



Weekly Newsletter

Volume 11 Issue 10

August 2, 2021

In the Box

Lettuce
Green Onions
Cilantro
Chard
Sweet Peppers
Hot Peppers*
Broccoli
Tomatillos
Cherry & Main Tomatoes
Eggplant
Elephant Garlic
Fingerling Potatoes
Cucumbers
Zucchini
Yellow & Red Onions
*Italico, Mad Hatter (mild);
Jalapeno, Burning Bush (med.);
Lemon Drop, Red Ember, Chenzo (h)

Around the Farm

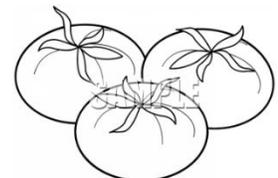
We had a surprise visit this week from fourth and fifth generation Bushes! After twelve years of immersing ourselves in this incredible story of George and Isabella Bush, we were beyond excited to meet actual family members. They are from George and Isabella's son, William Owen who is probably the most famous of their five sons. Brandon Staff is fifth generation and he is the director of retail sales for the Heritage Distilling Co. in the new SPSCC building on Capitol Blvd. He and his mom were so excited to stand on the property and they are eager to continue amplifying the story of their pioneer family.

This past week around the farm, we planted the last succession of broccoli, cabbage, and napa cabbage. We took advantage of the very hot weather to dry more onions in the field and move some inside with a fan to continue drying.

Elephant garlic may be new to some of you. It is a perennial, although we plant and harvest it annually. Some smaller cloves grow one solid bulb the first year and many of you will find that type in your box. And, many of you will find a garlic head with multiple cloves—only larger than traditional garlic. Elephant garlic is milder than regular garlic and can be used raw or cooked.

About Tomatoes

Tomatoes are botanically defined as fruits because they form from a flower and contain seeds. Still, they are most often used like a vegetable in cooking. In fact, the US Supreme Court ruled in 1893 that the tomato should be classified as a vegetable on the basis of its culinary applications. (Must have been a slow year for important decision-making 😊) Tomatoes are the major dietary source of the antioxidant lycopene, which has been linked to many health benefits, including reduced risk of heart disease and cancer. They are also a great source of vitamin C, potassium, folate, and vitamin K. This year we are growing 34 varieties of cherry tomatoes, 12 paste varieties, and 40 'main' varieties. Why so many? Because the seed buyer (Mark) LOVES trying the many new varieties that come out each year. As for storing tomatoes, most sources recommend placing the tomatoes upside-down on a plate—separate from other fruits and vegetables. Store in a cool place out of direct sunlight. Storing in the refrigerator does extend their life, but the difference in flavor and texture between a refrigerated tomato and one stored at room temperature is noticeable. Refrigerated tomatoes become mealy and dull. *When you have too many tomatoes* – We cut them up and roast them in the oven in a single layer at 300 degrees until they are the consistency we want. Then we freeze them.



Recipe Corner

This recipe is shared by one of our long term subscribers. Thank you Char McMullen!

Caponata Siciliana

Ingredients

3-4 tbsp olive oil (don't need this much)
4 garlic cloves, finely chopped
1 medium onion, finely chopped
1.25 lbs. zucchini cut into chunks
1.25 lbs. tomatoes, peeled & chopped
1 red or green bell pepper, chopped into chunks
generous amount of black pepper
1 tbsp fresh parsley, finely chopped
1 tbsp fresh mint, finely chopped
1 tbsp basil, finely chopped
2 tbsp capers
15 olives, pitted (I used Kalamata olives)
2 tbsp tomato paste (up to 6oz. if using only fresh tomatoes)
2 tbsp pine nuts, roasted
2 tbsp golden raisins or sultana raisins
1 tsp salt, more to taste
½ tsp chili powder (optional)
2-3 tsp sugar

Directions

Heat half of the oil in a cast iron skillet or pot. Brown the zucchini over medium heat. Transfer to a plate and set aside. Heat up a bit more oil and add chopped onion frying until soft and translucent. Add chopped garlic cooking just until garlic is soft. Add tomatoes, bell pepper, tomato paste, capers, olives, raisins, and browned zucchini to the pan. Stew the vegetables uncovered on a low heat until tomato sauce thickens. Add chopped herbs and season with salt, sugar, black pepper, and chili pepper if you like a bit of a kick. Taken from LazyCatKitchen.com.

Serve over white beans, pasta, or couscous for a main dish. Or, serve at room temperature on crackers for a snack or lunch.

LATE BREAKING BEAN EXPLOSION! After we packed the boxes, we picked beans—way more than we realized, so we doubled the portion in your box. That's why some of you have two bags—others we were able to double up in the same bag. Enjoy!

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

