



Thursday - July 23
Week Nine

SUNSET COMMUNITY FARM

Community CROPS 2009 Summer CSA

Upcoming Events

Friday, July 25 CROPS is holding a composting workshop. Class will be held at 9am at the Antelope Church Community Garden. Sign up through SCC by calling 402-437-2700. Class fee is \$8.

Wednesday, July 29 CROPS will teach a solar oven workshop. Class will be at 7pm, at Southminster Church. Materials will be provided so that you will go home with your own solar oven, plus receive instruction in how to use it for various recipes. Suggested donation is \$10. Register by calling the office at 474-9802, or email Ingrid.

Farm Connection Days

"...the organic label itself--like every other such label in the supermarket--is really just an imperfect substitute for direct observation of how a food is produced, a concession to the reality that most people in an industrial society haven't the time or inclination to follow their food back to the farm, a farm which today is apt to be, on average, 1500 miles away."

Michael Pollan, *The Omnivore's Dilemma*

You've all made a choice to follow your food closer to the farm by joining a CSA this summer, and luckily that farm is significantly less than 1500 miles away (although an excuse to vacation in Chile is always welcome), but we want to give you all the opportunity to connect even more closely with your food source this summer. We are taking a one-week break from delivering boxes in two weeks, the week of August 3rd, so you are all invited to come volunteer at Sunset Farm for a few hours that week. Workdays will be Saturday, August 1st from 9am-1pm and Monday, August 3rd from 9am-1pm. Please email Ingrid which day and time you are available to come, and plan to work for 2-3 hours. We will work on various jobs,



including planting, weeding, and some general farm cleanup. You will also have the opportunity to see what your food looks like in the ground--have you ever seen a broccoli plant? Do you know how Brussels sprouts grow? You are also welcome to harvest some produce to take home while you're there. Kids are welcome to come along, although the work is more suited to kids over age 8.

This Week's Offerings

Green Beans
Peppers
Garlic
Zucchini Squash
Tomatoes
Parsley
Onions
Caribe Potatoes
Cucumbers

Veggie Lovers Only

Raspberries
Head Lettuce
Beets
Eggplant
Thai Basil

About your veggies...

The **potatoes** this week are a variety called Caribe. They have beautiful purple skin and white flesh. We didn't wash them with water this week, but rather just dry brushed the dirt off. This increases their storage ability, so if you can resist eating them right away, they should store in a paper bag in a cool location for some time.

The **tomatoes** are heirloom varieties-they *are* ripe, even if they're green or pink! Enjoy!

Veggie Lovers received an **eggplant**. It's the green vegetable with light green specks-not your "typical" looking eggplant. It's a variety called Cambodian green. They're a tender eggplant that shouldn't really need to be peeled. The **long beans** can be cut and used just like green beans.

Green Beans with Caramelized Onions

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| 1 lb. green beans, stem ends snipped off | 2 tsp sugar |
| 1 Tbsp butter | 1 1/2 tsp red wine vinegar |
| 1 medium onion, sliced as thinly as possible | salt and pepper to taste |
| 1/2 C chicken or vegetable stock | |

Cook beans in boiling salted water until crisp-tender, 2-4 minutes. Drain; immerse in ice water. Drain again and let stand to dry. Melt butter in skillet over medium flame. Stir in onions and cook them slowly until very wilted and deepened in color, about 15 minutes. Boil stock in a saucepan until reduced to 1/4 cup; stir in sugar and vinegar. Stir in onions. Simmer until slightly reduced. Combine onions and green beans; heat through. Season with S&P. Source: From Asparagus to Zucchini

Sweet Corn Salsa

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| 3 ears sweet corn | freshly squeezed juice of 2 limes (about 1/4 C) |
| 1 Tbsp extra virgin olive oil | 1 jalapeño pepper, seeded and chopped |
| 3 medium tomatoes, diced | 1 small clove garlic, minced (optional) |
| 1/2 red onion, finely chopped, rinsed | 1/4 tsp salt |
| 1/2 C loosely packed chopped cilantro leaves | |

1. Cut the corn kernels off the cobs. Heat the oil in a large skillet over medium heat; add the corn kernels and saute for 3 minutes.
2. Combine the corn and all remaining ingredients in a medium bowl and mix well. Serve warm or chilled. Source: Farmer John's Cookbook

Potato, Onion and Roquefort Soup

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| 3 Tbsp unsalted butter | 1 C half-and-half |
| 2 medium onions, thinly sliced | 1/3 C cream (yes!) |
| 1 tsp minced garlic (about 2 cloves) | 1/2 C crumbled Roquefort cheese plus more to taste |
| 3 medium boiling potatoes (about 1 1/2 lb.), peeled, cut into 1-inch chunks | *Gruyere can be used instead |
| 2 C chicken or vegetable stock plus more if needed to thin the soup | salt |
| | freshly ground pepper |

1. Melt the butter in a large saucepan over medium-high heat. Add the onions; cook, stirring, until the onions are limp but not brown, about 15 minutes. Add the garlic; cook for 30 seconds more.
2. Add the potatoes and stir until well coated with butter; cook for 5 mins, stirring them a few times.
3. Add 2 cups stock and bring to a boil. Reduce the heat, cover, and simmer until the potatoes are tender, 20 to 30 minutes. Remove from heat and let cool.
4. Add the half-and-half and the cream; gently reheat the soup, but do not boil. Stir in 1/2 cup Roquefort cheese.
5. Transfer the soup to a blender or food processor in batches and puree until smooth. Thin with additional stock if necessary. Season with S&P to taste. Garnish with additional cheese if desired and serve hot or cold. Source: Farmer John's Cookbook

Next week's harvest: *red cabbage, squash, tomatoes, jalapeño peppers*