

August 1, 2019

Willie Nillie Farm

CSA Newsletter

“The Earth is what we all have in common”

-Wendell Berry

FARM HAPPENINGS:

Dear members:

I don't know if any of you have had fried green tomatoes, but they are one of my favorite things. I'm not sure how it came to be that I first tried them, but I'm assuming it's after seeing the movie, "Fried Green Tomatoes." I have a recipe I use below and feel free to get crazy.

I just put one green tomato in your boxes to let the others ripen, and they are close. A few ripe cherries and one ripe yellow tomato so I'm hoping next week they will be ready. Peppers may be ready next week too. I don't want to jinx it, but there are several small ones popping out so fingers crossed.

Today you are getting beans and shelling peas along with either snap or snow peas. If you have any questions on which is which, text or email me. The shelling peas have fruit that is very fat and the shell is woody so the peas should be removed before consumption. So...have fun with that.

This week I put celery in your box as a feature. There is nothing like the flavor of fresh, local celery. In the last two years, it was quickly mowed down, but this year, with individual cages and row cover protection it looks amazing. Like many other veggies, celery grows from the center so you can harvest outside leaves and let it keep growing. So, your celery is cut and bunched.

Box of the Week

Feature: Celery

Kale	Basil
Green Onions	Zucchini
Cucumbers	Beans or Peas
Green Tomato	Shelling Peas

Celery is the new thing when it comes to juicing. I have several coop customers that just get celery juice because of its help with inflammation in the digestive tract and antioxidants that have been shown to help protect us against damage to our cells, blood vessels and organs. According to some, it can improve fertility, skin, decrease mental health issues, weight loss, stable moods and more.



Our purple tomatillos are starting to make fruit as well and I'm excited to see how they taste. I have never had nor grown a purple tomatillo, but even if I don't like the taste, the color will be amazing.

This Zucchini pancake recipe comes to you from Collette and Al. One of their favorite ways to use it. YUM!



Purple Tomatillo

ZUCCHINI PANCAKES

2 cups grated zucchini
2 large eggs, slightly beaten
2 TB chopped green onion
1/2 cup flour
1/4 cup parmesan cheese
1/2 tsp baking powder
1/2 tsp salt
1 pinch dried oregano
1/4 cup oil, or as needed

Blot grated zucchini with paper towels to remove moisture. Stir zucchini, eggs and onion in large bowl. In separate bowl, mix flour, parmesan, baking powder, salt and oregano. Add together and stir till just moistened.

Heat oil in pan over med-high heat. Drop batter into pan and fry about 2-3 min per side. Drain pancakes on paper towel -lined plate and serve.

If using non-stick skillet you can omit the oil for a non-greasier cake.

FRIED GREEN TOMATOES

1 egg, beaten
1/2 cup flour
1/2 cup buttermilk
1/2 cup corn meal
1 tsp salt
1/2 tsp pepper
3 green tomatoes, cut into 1/2 inch slices
oil for frying

mix Egg, buttermilk and set aside. Combine 1/4 cup flour, corn meal, salt and pepper into shallow bowl. Put other 1/4 cup flour in separate bowl.

Set three bowls in front of you. First, dredge the slice of tomato in flour, second dredge in egg/milk mixture and third, dredge in cornmeal mixture. Set done tomato on plate and heat oil in pan 1/4-1/2inch deep(I usually don't do this and just add a tad of oil at a time as needed so I don't make them too greasy) and drop tomatoes in batches. Cook about 2 min on each side or until golden. Drain on paper towel.

Vegan and/or GF Version:

1 flax egg (1TB flax/3TB water, set aside for 5 min)
1/2 cup all purpose GF flour mix or do 1/2 cup cornmeal, 1/2 cup cornstarch in two separate bowls. In place of buttermilk, use a non-dairy milk with either a 1TB of lemon juice or vinegar and set aside for 5-10 min.

Your three bowls should consist of the following:

Flax egg/non-dairy milk, GF flour mix or cornstarch and cornmeal. Dredge the tomato in cornstarch or GF mix, then flax and then the cornmeal. Or just use two bowls like me and do the flax/milk and the cornmeal + Flour in one bowl. Then just dip it in the cornmeal mixture twice. Hope this makes sense.

**Put these on a sandwich, smother with ketchup, mustard or another condiment and add spices to your flour mix like curry, fennel, parmesan and more. Time to get crazy.

Bingo Veggie

Honeydew

Green Tomatoes



Cucumber Yogurt Basil Salad

2 tsp lime juice	1 tsp lime zest
4 tsp olive oil	1/2 tsp salt
1/8 tsp pepper	2 cucumbers
2 TB finely chopped basil	1/3 cup whole milk yogurt

Mix lime juice, zest, olive oil, salt, pepper in a bowl. Scoop out cucumber seeds(optional) and slice 1/4 inch thick. Place in a bowl and stir in chopped basil and lime/oil mixture. Right before serving, add yogurt.

