



What's in the box and where does it go?

	Fridge?	Bag?	Notes & Varieties
Arugula	Yes	Plastic	Back!
Beets	Yes	Plastic	Gold w/ tops
Cabbage	Yes	Plastic	Green
Cantaloupe	Yes	No	Remaining folks from last week
Carrots	Yes	Plastic	Bulk, no tops
Dill	Yes	Plastic	
Garlic	No	No	
Onions	No	No	Yellow and a red
Peppers	Yes	Plastic	Carmen and hot cherry
Spinach	Yes	Plastic	
Tomatoes	No	No	Reds and heirlooms
Zucchini	Yes	Plastic	or a Pattypan

Peppers

We're entering peak pepper season this week as the many green peppers begin ripening. I think a few cool nights have made them sit up and take notice that they need to ripen before it's too late.

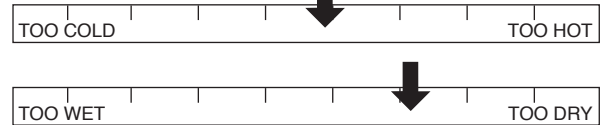
The main pepper we grow for sweet red peppers is not the usual bell pepper you see in the grocery store, but the long skinny Carmen. Growing red bell peppers is very difficult in our climate unless you have a sandy soil which heats up nicely in the summer. For our heavier soils we've found Carmen to be an excellent alternative. I think it actually tastes better than a red bell, and it makes a much nicer roasting pepper too.

Carmen is part of a whole family of Italian peppers known as *corni di toro* type peppers, because they are vaguely shaped like a bull's horn. They're also what's referred to as an Italian frying pepper. So the common preparations for them is slicing them lengthwise and frying them in a pan with some olive oil and onion, adding some garlic when they're almost done and then eating them as a side dish, on a sandwich, or tossed with pasta.

They also roast wonderfully. If you've ever seen the jars of roasted Italian peppers they're basically the same

Farm Report 9/8/11

Rainfall0.21"
 High Temperature 74°
 Low Temperature 45°
 Farmer Complaint Indicators™:



thing. There's a blog post on our website about roasting them, I'll try and remember to put a link to it in the email this week.

Everyone should also have at least half a dozen of the hot cherry peppers in their box. These are the small, flat red peppers. The seeds and white part of the inside of the pepper is hot, but the flesh is quite mild. If you seed them with a spoon you'll end up with something much more like a sweet pepper than a hot pepper. You could just add these to the Carmens and make a big batch of roasted peppers. Other classic uses for these are stuffing them with goat cheese and prosciutto. They're also good in salsa if you use some of the seeds to retain some heat.

Arugula and spinach are back from summer vacation. It's nice to have a salad again, but I don't really miss them during the summer months. The spinach is a little big, so it's maybe more in the cooking camp than the salad camp, but it's nice and tender either way. The arugula is nice and not too spicy since the weather has been mild. We should see both of these regularly for the next few weeks.

Beets return with the first of the fall beet crop. I just couldn't let these lovely gold beet tops go by without making use of them. Think of them more as a bunch of yellow chard with bonus beets on the bottom.

There's a green cabbage in the box as we begin to harvest some of the fall cabbage family crops. There won't be another cabbage in the summer shares, so those of you who split shares may want to cut this one in half. With so many other things to grow we've really gotten away from cabbage except for in the winter shares.

There's some other good cole slaw additions this week with the carrots and red onion. The carrots were getting so big that they were breaking off from their tops, so instead of bunching them we've got a bag of them this week. In fact, we may only have bagged carrots from now on because the carrots are rapidly getting too big to bunch in this lovely dry weather.

The tomatoes continue with their second week of peak season. There's a couple less heirlooms this week as the nyagous variety has really been badly affected by the powdery mildew. The red tomatoes made up for it with a little larger harvest. As always, if you get a less ripe one just leave it upside-down on the counter until it ripens up. The numbers will slowly taper off next week and beyond until there's nothing left out there or Jack Frost comes to take them away.

