



Thursday - August 13  
Week Eleven

# SUNSET COMMUNITY FARM

## Community CROPS 2009 Summer CSA

2009 Garden Gala ✨ Join Us This Saturday!

46th and Pioneers Streets Garden, 9am-12pm

Tours, face painting and other children's activities, popcorn, coffee all morning; ice cream social from 11-12

Welcome back to the second half of the CROPS CSA! We hope you were able to get backed-up veggies eaten last week, and are ready for another 10 weeks of fresh, naturally-grown produce. You'll have lots more tomatoes to look forward to in the next 10 weeks, plus potatoes, peppers, squash, and later some sweet potatoes and winter squash!

THANK YOU to all the CSA members who joined us for workdays at the farm last week. Extra help is always much appreciated, and we hope it was an enjoyable learning experience for you as well. If any of you had wanted to come but didn't make it, please let us know and we'll schedule a time for you to come out. You'll also want to mark your calendars because our annual farm walk is coming up on September 11, from 5:30-7:00pm. This is a chance for you and the whole community to join us at the farm for supper, music, tours, and to meet the farmers.

### About your veggies...

The small, green vegetable in your box is a Cambodian Green **eggplant**. Use it just as you would a "normal" purple eggplant. They're great in anything Italian or Asian.

Today's **potatoes** are a variety called Prairie Blush. We think they're some of the prettiest potatoes around. Try them roasted, fried or boiled. This year's potato crop has been excellent. The cool weather has a lot to do with it, but we think our new potato planter also contributed to their success. The photo is of the planter, with Brent and Kerry planting back on April 9. It was a dreary, wet day, perfect for potatoes!

The oblong yellow item in your box is a Mexican variety of **sweet melon**. Simply cut it in half and dig the seeds out, like you would with a cantaloupe. The skin is edible too. If you like them, Rogaciano and Enriqueta are growing them, and they sell them at our Thursday market at Pentzer Park, and at the Sunday Old Cheney Road Farmers' Market.

### This Week's Offerings

- Tomatoes
- Potatoes
- Eggplant
- Zucchini Squash
- Yellow Squash
- Yellow Onions
- Cucumber
- Head Lettuce
- Sweet Melons  
(Mexican)

### Veggie Lovers Only

- Cherry Tomatoes
- Bell Pepper
- Red Onion
- Savoy Cabbage
- Tomatillos
- Molokhia (cooking greens)



## **Recipes...**

### **Sautéed Beet and Potato Hash**

3 Tbsp vegetable oil	2 tsp fresh thyme leaves or 1 tsp dried thyme
2 small onions, diced	1 tsp minced garlic (about 2 medium cloves)
4 med red/white potatoes, peeled, grated	salt
2 med beets, peeled, grated (2-3 cups)	1/2 tsp freshly ground black pepper

1. Heat the oil in a large skillet over medium heat. Add the onions; cook and stir until soft and translucent, 5 to 7 minutes.
2. Stir in the potatoes, beets, thyme and garlic. Season with salt to taste. Cook, turning occasionally, until the potatoes and beets are tender and slightly crispy, 15 to 20 minutes.
3. Remove the skillet from heat. Season generously with pepper, and more salt if desired, to taste.

Suggestions: Eat with steamed greens and seasoned, baked or broiled tofu.

Source: Farmer John's Cookbook

### **Hearty Eggplant-Zucchini Toss**

1 small eggplant	1-2 stalks celery (optional)
3 medium zucchini	1 Tbsp olive oil
1 large onion	2Tbsp tomato sauce (optional)
4 cloves garlic	2 Tbsp oregano
3 medium tomatoes	salt and pepper

Peel eggplant and cut it into chunks. Cut zucchini into 3/4-inch rounds. Chop onion coarsely. Mince the garlic. Quarter or halve the tomatoes. Chop the celery, if using. Heat oil in large skillet over medium flame and add all the chopped vegetables, the tomato sauce, plus the oregano and salt and pepper to taste. Toss well, cover the pan, and cook, stirring the vegetables occasionally. You must keep watch over this dish-it will form a watery sauce at first, and the vegetables should be stirred in it until they are all somewhat cooked, about 10-15 minutes. Then remove the cover and cook a few more minutes until the sauce is reduced. Serve as a sauce for rice or pasta. Meat may be added but this is not necessary for a hearty meal. Makes 4-6 servings. Source: From Asparagus to Zucchini

### **Savory Potato-Bean Soup**

1 Tbsp olive oil	1 1/4 cup diced ham (optional)
4 cloves garlic, minced	2 lbs potatoes, scrubbed and diced
1 medium onion, chopped	1 (16-oz) can kidney beans, drained
1/4 tsp pumpkin pie spice	5 cups beef or vegetable broth

1. In a large stock pot, heat olive oil over high heat and stir-fry garlic 1 1/2 minutes. Add onions and cook 2 minutes.
2. Add pie spice and ham; cook 3 minutes, stirring occasionally.
3. Stir in potatoes, beans and broth; bring to boil. Reduce heat and simmer 20 minutes or until potatoes are tender.
4. Ladle into bowls, and garnish with crushed red pepper flakes, cheese or parsley.

Source: Farm-Fresh Recipes

*Next Week: Tomatoes, Peppers, Potatoes, Cipollini Onions*