

S U M M E R 2 0 1 3

The Dirt

Towne's Harvest Garden August, 2013



Towne's Harvest CSA Summer & Fall Share Week 5

Hello Everyone!

After a wild weather week in the valley the farm has survived thankfully without hail damage and only wind damage to certain crops during the periods of strong wind gusts. This season has been an interesting with many field crops having delayed maturation stages. Carrots, cucumbers, tomatoes, beans, and peppers have all been delayed a couple weeks, but they are coming. In other news, Towne's Harvest has a few choke cherry trees with ripe fruit that are available for picking for those interested in collecting

the berries to make a delicious jam. Feel free to pick some when you pick up share.

Cheers,
Tim, Alex,
and Chaz



Pest Management

A is for Aphids:

- Check your plants regularly for aphids—at least twice a week when plants are growing rapidly—in order to catch infestations early, so you can knock or hose them off or prune them out.
- Aphids tend to be most prevalent along the upwind edge of the garden and close to other infested plants of the same species, so make a special effort to check these areas. Many aphid species prefer the underside of leaves, so turn leaves over when checking for aphids.
- The use of ladybugs and parasitoid wasps can be used for control.

Week 5 Produce

Red Cabbage

Cabbage has a long history of use both as a food and a medicine. It was developed from wild cabbage, a vegetable that was closer in appearance to collards and kale since it was composed of leaves that did not form a head. It is thought that wild cabbage was brought to Europe around 600 B.C. by groups of Celtic wanderers. It was grown in Ancient Greek and Roman civilizations that held it in high regard as a general panacea capable of treating a host of health conditions.

Red Cabbage and Carrot Salad

Serves 4

Ingredients

1/2 head small red cabbage
 3 medium carrots, shredded
 2 green onions, chopped
 1/4 cup apple cider vinegar
 2 tablespoons sugar
 1 tablespoon flax oil
 3 teaspoons Bragg Liquid Aminos
 1/4 teaspoon black pepper



Directions

Toss the cabbage, carrots and onions together. Warm the vinegar in a small saucepan, add the sugar, then stir until the sugar is dissolved. Pour the warm vinegar dressing over the salad. Season with oil, liquid aminos and pepper. Toss one last time and serve!

Garlic

Garlic Trivia:

- Chicago got its name from the American Indian word for the wild garlic that grew around Lake Michigan - "*chicagaoua*".
- One farm in Monterey County (near Gilroy "*The Garlic Capital of the World*"*) plants 2000 acres of garlic and produces almost 25 million pounds annually. *The Gilroy Garlic Festival is held in July each year.
- Garlic and onions are among the oldest cultivated food plants. Their culinary, medicinal and religious use dates back more than 6000 years.
- Elephant garlic is actually closely related to the leek, and thought by some to be the wild ancestor of the leek. The bulbs are very large, and can weigh more than 1 pound. They are also much milder than regular garlic, and can be slice raw in salads. Whole cloves can be sautéed in butter and served as an appetizer.

Kale and Chard Mix

Kale and Chard Couscous

Ingredients

COUSCOUS

- 2 tablespoons canola oil
- 1 large red bell pepper, seeded and finely chopped
- 1/4 cup finely chopped fresh ginger (about 1 1/2 ounces)
- 1 pound Israeli couscous (see Tip)
- 1 1/2 teaspoons kosher or sea salt
- 1 teaspoon coarsely ground pepper
- 8 cups thinly sliced kale and Chard tough ribs removed
- 4 cups vegetable broth or water

Directions

heat 2 tablespoons oil in a large nonstick skillet or saucepan over medium heat. Add bell pepper and 1/4 cup ginger and cook, stirring, for 2 minutes. Stir in couscous, salt and pepper; cook, stirring, until the couscous is lightly toasted, 3 to 5 minutes. Add kale and broth (or water); the pan will be full. Cover, reduce the heat to low, and simmer, stirring once or twice, until the liquid is absorbed and the couscous is tender, 12 to 15 minutes. Fluff with a fork and spread the mixture on a large serving platter.