Late season dill is in the box as well, a great complement to the beets, or a nice addition to cole slaw.

Those of you who didn't get a cantaloupe last week will get one this week and a few may get them both weeks since there was enough to overlap a little bit. This will be the end of the melons.

Thanks to those of you who sent garlic quantity feedback, the overwhelming opinion is that there is no such thing as too much garlic. Lastly, this will be the last of the zucchini or pattypan.

Farm News

It's getting kind of dry at the farm, but the weather is so lovely that I'd rather irrigate than hope for it to rain. Other than the dryness, it has been picture-perfect at the farm lately. The cool mornings in the 40's have made for great sleeping weather, as well as slowing down the ripening of some of the crops. That's really just fine at this point, the longer things take to ripen the better their flavor usually is when they do. The cool mornings also result in beautiful banks of fog that lay in the valleys around here until the sun gets up and burns them off. The sun has lost a lot of its strength by now so that even on a crystal clear day I don't seem to need to put on any sunscreen.

The big question this time of year starts to be when will the first frost come? With temperatures in the 40's this week it's not that far away. We've had a frost as early as September 15th and as late as October 10th. The squash could use some continued lovely weather for ripening, so we'll hope the frost stays away for at least a couple of weeks. It would also be a shame to lose the rest of the tomatoes and peppers this early.

We've been busy around the farm keeping things weeded and getting things harvested. We started harvesting the corn that we grind into cornmeal and it's looking pretty good this year. We got a few flat tires fixed around the farm, including one on the carrot digger which may get called into service very soon.

Last week marked the official end to the field seeding of vegetable crops. I put in one more bed of spinach and arugula and that was it. If we have a warm fall the spinach and arugula will be harvested in October, if it's cold they probably won't make it. I also started seeding in the high tunnel now that it's been reset from early tomatoes and cucumbers. We're hoping to have spinach in all of the winter shares this year since we'll be able to harvest from the high tunnel. We'll see.

Coming next week: Arugula, carrots, garlic, potatoes, leeks, broccoli, tomatoes, peppers, spinach, salad mix, acorn squash, cauliflower?

Jim' N Nick's Coleslaw *Bon Appétit | August 2010*

- 1 2-pound head of green cabbage, quartered, cored, cut crosswise into 1/8-inch-thick slices (about 14 cups)
- 1 1/4 cups apple cider vinegar
- 1 cup sugar
- 1 cup grated peeled carrots
- 2 Tablespoons red onion, finely chopped
- 1/4 cup mayonnaise

Place cabbage in large bowl. Add vinegar and sugar; toss to coat. Cover and let stand 30 minutes. Toss cabbage mixture well; cover and let stand 30 minutes longer. Drain cabbage. **DO AHEAD:** Can be made 8 hours ahead. Cover and chill.

Transfer drained cabbage to another large bowl. Add carrots, green onions, and mayonnaise; toss to coat. Season to taste with salt and pepper.

Apple-Beet Salad with Creamy Dill Dressing

- 3 tablespoons red wine vinegar
- 3 medium beets, steamed, peeled, and julienned
- 1/4 cup plain yogurt
- 1/4 cup mayonnaise
- 1 small clove garlic, minced
- 1 tablespoon minced fresh dill
- Table salt and ground black pepper
- 1/2 small lemon
- 2 tart apples, halved, cored, and cut into 1/8-inch slices
- 1 1/2 quarts leaf lettuce
- 1/4 cup toasted pecans, chopped coarse

Drizzle vinegar over beets; refrigerate overnight. Mix yogurt, mayonnaise, garlic, and dill in small bowl. Season to taste with salt, if necessary, and pepper to taste; set aside. Squeeze lemon juice over apple slices. Place greens on platter or individual plates. Arrange apple slices and julienned beets over the greens; top with toasted pecans. Drizzle with dressing and serve.