



Thursday - July 2
Week Six

SUNSET COMMUNITY FARM

Community CROPS 2009 Summer CSA

Housekeeping...

When you get your box, you may notice there is a sheet of bubble wrap in the bottom. Please leave this sheet there and return it in the box. This will help keep the boxes cleaner throughout the season--we will rinse them as necessary when we get them back from you.

We have a few compost bins left for anyone who picks up at the office to participate in our CSA composting project. In past years, CSA members suggested that we provide the opportunity for CSA members to return nutrients to the farm in the form of kitchen scraps. So we have purchased several counter top compost bins to trial this idea. They are small enough to set on the counter or in a cupboard, and they have a carbon filter in the lid to eliminate any odor. All you need to do is bring the filled bin to the office when you pick up your box, and we will have clean ones waiting for you to switch out with. Please let us know if you would like to try this.

This Week's Offerings

Red, White & Blue
Potatoes
Honey
Salad Mix
Broccoli
Spring Onions
Kohlrabi
Chives or Oregano
Basil
Sno Peas

Veggie Lovers Only

Zucchini
Kale

Memphis, 1st year farmer from Togo

Memphis Mensah is from Togo, a small country in west Africa. He moved to Nebraska in 2007 with his wife and two young children. Memphis helped his brother in Togo for several years, and since moving here has wanted to continue farming as his brother is doing in Africa. Memphis shares the new things that he learns about farming with his brother, and his brother teaches him too even though they are a world apart.



About farming, Memphis said, "I didn't have the opportunity to farm when I was in Togo. Now I'm working and farming and learning more each season. I need to farm. Other jobs don't allow you to get fresh air, see butterflies, or hear the birds sing."

Memphis is growing many different vegetables including savoy cabbage, carrots, onions, tomatoes, okra and mohlolia (greens common in Africa). He sells his produce at the Old Cheney Market, the Community CROPS Pentzer Park Market, and through the CROPS CSA.

About your produce...

Potatoes are delicious cooked many ways. You are receiving our special mix of red, white and blue potatoes in honor of Independence Day. When you cook them, be sure to leave the skins on to maintain the colors-the reds in particular are only red-skinned, not red-fleshed. They're all new potatoes, meaning the skins are still pretty thin and tender, so there's no need to peel at all. Plus that's where much of the nutrients are.

We had hoped to have lots of **sno peas** for you this week, but the plants have done very poorly, so we're sorry to report that there won't be many sno peas in your boxes this spring. We'll try again in the fall and hope for better luck. Our strange combination of extreme rains, and then extreme heat immediately after, pretty much cooked the plants. :(They're good eaten raw or cooked-try them in a sandwich!

Chives, oregano and **basil** are all excellent on potatoes. summer squash or beets. Chop them with kitchen scissors and add them just after cooking, when the veggies are still hot, to slightly wilt the herbs. Store in a loose baggy in the door of your fridge.

The honey is **comb honey**, meaning it is still in the comb. You can eat it by cutting it into chunks and sticking it in your mouth, and then spit out the wax. Or try putting a chunk in your tea or other drink to sweeten it.

Roasted Beet Wedges

1 pound medium fresh beets, peeled

4 teaspoons olive oil

1/2 teaspoon kosher salt

3 to 5 fresh rosemary sprigs

Cut each beet into six wedges; place in a large resealable plastic bag. Add olive oil and salt; seal and shake to coat. Place a piece of heavy-duty foil (about 12 in. long) in a 15-in. x 10-in. x 1-in. baking pan. Arrange beets on foil and top with rosemary. Fold foil around beet mixture and seal tightly. Bake at 400° for 1-1/4 to 1-1/2 hours or until beets are tender. Discard rosemary sprigs. **Yield:** 4 servings.

Source: Taste of Home **Note:** You can also cook them on the grill if you don't want to run the oven. It shouldn't take more than around 20 minutes on the grill-just test for done-ness.

Parsley Potatoes

6 medium red potatoes, cut into cubes

1/4 cup butter, cubed

1 to 2 tablespoons minced fresh parsley (or another fresh herb)

Salt and pepper to taste

Place potatoes in a large saucepan and cover with water. Bring to a boil over medium heat. Reduce heat; cover and simmer for 20 minutes or until tender. Drain. Add butter, parsley, salt and pepper; stir until combined. **Yield:**6 servings. **Source:** Taste of Home

Thelma's Scalloped Potatoes

Thinly slice one potato per person. For each 3-4 potatoes, thinly slice one medium onion. In a saucepan of cold water, bring the potatoes and onions to a boil and simmer 3 minutes (not quite cooked).

To make cream sauce: For each 2 potatoes: melt 1 tbs. Butter and add 1 tbs. Flour, stir in thoroughly. Slowly add 1 cup of milk, whisking continuously until it thickens.

Arrange the potatoes and onions in an appropriate casserole dish (shallow is best). Top with cream sauce. Bake at 350 for about 40 minutes, until thick, golden and bubbly. **Source:** Wood Prairie Farm

Next week's harvest: Cipolini onions, carrots, squash, potatoes, Swiss chard