



Towne's Harvest Newsletter

August 14, 2007 Week 8

This week's share includes...

Tomatoes

New Potatoes

Pole Beans

Carrots

Chives

Sweet Yellow Peppers

Squash

Onions

Basil

Cauliflower

Cucumbers

Healthy Tidbits...

Pole beans contain 30% of the daily recommended vitamin C intake. They also contain high amounts of magnesium and riboflavin.



Notes from the Field

The potatoes this week are new potatoes and should be eaten soon as they are not storage potatoes. The cauliflower is probably best cooked versus eaten raw. And for future reference, this is most likely our last week for basil as the plants are flowering heavily now.

If you have not had a chance to tour the farm, we are offering two tours next week during CSA pickup at either 5:30 or 6:30 pm. Please feel free to come and join us at either time.

The Towne's Harvest Crew is planning to have a Harvest Festival Party and all CSA members are invited. The party will be on September 21, 2007 from 6-9 pm. We will be sending out invitations in a couple of weeks with more information. We hope you can come!

MUSHROOM, TOMATO, BASIL FRITTATA

- ½ medium onion, minced
 - 2 TBS chicken broth, separated
 - 3 medium cloves garlic, pressed
 - 1 cup thinly sliced crimini mushrooms
 - ½ medium tomato, seeds removed, and diced
 - 3 large eggs
 - 3 TBS chopped fresh basil
 - salt and black pepper to taste
1. Heat 1 TBS broth in a 10-inch stainless steel skillet (or use olive oil). Sauté onion over medium low heat 3 minutes, stirring frequently.
 2. Add garlic, mushrooms and continue to sauté for another 2 minutes.
 3. Add 1 TBS broth, tomato, salt, pepper and cook for another minute. Stir well, and gently scrape pan with a wooden spoon to remove any slight burning.
 4. Beat eggs well, and season with salt and pepper. Mix in chopped basil. Pour eggs over vegetables evenly and turn heat to low. Cover and cook for about 5 minutes, or until firm. Cut into wedges and serve.

CARROT COCONUT SOUP

This soup is rich in vitamin A and has great flavor!

- 1 large onion, chopped
 - 2 TBS fresh ginger, sliced
 - 4 medium cloves garlic, chopped
 - 1 tsp curry powder
 - 3 cups +1 TBS chicken or vegetable broth
 - 2 cups sliced carrots, about ¼ inch thick
 - 1 cup sweet potato, cut into about ½ inch cubes
 - 5 oz canned coconut milk
 - salt and white pepper to taste
1. Heat 1 TBS broth in a medium soup pot. Sauté onion in broth (or use olive oil) over medium heat for about 5 minutes, stirring often.
 2. Add garlic, ginger and continue to sauté for another minute.
 3. Add curry powder and mix well with onions.
 4. Add broth, carrots, and sweet potato and simmer on medium high heat until vegetables are tender, about 15 minutes.
 5. Add coconut milk.
 6. Blend in batches making sure blender is not more than half full. When it's hot, and the blender is too full, it can erupt and burn you. Add salt and pepper to taste.
 7. Return to soup pot and reheat.

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