



Thursday - August 20
Week Twelve

SUNSETCOMMUNITYFARM

Community CROPS 2009 Summer CSA

A friend recently asked me how she can trust a farmer that isn't certified organic but says they aren't using any chemicals. My response was that just like with any relationship, you have to get to know and trust the person growing your food. Ask them about their growing practices, ask them how they control pests. A good farmer will be able to give you plenty of details on the methods they use, such as hand picking, encouraging beneficial insects or using a non-toxic spray when necessary.

By becoming part of the Community CROPS CSA, you get a chance to meet your farmers in person. We are always happy to answer questions about what we are growing and how. We also welcome visits to the farm to show you what is involved in getting the fresh produce into your boxes.

In addition to knowing where your food comes from, you are taking an important step in supporting our local economy and the farmers who grow our food. When you joined the CROPS CSA, the money you paid us goes directly to growing your food. Some of the money pays for our farm intern, Jon, who has worked hard all summer while learning about growing a diverse range of vegetables. We also use CSA funds to buy vegetables directly from our participating beginning farmers. These families are starting their farm business by farming at Sunset Community Farm, where we provide everything they need to get started and they can focus on the essentials of growing and harvesting food. As they gain in experience each year, farmers also begin to purchase their own supplies, towards the ultimate goal of having their own farm after five years.

Congratulations on choosing to become members of the CROPS CSA – you are voting with your dollars for a sustainable local food system, with delicious results! - Ingrid Kirst, CROPS Director

Upcoming Events:

Cooking with Summer Veggies *Pentzer Park Farmers' Market, TONIGHT 6-7pm*

Join Katie Skean, who taught the CSA cooking class in June, for a cooking class that will show you how to use vegetables that are at their peak right now. Samples, recipes, cooking tips and more will give you inspiration on how to cook with local, seasonal foods.

Food, Inc. *The Ross Theater, Friday, Aug 21 – Thursday, Sept 3*

An eye-opening look at our food system and who is controlling it. The film has been getting rave reviews at showings across the country. Bring a friend who should learn more about our food system.

Opening reception: Friday, August 21, 5:30-7pm. Food provided by Maggie's, Pepe, UNL Dairy Store and UNL's Good Fresh Local Program

Movie Talk: Sunday, August 23, 2:30pm (following the 12:45pm showing), featuring Ross Garwood, Judy Gilliard, Jason Kvols, Everett Lunquist & Dave Vetter.

This Week's Offerings

Tomatillos
Tomatoes
Blue Potatoes
Frying Peppers
Zucchini Squash
Yellow Squash
Cipollini Onions
Cucumber
Head Lettuce
Spring Onions
Jalapeños
Edamame

Veggie Lovers Only

Cherry Tomatoes
Okra
Kale

About your veggies...

Tomatillos come with a papery husk on them. Remove the husk before chopping them. They make a delicious salsa; there is a recipe below for using them.

The **potatoes** are called All Blue, hence the blue exterior and interior. They've always grown a bit on the small side, but they make up for it in taste and appearance. We've included a recipe today to showcase their interesting color.

The long peppers are **frying peppers**, meaning they are a sweet pepper, but they're a different shape than the more common bell pepper. Bell peppers tend to have more problems with sun scald at the farm, so we grow mostly frying pepper varieties instead.

Okra is yummy on the grill. Lay flat on foil, drizzle olive oil and balsamic vinegar over them, add salt, pepper and Italian seasoning to taste, and grill until they're tender, a couple minutes.

Edamame is a preparation of baby soybeans in the pod commonly found in Asia. The pods are boiled in water for 3-4 minutes, and then sprinkled with salt and served whole. To eat, just use your fingers or teeth to pop the beans out of the pods. Discard the pods.

***NEXT WEEK will be pesto week-be ready for lots of basil!** (pine nuts, Parmesan cheese)

Salsa Verde

5 tomatillos, husks removed
1 jalapeño or other hot or sweet pepper
1 clove garlic, peeled
1/4 onion, finely chopped
15 cilantro leaves, finely chopped
Salt to taste

Boil the tomatillos and hot pepper in water for 3-5 minutes, until the tomatillos turn light yellow. Place the tomatillos and hot pepper in a blender with the garlic clove and blend until smooth (or chunky if preferred).

Place the mixture in a bowl and mix in the onion, cilantro and salt to taste. (Optional: blend the onion with the other ingredients in the blender.)

Enjoy with chips, or on burritos and tacos.

-Efrain Hernandez

Rosemary Roasted Blue Potatoes

1 pound small blue potatoes, unpeeled but washed whole, any sprouts or bruises removed
¼ cup olive oil
2 tablespoons dried rosemary leaves, slightly crushed
1 tablespoon sea salt, slightly crushed

Pre-heat oven to 400 degrees F. Cover bottom of natural finish skillet with heat-resistant handle (cast iron works best) with the oil. Cut potatoes into quarters, add to skillet and toss to coat with oil. Position skillet on middle rack of oven. Roast potatoes for 20 minutes. Turn off oven heat. Stir potatoes and keep them in oven another 10 minutes. Stir potatoes one last time, then transfer to a serving bowl, tossing the rosemary and salt mixture over them. Serves 4. *Source: www.thewellseasonedcook.blogspot.com*

Tomato Cucumber Salad

Finely chop a cucumber and 1-2 heirloom tomatoes, and mix in a bowl. Add Italian seasoning, olive oil, balsamic vinegar, salt and fresh-ground pepper to taste. Mix again; let sit for 15 minutes for flavors to blend.

Next Week: Tomatoes, Cucumbers, Squash, Basil, Onions