



Monday - July 6
Week Seven

SUNSET COMMUNITY FARM

Community CROPS 2009 Summer CSA

About the Farmers...

Efrain, 3rd year farmer from Mexico

Efrain moved to Lincoln with his wife and three children from Mexico several years ago. He has been farming at Sunset Community Farm for three years now. He grows a wide variety of produce, much of which is common in Mexico. He grows especially delicious cilantro, which you may see at Open Harvest sometimes, and you will be receiving in your boxes next week. Additionally, he grows tomatillos, and generously shares his recipe for Salsa Verde. You'll be hearing more about that in a month or so, when they're getting ready to harvest. He also grows carrots, onions, garlic, squash, and a variety of other produce.

Last year, Efrain purchased 55 laying hens through the Heifer, International project. He sells eggs at the Old Cheney Market on Sundays, through the NE Food Cooperative, and occasionally to CSA members. This year, he is trying broilers for the first time. He is currently on his second batch, raising them on pasture. They will be ready in a couple weeks, so if anyone is interested in fresh chicken, let us know!



Efrain says that he enjoys farming because it is something his family did growing up, and now that he has his family here in the US, he appreciates having the opportunity for his children to learn about farming too. They are very active in helping take care of the chickens, and this year they are growing some of their own produce to sell. They also work for another farmer at Sunset from time to time.

Efrain sells his eggs and produce at the Old Cheney Market, to Open Harvest, through the NE Food Cooperative, and through the CROPS CSA. He sells his broilers direct to families around Lincoln.

This Week's Offerings

White Potatoes
Salad Mix
Carrots
Cipollini Onions
Spring Onions
(Scallions)
Swiss Chard
Raspberries

Veggie Lovers Only

Zucchini
Cucumber
Fennel Fronds

About your produce...

Cipollini onions are a new vegetable for us this year. They are still young so you can use the tops as well. They are a yummy, sweet onion that you definitely don't want to hide with other strong-flavored things. Try sautéing them in butter, then add chopped Swiss chard. Cook until it wilts, add some salt and fresh ground pepper, and juice from about half a lemon. Then toss the mixture with cooked pasta and serve.

Try adding chopped **Swiss chard** to scrambled eggs too. When you're whisking the eggs in a bowl, add the chopped chard and stir until coated, then prepare your scrambled eggs as usual.

Fennel fronds are a tasty addition to fresh, raw salads. Simply take your kitchen scissors and finely chop them into a lettuce salad, and toss. Dress the salad with olive oil, balsamic vinegar, and salt.

Scallion and Potato Patties

1 Tbsp butter	1/4 C dried bread crumbs
1 C chopped scallions, white parts and a couple inches of the pale green parts	1/2 tsp salt
2 eggs	1/4 tsp freshly grated nutmeg
1 1/2 C cold mashed potatoes	1/4 tsp freshly ground black pepper
	3 Tbsp vegetable oil

1. Melt the butter in a medium skillet over medium heat. When the foam subsides, add the scallions; sauté until tender, 3 to 5 minutes.
2. Beat the eggs in a medium bowl. Add the sautéed scallions, mashed potatoes, bread crumbs, salt, nutmeg, and pepper. Stir until well combined.
3. Place a baking pan in the oven and preheat the oven to 250 degrees F.
4. Heat the oil in a large skillet over medium-high heat. Shape the scallion and potato mixture into manageable patties. Sauté the patties in the skillet, turning them once, until they are golden brown on both sides, 2 to 3 minutes per side. Transfer the cooked patties to the baking pan in the oven to keep them warm while you sauté the next batch. Serve warm.

Source: Farmer John's Cookbook

Potato Pockets

4 medium potatoes, julienned
3 carrots, julienned
1/3 cup chopped red onion
2 tablespoons butter
1/2 teaspoon salt, optional
1/8 teaspoon pepper
1/2 cup shredded Parmesan or cheddar cheese

Divide the potatoes, carrots and onion equally among four pieces of heavy-duty aluminum foil (about 18 in. x 12 in.). Top with butter; sprinkle with salt if desired and pepper. Bring opposite short ends of foil together over vegetables and fold down several times. Fold unsealed ends toward vegetables and crimp tightly.

Grill, covered, over medium heat for 10-15 minutes on each side or until potatoes are tender. Remove from grill. Open foil and sprinkle with cheese; reseal. Let stand for 5 minutes or until the cheese melts. Yield: 4 servings

Next week's harvest: potatoes, garlic, fennel, cabbage