



Weekly Newsletter

Volume 11 Issue 13

Aug. 23, 2021

In the Box

Lettuce
Green Beans
Basil
'Narly' Carrots
Leeks
Kale
Sweet Peppers
Hot Peppers*
Cherry & Main Tomatoes
Eggplant
Garlic
Cucumbers
Zucchini
White & Red Onions
Walla Walla Sweet Onion
Corn

*Biggie chili, griller hybrid, garden salsa, poblano (mild); Jalapeno, Burning Bush (med.); Lemon Drop, Red Ember, Chenzo (hot)

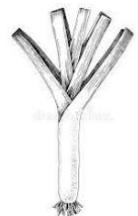
Around the Farm

We have nearly completed bringing all of the onions from the field. The Walla Walla's are still out almost ready to pull; however, because this onion does not store well, we have been sending them straight from the field to you. This week's onion is another sweet yellow that does not store well – Alyssa Craig is the variety and they are huge! We started with 1800 onion plants and have harvested almost 1600—an EXCELLENT season for onions.

We planted the LAST succession of lettuce, bok choy, and tatsoi seeds this week. And, we are shifting clearing some rows and planting cover crop. We think next week will start the harvest of winter squash. Part of our mission for this farm is to build community. We initially set out to be the neighborhood farm, but because of the endangered pocket gopher on the property---most of the work is done by hand. This limits the number of CSA subscriptions we can reasonably produce. It did not stop us from forming a community around delicious, local food and farmland preservation. We are thrilled to be a part of your lives and love the stories of community around the CSA subscriptions. This week, a subscriber shared the story of parents and their daughter's family who each have a subscription. The parents (retired) pick both boxes up and the daughter's family joins them for dinner on that night. That habit of a weekly communal dinner stuck through the pandemic—they ate weekly together outside with heaters and blankets through the winter.

About Leeks

We are starting a little earlier with leeks in your box. Last year, they started going to seed and went soft. So, we are trying to prevent that! The leek is a member of the onion family but has a sweeter, more subtle flavor than an onion. It can be eaten raw or cooked but the green tops are usually not eaten. To store, refrigerate unwashed leeks in a plastic bag in the refrigerator for up to two weeks. Leeks often have quite a bit of dirt between the leaves. To prepare, cut away the dark green tops and peel any tough outer leaves. Trim off the root end, leaving the white, pale green parts. Make a long vertical slit through the center slicing in half vertically. Wash under cold running water, flipping through the leaves to expose the inner surfaces to water. Pat dry. Thin leeks are a delicacy. Take advantage of leek's affinity for potatoes and add to cream of potato soup, mashed or scalloped potatoes. *We especially like them with scrambled eggs. Gently fry them in butter before adding the eggs.*



Recipe Corner

We are sending you A LOT of corn and every year, I want to find a corn cob stock recipe. Thanks to subscriber Debbie Wigand who just sent us one. This recipe comes from the Bayview School of Cooking and uses the stock to make a corn chowder.

Homemade Cob Stock

5 ears of sweet corn

1 tsp. sea salt

10 whole peppercorns

2 cloves garlic, smashed

1 bay leaf

1 medium onion, peeled and cut in half

Break the ears in half and using a sharp knife, cut the kernels off the cob; reserve the kernels. Using the side of a spoon or a butter knife, scrape down the sides of the cobs into a deep stockpot to release the 'milk' and loosen any bits of corn. Add scraped cobs and 8 cups water to the pot, along with the salt, peppercorns, garlic, bay leaf and onion. Bring to a boil. Reduce heat to medium low and let the broth cook for 20 minutes. Let cool and strain. Makes about 6 cups. *P.S. I think you could make this stock with the cobs left after eating corn on the cob. Freeze and use for soups in the winter.*

Corn Chowder

4 slices cut Hempler's bacon

½ large onion, large dice

2 ribs celery, small dice

1 med. Carrot, small dice

3 med. Red potatoes, diced

4 cups cob stock

3 c. sweet corn cut from the cobs above

1 ear corn, milked on grater

1 cup cream (optional)

1 bay leaf

Sea Salt

Chopped parsley

Chop bacon into ½ inch pieces and brown in a stock pot. Add onion, celery, carrot and bay leaf. Saute onion until translucent and beginning to brown. Add potatoes, salt and stock. Simmer for 10 minutes. Add corn and adjust seasoning. Simmer another 5 minutes or until potatoes and corn are tender. Add cream and heat without boiling. Garnish with parsley.

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