Fennel

Apple and Fennel Pork Tenderloin

Ingredients

- 2 large sweet-tart apples, such as Fuji or Braeburn, sliced
- 1 large bulb fennel, trimmed, cored and thinly sliced, plus 1 tablespoon chopped fronds for garnish
- 1 large red onion, sliced
- 1 tablespoon plus 2 teaspoons canola oil, divided
- 1 pound pork tenderloin, trimmed
- 1 teaspoon kosher salt
- 1/4 teaspoon freshly ground pepper
- 3 tablespoons cider vinegar

Directions

Position racks in upper and lower thirds of oven; preheat to 475°F. Toss apples, sliced fennel and onion with 1 tablespoon oil in a large bowl. Spread out on a rimmed baking sheet. Roast on the lower oven rack, stirring twice, until tender and golden, 30 to 35 minutes. About 10 minutes after the apple mixture goes into the oven, sprinkle pork with salt and pepper. Heat the remaining 2 teaspoons oil in a large ovenproof skillet over medium-high heat. Sear the pork on one side, about 2 minutes. Turn the pork over and transfer the pan to the top oven rack. Roast until just barely pink in the center and an instant-read thermometer registers 145°F, 12 to 14 minutes. Transfer the pork to a cutting board and let rest for 5 minutes. Immediately stir vinegar into the pan (be careful, the handle will be hot), scraping up any browned bits, then add to the apple mixture. Thinly slice the pork; serve with the apple mixture and sprinkle with fennel fronds.



Summer Squash

Marinated Summer Squash Salad

Ingredients

1/2 cup cider vinegar
 4 teaspoons sugar
 1/2 teaspoon salt, divided
 3 zucchini (about 1 1/2 pounds)
 2 yellow squash (about 3/4 pound)
 1 garlic clove, peeled
 1/2 cup packed fresh basil leaves
 1 tablespoon fresh lemon juice
 1 tablespoon extra-virgin olive oil
 3 ounces part-skim mozzarella cheese, cut into 1/4-inch cubes



Directions

Combine vinegar, sugar, and 1/4 teaspoon salt until sugar dissolves. Trim ends of zucchini and squash; cut into thin ribbons with harp-shaped peeler. Add to vinegar mixture. Cover and chill 2 hours or overnight. Bring a small pan of water to a boil; add garlic. Remove with a slotted spoon after 1 minute. Rinse under cold water; set aside. Add basil to boiling water; immediately remove and rinse under cold water. Reserve 1 tablespoon of cooking liquid. Transfer garlic and basil to a food processor, and add lemon juice, olive oil, reserved water, and the remaining 1/4 teaspoon salt. Process until smooth. Drain squash, and divide among 4 plates. Top with cubed mozzarella, and drizzle with basil oil.

Arugula Radish Chicken Pizza

Ingredients

1 (12-inch) thin pizza crust
 2 tablespoons olive oil, divided
 1 1/2 shredded chicken
 1/3 cup part-skim ricotta cheese
 1 1/3 cup goat cheese, crumbled
 1/2 teaspoon black pepper
 1/4 teaspoon crushed red pepper
 2 tablespoons white wine vinegar
 1 teaspoon Dijon mustard
 1 1/2 cups baby arugula
 1/2 cup thinly sliced radishes

Place a baking sheet in the oven. Preheat oven to 475° (keep baking sheet in oven as it preheats). Brush crust with 1 tablespoon olive oil; top pizza evenly with shredded chicken and ricotta cheese. Sprinkle with goat cheese, black pepper, and red pepper. Carefully place pizza on preheated baking sheet; bake at 475° for 10 minutes. Combine white wine vinegar, remaining 1 tablespoon olive oil, and Dijon mustard in a medium bowl, stirring with a whisk. Add arugula and radish slices; toss to coat. Top pizza with arugula mixture. Cut the pizza into 8 wedges.