
 Salt to taste

Heirloom Tomato Sauce



Core and peel tomatoes with a paring knife. Cut out tough white parts (strain the seeds, if desired) and dice; transfer to a large pot on the stove. Heat tomatoes in pot over medium-low heat 10 to 15 minutes until warm and softened. Use an immersion blender (or transfer to a blender) to puree tomatoes to desired consistency.

Reduce heat to low. Stir in as much tomato paste as needed until sauce is thick. Stir in dried oregano, dried basil, minced garlic, bay leaves and salt to taste. Cover and simmer over low heat 1 to 2 hours, stirring occasionally, until flavors incorporate into the sauce. Add more seasonings to taste as needed. Remove bay leaves. Serve over fresh pasta. P.S. If you want to add chopped veggies to the mix (like green peppers, onions, mushrooms, etc.), add them with the uncooked diced tomatoes. If you want ground meat, brown the meat in the pot first, drain, then return it to the pot with the uncooked diced tomatoes. If you want to add a glug of wine, stir it in simultaneously with the tomato paste so you can control the thickness of the sauce (you may need to add more than 2 cans tomato paste if you add wine).