



Thursday - August 27
Week Thirteen

SUNSET COMMUNITY FARM

Community CROPS 2009 Summer CSA

Upcoming Events:

If you haven't seen it yet:

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.

It was great to see a few of you CSA members at the reception last week! The Sunday talk was also packed, which made for a lively discussion.

Community CROPS Updates

Here's some information on what else has been happening at Community CROPS, besides what is going on at the farm.

We've got a great set of staff this year, although there are some changes recently. The core staff of myself, Leslie (farm manager), Amy (garden manager) and Brendan (market manager) stays the same. One set of AmeriCorps members have just finished their terms. Leigh will stay on to volunteer with us in the fall, and Russ will be going back to school and working part-time at the farm to help with the CSA. Our new AmeriCorps members, Brent and Jessica, are off to a great start. They are working with the community gardeners, volunteers and helping some at the farm. Jon, our farm intern this summer, is also heading back to school, so he'll be working part-time for the rest of the season. Kerry continues on as the part-time maintenance person at the farm.

The community gardens are growing like crazy! The plots are all full of beautiful vegetables right now. We have 16 locations this year, with over 170 families gardening, and more gardens are already being planned for next year. Many more people would like to start growing in a community garden, so we are working with some new partners, as well as expanding some existing gardens.

The CROPS website is a great way to keep up to date on everything that is going on. At www.communitycrops.org, you can find information on upcoming classes, a map of all the gardens with photos of each, all of the CSA newsletters, information on ordering CROPS t-shirts and bags, and much more. Check it out if you haven't lately!

- Ingrid Kirst, CROPS Director

This Week's Offerings

Tomatoes
Apples
Patty Pan Squash
Yellow Squash
Onions
Head Lettuce
Eggplant
Sweet Basil
Escovitas

Cindy's Only
Watermelon

Office/Market Only
Cantaloupe

Veggie Lovers Only
Sweet Peppers
Okra
Extra Onion & Squash
Baby Bok Choi

About your veggies...

We hope you're enjoying the rainbow of **tomatoes** you've been receiving in your boxes. Almost all of them are heirloom varieties, meaning seeds of these varieties have been saved by gardeners and farmers over time, often for 100 years or more. Heirloom also means the plants are open pollinated, not hybrids, and gardeners in the future who grow them can also save the seeds for future years and the same type of plant will grow from them. This is very different from hybrid or genetically modified seeds, which are either sterile seeds, or will not produce "true to type" in future plantings. We grow many heirloom varieties of crops at the farm to support this tradition of seed saving and sustainability. It also means that these varieties were selected by gardeners for their superior flavor, rather than their shipping qualities and long shelf life, which is what large-scale growers are looking for. Plus, there's nothing like a vine-ripened garden tomato!

Escovitas are a Mexican herb that Rogaciano and Enriqueta grow. It is the bunch of herbs in with your bag of basil. Enriqueta recommends trying them chopped raw in a salad, used in salsa in place of cilantro, in a sandwich, or cooked with pinto beans. Let us know what you think!

Edamame is a preparation of baby soybeans in the pod commonly found in Asia. The pods should be 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. You can dip the pods in soy or tamari sauce as you eat them too. Discard the pods.

Summer Squash

The **patty pan squash** and **yellow squash** are delicious on the grill. Just chop the top and bottom off the patty pan squash, and cube, to prepare. Make a foil packet of cubed squash, butter or oil, salt and pepper, and Italian seasoning. They bake fast-just a couple minutes on the grill is enough. They're done when they begin to look translucent on the edges and are still somewhat crisp when you bite into them. Also try adding fresh-chopped basil.

Roasted Tomato Basil Pesto

2 pre-roasted tomatoes or 1 large fresh tomato	1 cup fresh whole basil leaves
2-3 cloves garlic, peeled, halved	1/2 cup freshly grated Parmesan cheese
3 Tbsp pine nuts	2 Tbsp butter, softened
2 Tbsp extra virgin olive oil	salt
	freshly ground black pepper

1. Combine the tomatoes, garlic, pine nuts, and oil in a blender and process until just combined. Add a handful of basil and process again briefly; continue adding the basil in small amounts until it is all combined.

2. Stir in the Parmesan cheese and butter and season with salt and pepper to taste.

Source: *Farmer John's Cookbook*

Basil and Almond Pesto

Makes approximately 1/2 cup

2 cups fresh basil, stems removed	1/3 cup extra-virgin olive oil, divided
4 garlic cloves, peeled	1/2 cup freshly grated Parmesan cheese
1/4 cup blanched almonds	Salt and black pepper to taste

Place basil, garlic, and almonds in a food processor and process until everything is chopped to a rough or fine consistency, depending on your preference. (A blender also works fine, just add the oil at the beginning.) Add the remaining ingredients and serve. Store refrigerated in a tightly closed container. Source: *Verdura, Vegetables Italian Style*

Next Week: Tomatoes, Cucumbers, Squash, Tomatillos, Salad Turnips, Salad Mix