

August 22, 2019

Willie Nillie Farm

CSA Newsletter

“Nature is painting for us, day after day, pictures of infinite beauty.”- John Ruskin

FARM HAPPENINGS:

Dear members:

Peas are done for the season. I sadly pulled them out and gave light to new things. Last plantings of carrots and beets are coming up and I have only two flats of plant starts left and then my table is empty. It's sad to think the season is winding down. Wednesday, I harvested and hung all the storage onions and without my helpers it took most of the day. I didn't have as great of an outcome with the onions as I did with the garlic, but there is definitely enough for all of you. With the amount I planted, I think I got roughly half to turn out and of those, half are on the smaller side. I think they succumbed to an onion fly infestation, which I've never had before and I'm not sure how to get rid of it for next season. Any ideas, float them my way.

I can't believe it, but we are past the half way point for the season. It's flying by. Thanks to all of you and your support on this first year's adventure. I hope you are having a good experience and are enjoying what your farm is producing for you.

Though it's not on the list, those half shares who didn't pick up last week are getting fennel this week as an item because I want to make sure to get everyone some as it's starting to bolt. I have another planting, but it's slow and I don't know if there will be time left in the season for it to be ready and I don't want you to miss out. If you would like any of the recipes I gave out last week with fennel in them let me know and I'll email them to you.

Box of the Week

Feature: Sweet Potato Greens

Garlic:Armenian	Sweet Onion
Celery	Basil
Cucumbers	Beans
Summer Squash	Tomatoes
Cherry Tomatoes	Turnips
Red/yellow new Potatoes	2#

This week we have Sweet Potato Greens as our featured item. Raw, they have more of a bitter taste similar to collards or turnip greens. They are great for Vitamin A & K, rich support for blood clots, heart healthy, increase bone density and high in potassium, magnesium and assists with pain during menstruation.

Baked Onion Dip

2 Cups sweet onion, peeled and chopped
2 cups mayo or veganaise
2 cups parmesan cheese

Preheat oven to 350 and prepare a 2 quart baking dish with cooking spray.

In large bowl, combine onions, may and cheese. Pour into baking dish and bake approximately 45 min until top is slightly brown. Serve with crackers or chips.

**For added flavor, add basil or some delicious Armenian Garlic.

Sweet Potato Greens w/Coconut

1 large bunch of sweet potato greens
1 TB oil
1 small onion, minced
1 clove garlic, minced
1 tsp minced fresh ginger
2 tsp fresh turmeric or 1 tsp powder
1 small hot pepper, finely sliced
1-2 tsp tamari, to taste
1 cup coconut milk
2-3 tsp brown sugar or maple syrup(optional)
salt and pepper to taste

Bring pot of water to a boil. Add greens and blanch for 60 seconds, then immediately transfer to bowl with ice water to stop cooking. Drain. heat oil in large pan over medium heat. Add onion, garlic, ginger, turmeric, hot pepper and stir 1-2 min. Add coconut milk and bring to a simmer. Add balanced greens and return to a boil. Reduce heat to low and simmer for 2 min. Add sugar and season with salt and pepper.

**Bingo Veggie
Ginger**



Sedona Yellow Onions

Potato Salad

2 pounds potatoes, quartered
1 TB Salt
4 scallions or onions, sliced
2 oz oil-packed sundried tomatoes
5 oz baby greens (Sweet potato greens work for this, chop small)

Basil Vinaigrette:

1 cup fresh basil leaves, chipped
1/2 cup olive oil
1/4 cup champagne vinegar
1 TB whole grain mustard
1 tsp salt
1/2 tsp pepper

Steam potatoes about 10 min or until easily pierced with a knife. Run under cool water and set aside.

In large bowl, combine, the dressing ingredients and whisk until well combined.

Add the potatoes to the dressing and toss until coated. Add in scallions, tomatoes and baby spinach or other green. Chill or serve at room temp.

Would also be delicious with any of the other items from your box added to the mix.



Anyone got a bingo yet? Anyone actually playing? Don't forget that the winner gets a prize.

Goat Cheese and Caramelized Onion Pizza

1-10 inch flat bread or small pizza crust
1 medium sweet onion (Cut into thin rings)
salt and pepper
Olive oil or butter (for sautéing)
3 oz goat cheese
1 splash milk
Fresh basil or arugula(for topping)

Preheat oven to 400. and position rack in middle of the oven. If using a pizza stone, place stone in the oven as it preheats.

Sauté Onion in butter or olive oil over medium heat until soft, stirring frequently. Season with salt and pepper. Cover to keep in moisture if they begin to look dry-add a splash or two of water if they are getting too brown. Set aside once cooked.

Once oven is preheated, brush flatbread with oil and place on pizza stone baking about 5 min.

In the meantime, spoon goat cheese into a bowl and add a splash of milk or water to thin so it's spreadable. Whisk until smooth.

Remove flatbread and spread with cheese and top with onions. Place back in the oven and bake 10 min, or until edges appear crisp and onions and cheese are warmed through.

Slice and serve with desired toppings. One option is a balsamic reduction and fresh basil.

