



# Weekly Newsletter

Volume 11 Issue 5

June 28, 2021

## In the Box

Lettuce  
Kale  
Green Onions  
Cilantro  
Tatsoi  
Bok Choy  
Sweet Pepper  
Tomatillos  
Eggplant  
Cucumber  
Zucchini  
Broccoli  
Hot Peppers\*  
Potatoes  
Sugar Snap Peas

\*Mild—biggie chli, cajun belle, griller hybrid; Med. — emerald fire jalapeno; Hot — red ember cayenne, chenzo

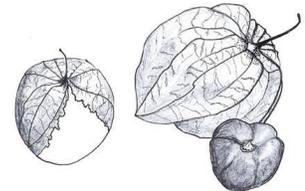
## Around the Farm

This past week was all about preparing and getting through the HEAT wave. We reinstalled the shade cloth over the chicken yard, put up a fan in the coop, and set up a sprinkler to run every 15 minutes or so to cool the metal coop roof and the yard. They were still panting through the heat. Some of our cool weather vegetables like kale, broccoli, cabbage, and chard are covered with agri-cloth to keep pesty bugs out. We uncovered them to avoid any more heat than they would get from the direct sun. We also set a sprinkler to run off and on throughout the day on some of our best kale and chard. Lettuce, bok choy, and tatsoi received overhead misting three to four times per day. We upped the watering schedule throughout the farm to more frequent, but shorter spans of water. This required a lot of turning things off and on and watching the water pressure. We changed our harvesting schedule—moving some picking up by a day to capitalize the cooler early mornings and felt truly blessed to be outside at 5 am Sunday morning when it was a cool 67 degrees—to pick lettuce and other fragile greens. We know climate change is real, but to experience it this intensely was a surprise and a bit hard to accept.

## About Tomatillos and Eggplant

**Eggplant** - We grow mostly Asian eggplants which come in a range of colors from purple to white, lavender, or variegated. They come in various shapes and sizes and can be either small and round or globe-like or long and thin. Unlike Western eggplants, they are less bitter and have thin skin that doesn't need peeling. Finally, they have a mild, but distinct flavor and texture and can be eaten cooked or raw.

**Tomatillos** - It is a small, green fruit in the tomato family and a staple in Mexican salsa and mole sauce. Fresh tomatillos with the husk still intact may be stored in the refrigerator for up to two weeks. To prepare, remove the husks Wash the fruit with soap and water to remove the sticky film left by the husk. Tomatillos may be used raw in salsas or salads, grilled or cooked for sauces. For a tart flavor, use them in place of tomatoes.



We recognize that both tomatillos and eggplant may not be regular vegetable fare—neither were for us until we started growing them. If we overload you or you would like more of either on any given week, please let us know. We will accommodate your request as best we can.

## Recipe Corner

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This recipe comes from one of our daughter's (and ours) favorite cooking websites—Smitten Kitchen.

### Charred Eggplant and Walnut Pesto Pasta Salad

#### *Ingredients*

½ lb. pasta – rigatoni works well

1 lb. eggplant

Fresh ground black pepper

2 oz. ricotta salata, crumbled (substitute with feta or pecorino romano)

2 Tbsp. chopped parsley or basil

#### *Dressing*

¾ c. walnuts (toasted for best flavor)

3 Tbsp. grated Parmesan cheese

1 small garlic clove, peeled

2 sprigs thyme or dried thyme equivalent

Salt

2 tsp. sherry vinegar, plus more at end

¼ c. olive oil, plus more at end

2 Tbsp. minced sun-dried tomatoes (oil or dry-packed)

Freshly ground black pepper and/or red pepper flakes

#### *Directions*

Cook pasta in very well salted water until 1 to 2 minutes before doneness and drain. Trim eggplant and slice into 1/2-inch coins. Brush both sides with olive oil and sprinkle with salt and freshly ground black pepper. Heat grill to medium-high. Arrange eggplant in one layer and cook until charred underneath, about 8 minutes. (If it's sticking to the grill, it wants to cook longer.) Flip pieces over and cook until charred on second side, about 5 to 8 minutes more. Set aside to cool slightly. This can be done in the oven at 425 degrees with a bit longer cooking time than the grill.

Make dressing: In food processor, coarsely grind walnuts, cheese, garlic, thyme, salt and freshly ground black pepper and/or red pepper flakes. Stir in oil and tomatoes, then whisk in vinegar to taste.

Assemble salad: Toss cooked pasta with walnut dressing and additional vinegar and oil to loosen. Chop eggplant into chunks, add to bowl and toss again. Adjust seasonings to taste, then stir in cheese and herbs.

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### Pico De Gallo

Chop fresh raw tomatillos with onions, cilantro, peppers, and a pinch of salt. Use on meat, poultry, or fish.

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**Thank you for returning your empty box on next week's delivery day.**

