



Monday - July 13
Week Eight

SUNSETCOMMUNITYFARM

Community CROPS 2009 Summer CSA

The Garden, at the Ross

This weekend CROPS and the Mary Riepma Ross Media Arts Center collaborated to host a pair of highly successful events in conjunction with the one-week showing (7/10-7/16) of the Academy Award nominated documentary 'The Garden'. The documentary tracks the efforts of a group of community gardeners in Los Angeles to protect their garden from development.

On Friday, CROPS hosted a reception in the lobby of the Ross with a wide variety of delicious foods, all locally grown, produced, and prepared. The reception hosted well over 100 people and the 7 o'clock showing sold out with more than twenty people left waiting in line! The reception was possible thanks to the generous support of local businesses and individuals. Pepe's Bistro (6220 Havelock Ave.) donated cucumber lemonade, Open Harvest (1618 South St.) donated local cheese, tomatoes, zucchini, cucumbers, and Bumble Baby Bars, Jon from the Cultiva Coffee Co. (1501 South St.) brought iced coffee and served as honorary barista for the evening, and Wise Oven Bakery (6220 Havelock Ave.) donated six loaves of their fresh-baked bread. CROPS' Garden Manager, Amy Brt, donated garden fresh basil.

Broccoli, carrots, radishes, raspberries and kohlrabi came from the farm and Enriqueta and Rogaciano donated beets, which Brent, Leigh and Jamie cooked into a delicious chocolate beet cake with cream cheese frosting (the recipe can be found in the *Asparagus to Zucchini* cookbook!). Perhaps the most impressive individual effort of the weekend was put in by Katie Skean, one of CROPS' many dedicated volunteers, who hand formed and filled 100 almond, quark and raspberry tarts. The food was delicious and the event was a huge success!

Sixty-five seats were sold to Sunday afternoon's screening and a crowd of 50 joined us in the Van Brunt Visitor's Center after the film for a community conversation about land use, community organizing, and political action. Our panel consisted of Eugene Carroll of the Lincoln City Council, Maria Al-Kafaji of El Centro de las Americas, Mark Vasina (documentary filmmaker), Rick Krueger of Krueger Developments, Christy Eichorn of the Lincoln Planning Department, Scott Young of the Lincoln Food Bank, and Ingrid Kirst, Community CROPS Director. Conversation was lively and enlightening and the panel did an excellent job of drawing parallels between the movie and their personal and professional lives.

Hopefully you were able to join us for one or both events, but if you missed out, be sure to make a trip to the Ross by Thursday to catch this wonderful film.

This Week's Offerings

Red & Blush
Potatoes
Head Lettuce
Cabbage
Garlic
Kale
Zucchini Squash
Cucumbers
Cilantro

Veggie Lovers Only

Raspberries
Green Beans
Fennel
Basil

About your produce...

This week's **potatoes** are two beautiful varieties. The red ones, which you received a couple weeks ago two, are a variety called Red Cloud. They were developed right here in Nebraska, near the town of Red Cloud. And they look kind of like red clouds, don't you think? The others are a new variety called Prairie Blush. It's obvious where the name blush came from--the red coloring on them is a nice touch. The company we get the seed potatoes from recommends that they be roasted, fried, or boiled. The company recommends that Red Cloud be baked or boiled. Be sure to leave the skins on for the extra nutrition, plus the beautiful colors! We have included a mashed potato recipe below that comes from the company where we get our seed potatoes. Potatoes are best stored in a cool, dark cupboard rather than the refrigerator. The fridge tends to be a bit too cold for them.

We are excited to have fresh **garlic** for you this week! Garlic should also not be stored in the fridge. A cool dark shelf is its preferred storage place too. To use, break the number of cloves you want out of the bulb. Cut the bottom end off, then press the clove on its side with the flat of a knife blade. This will make it easier to peel the skin off. Chop it finely, and add it to your skillet with oil. It can sometimes burn easily, so it's a good idea to add it with something else, such as chopped onion, or whatever vegetable you're preparing. You could also put it on top of chicken or fish before putting in the oven, or on the grill.

Fennel is a relative of celery, with a mild licorice flavor. It can be substituted for celery in most recipes. To prepare it, wash the bulb and trim off any areas that are damaged or woody. Cut the leaves off and use those separately from the bulb. For the recipe below, cut the bulb into slivers upward. You can also simply cut it into quarters and bake it in the oven with olive oil and salt for about 35 minutes. It goes well with tomatoes, basil, and other "Italian" vegetables.

Great Mashed Potatoes

2 lbs. potatoes, cut into 2" cubes

Milk, cream, and/or butter

Starting with cold water, cook in plenty of salted water until tender-20 to 30 minutes. When they are fork tender, drain, get out the masher or ricer and mash, adding milk, cream and/or butter to the consistency you prefer. Season with salt and pepper to taste.

Variation: Add 1/2 C softened cream cheese, 1/4 C buttermilk, and snipped chives in place of the milk and butter. Source: Wood Prairie Farm

Use leftovers in Shepherd's Pie, or add to a batch of bread, scones or foccaccia.

Leslie's variation suggestions: add a few cloves of minced garlic to the mix, and any fresh or dried chopped herb that you like, such as basil, oregano or parsley. You could also chop your kale, boil or steam it briefly, and mix it into the mashed potatoes too.

Butterfly Pasta with Fennel and Balsamic Vinegar

6 Tbsp extra-virgin olive oil

small handful basil leaves

3 large garlic cloves, peeled

1 Tbsp balsamic vinegar

2 medium heads fennel, cored and cut into slivers

salt and freshly ground black pepper to taste

4 large ripe tomatoes, peeled, seeded, and coarsely chopped

1 lb imported dried farfalle (bow-tie or butterfly pasta)

freshly grated Parmesan cheese

Heat the olive oil in a large saute pan. Add the garlic cloves and saute over medium-low heat until golden. Add the fennel slivers, toss, and cook over low heat until fennel is very tender and the garlic breaks down, about 8 minutes. Stir occasionally to prevent the garlic from sticking to the pan. Add the tomatoes, the basil, torn into fragments, balsamic vinegar, and salt and pepper, and cook over medium heat until a sauce forms, about 15 minutes.

Cook the farfalle in abundant salted boiling water until al dente. Drain well and place in a serving dish. Add the sauce to the pasta and toss well. Serve with grated Parmesan cheese at the table.

Source: Vegetables Italian Style

Next week's harvest: squash, onions, green beans