

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 7

Hello Everyone!

Wow! I cannot believe next week will be the start of another school year for many CSA members and their children! I wish you all the best of luck as the next academic year begins. We are half way through the 2013 CSA season and this is the last week of having our summer interns at the farm. It has been an incredible pleasure working and interacting on the farm, and the various produce selling outlets. They have an incredible future awaiting them and I cannot wait to hear updates on the many opportunities and experiences that are in store for them. This week's bounty will feature beautiful green beans tomatoes, and fantastic cooking onions. Have a great week everyone and we look forward to seeing all you tomorrow night.

Cheers,

Tim, Alex, and Chaz



Pest Management

C is Cabbage Moth
(specifically cabbage white
butterfly):

The Imported Cabbage worm is also known as the cabbage white butterfly. You are familiar with this common insect in your garden or on your farm. It associates with broccoli, cauliflower, and other cabbage family plants. Biological Control: The imported cabbage worm population may be suppressed by natural enemies and virus diseases. Btk (*Bacillus thuringiensis kurstaki*) can effectively controls this pest, but it must be applied about every seven days beginning after the larvae first appear. In general, Bt works best on small larvae. Grow cabbage as an early crop, as early-grown cabbage is seldom severely injured because it reaches maturity before the imported cabbageworm populations have built up significantly.

Week 6 Produce

Cucumbers

The first cucumbers were likely to have originated in Western Asia more specifically in India or parts of the Middle East. Cucumbers are mentioned in the legend of Gilgamesh a Uruk king who lived around 2500 BC in what is now Iraq and Kuwait. It was approximately 3,300 years later when cucumber cultivation spread to parts of Europe, including France. And it was not until the time of the European colonists that cucumbers finally appeared in North America in the 1500's. Today, the states of Florida and California are able to provide U.S. consumers with fresh cucumbers for most of the year.

Easy Dill Pickles

Ingredients

1 1/2 cups distilled white vinegar
 1/4 cup sugar
 4 teaspoons kosher salt
 1 teaspoon mustard seeds
 1 teaspoon coriander seeds
 3/4 teaspoon dill seeds
 2 cups hot water
 2 pounds kirby cucumbers, sliced 1/4 inch thick
 3/4 cup coarsely chopped dill
 3 garlic cloves, coarsely chopped



Directions

In a large, heatproof measuring cup, combine the vinegar, sugar, salt, mustard seeds, coriander seeds and dill seeds with the hot water and stir until the sugar and salt are dissolved. Let the brine cool. In a large bowl, toss the cucumbers with the dill and garlic. Pour the brine over the cucumbers and turn to coat. Place a small plate over the cucumbers to keep them submerged, then cover the bowl with plastic wrap. Refrigerate the pickles overnight, stirring once or twice. Serve cold.

Parsley

Parsley Trivia:

- The name 'parsley' comes from the Greek word petros, meaning 'stone,' because the plant was often found growing among rocks. In ancient times, wreaths were made with parsley and were worn to prevent intoxication.
- Parsley seed oil is used in shampoo, soap and men's perfumes.
- Parsley is thought to have originated in Sardinia.
- The amino acids called Homocysteine when increases, threatens the blood vessels of the body but have no fear since parsley is here! It contains folate or vitamin B9 that neutralizes the effects of these dangerous molecules.

Onions

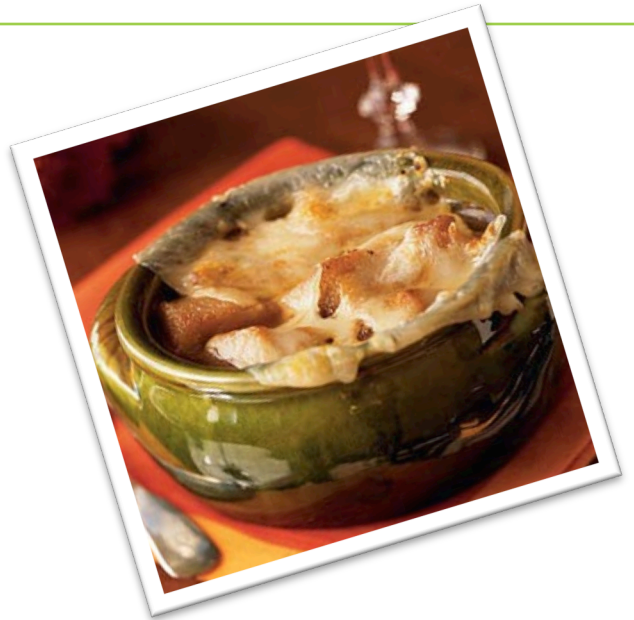
French Onion Soup

Ingredients

2 teaspoons olive oil
 4 cups thinly vertically sliced Walla Walla or other sweet onion
 4 cups thinly vertically sliced red onion
 1/2 teaspoon sugar
 1/2 teaspoon freshly ground black pepper
 1/4 teaspoon salt
 1/4 cup dry white wine
 8 cups less-sodium beef broth
 1/4 teaspoon chopped fresh thyme
 8 slices French bread, cut into 1-inch cubes
 8 slices of Swiss Cheese

Directions

Heat olive oil in a Dutch oven over medium-high heat. Add onions to pan; sauté for 5 minutes or until tender. Stir in sugar, pepper, and 1/4 teaspoon salt. Reduce heat to medium; cook 20 minutes, stirring frequently. Increase heat to medium-high, and sauté for 5 minutes or until onion is golden brown. Stir in wine, and cook for 1 minute. Add broth and thyme; bring to a boil. Cover, reduce heat, and simmer 2 hours. Preheat broiler. Place bread in a single layer on a baking sheet; broil 2 minutes or until toasted, turning after 1 minute. Place 8 ovenproof bowls on a jelly-roll pan. Ladle 1 cup soup into each bowl. Divide bread evenly among bowls; top each serving with 1 cheese slice. Broil 3 minutes or until cheese begins to



Green Beans

Crispy Sesame Green Beans

Ingredients

2 handfuls of fresh green beans (about 50 beans), ends trimmed
 1/2 cup lite coconut milk
 1 tbsp sesame oil
 3/4 cup Homemade Breadcrumbs
 3 tbsp sesame seeds
 1/4 cup flour

Directions

Preheat oven to 425 degrees. Line a baking sheet with parchment paper or non stick foil. Fill a large bowl with ice water and set aside. Bring a pot of water to a boil over high heat. Add the green beans and cook until tender, about 5 minutes. Remove the beans with a slotted spoon and transfer to the ice water to stop the cooking. Let cool in the water, then drain and pat dry. In a small bowl whisk together the coconut milk and sesame oil. Set aside. In a medium bowl combine the breadcrumbs and sesame seeds. Set aside. In a large bowl combine the green beans and flour. Gently mix together until the green beans are well coated. Dip each floured green bean in the coconut milk mixture and then dredge through the breadcrumbs. Place on the baking sheet and repeat with the remaining green beans. Bake for 20-25 minutes, flipping the fries over once halfway through cooking, or until browned and crisp. Remove from the oven and serve immediately.



Red Cabbage

Braised Red Cabbage with Bacon

Ingredients

1 medium head red cabbage
 6 thick slices applewood-smoked bacon or other smoked bacon, cut into lardons (about 1/4-by-1/4-by-3/4-inch pieces)
 1 medium yellow onion, thinly sliced
 2 tablespoons packed dark brown sugar
 2 tablespoons Dijon mustard
 3 cup cider vinegar
 1 cup low-sodium chicken broth



Directions

Slice cabbage in half lengthwise. Use a sharp knife to cut a V-shaped notch around the white core and discard it. Slice both pieces in half again so you have 4 quarters, then thinly slice each piece crosswise into 1/4-inch-thick strips. Set aside. Place bacon in a large Dutch oven or other large, heavy-bottomed pot with a tightfitting lid over medium heat and cook, stirring occasionally, until browned and most of the fat has rendered. Add onion and stir to coat in the bacon fat. Season with salt and freshly ground black pepper and cook until the onion softens and the edges begin to brown, about 4 to 5 minutes. Add the reserved cabbage, stir to coat in bacon fat, and cook until the cabbage begins to wilt, about 4 minutes. Stir in the brown sugar and mustard. Deglaze the pan with the cider vinegar, scraping up any browned bits from the bottom of the pan with a spatula. Add the chicken broth and season with a few pinches of salt and more freshly ground pepper. Bring to a simmer, then reduce the heat to medium low and cover the pan tightly. Simmer, stirring occasionally, until the cabbage is soft and soupy and the bacon is tender, about 45 minutes. If the cabbage begins to look dry, add more broth or water.

Baked Stuffed Tomatoes

Ingredients

4 ripe greenhouse tomatoes
 2 tablespoons pine nuts
 1 tablespoon olive oil
 2 garlic cloves, finely chopped
 1 cup cooked rice
 1/4 cup chopped fresh basil
 3/4 cup freshly grated parmesan cheese
 1/4 teaspoon salt
 1/4 teaspoon pepper

Preheat oven to 350 degrees. Cut off upper fifth or so of tomato. Remove the innards of the tomato and seeds and discard. Try not to puncture the wall of the tomato. Turn tomatoes upside down on a paper towel to drain. In a small skillet, cook pine nuts in olive oil over low heat until golden, this should take about five minutes. If they start to burn, place them in a medium-sized mixing bowl. Add garlic to the skillet, cook for two minutes. Add to bowl. Add rice, basil, 1/2 cup of cheese, salt and pepper. Mix and spoon into tomatoes. Place tomatoes in a greased shallow baking dish. Sprinkle with remaining cheese. Bake in 350 degree oven for 20 to 25 minutes or until tender. Broil for one or two minutes to toast tops if desired.