

September 12, 2019

Willie Nillie Farm

CSA Newsletter

“Caring for the earth is not a hippie thing, it’s a survival thing.” -Unknown

FARM HAPPENINGS:

Dear members:

CSA member and friend Anna told me this week she made the tomatillo gazpacho from last weeks newsletter and it was delicious. So yeah! I put it in this week too, for the half shares so they could reference a tomatillo recipe.

Those whom didn’t get melons last week, you are getting them this week. Hopefully there will be more, but depends on the weather.

Winter squash plants are starting to die off so I will be harvesting several of those for the weeks to come as well as digging the rest of the potatoes to see what I have. Kale and chard are growing slower, but I’m hoping the rain will help and then the warmth coming next week. There is, however, more lettuce, arugula and hopefully spinach coming. This is the first week I don’t have a “feature” item which is a bummer, but, there will be new items in the last few weeks to learn all about.

If any of you have any tables I could borrow for my harvest festival please let me know. I have two folding tables, but could use at least one or two more of any size to help put food on and/or use as a washing station for dishes. I can pick them up from you the day before in my van and return them the Sunday after if that works for you. Also if anyone has any yard games they would like to bring or musical instruments for a jam session please feel free to bring those too. Thought it might be fun. Just a reminder the fest is on Saturday October 12 from 1-6pm. Feel free to bring other family, friends, etc. Please, however, no pets. I’m excited for all of you to meet and break bread together. My goal next season to do more of this as well as more on-farm activities.

Box of the Week

Beans	Cucumber
Summer Squash	Potatoes
Green Peppers	Tomatoes
Cherry Tomatoes	Kohlrabi
Garlic: Chesneck Red	
Tomatillos	Yellow Onions
Chard or Kale	

Potato Pancakes

2# potatoes (5 large or 6 small)
1 large onion, halved
1 large egg (may omit or use flax egg)
2 TB flour or matzo meal (gf flour mix)
salt and pepper
Oil for frying
Applesauce or other toppings for serving.

Grate onion and potato in food processor with fitted grating blade or with hand grater.

Transfer into a strainer and drain water into a bowl. Let the potato starch settle, then pour out as much water as possible, leaving the starch in the bowl. Add the potato, onion mixture to the mown and mix in the egg, flour, 1 tsp salt and pepper to taste.

Heat well-oiled cast iron skillet (if you have one) with thin layer of oil over medium heat. Scoop large spoonfuls of potato mixture into pan and flatten them out. Fry until golden on the bottom then flip, 3-4 min per side. Drain on paper towels. If you have to wait to serve them, recrisp on baking sheet with clean paper towels at 350 in oven.

Serve with applesauce, or other favorite toppings like cinnamon, pears, sugar, ketchup, green onion, herbs, cheese and more. Vegans it's great with nutritional yeast mixed in the batter. Can be savory or sweet based on your preference.

****My dad used to make these all the time and refused to let me make them savory by putting ketchup on top like hash browns, he always did sugar or applesauce. I prefer the savory, but to each their own. Hence all the choices. Enjoy!!!**

Bingo Veggie

Rutabaga



Chard

Summer Squash with Pecans and Mint

zucchini, diced in about 1 inch pieces
2 tsp butter, unsalted
1/2 tsp salt
1/4 tsp pepper
1/8 tsp ground turmeric
1/4 cup fresh mint leaves
2 TB pecans, toasted and chopped

Melt butter in a skillet over med-high heat. Add zucchini, cook until crisp and tender about 5-6min. Add salt, pepper, turmeric and cook 1 min. Spoon zucchini in a bowl and stir in fresh mint and pecans. serve immediately.

Cucumber and Tomatillo Gazpacho

1 pound cucumbers, halved, seeds removed 1 pound tomatillos, husks removed, rinsed
1/2 medium onion, thinly sliced
1/2 pablano chile, seeds removed

1/4 cup unseasoned rice vinegar

1 TB chopped cilantro, plus more for garnish Salt and Pepper to taste

1 Garlic Clove

1/4 cup Olive Oil

1 TB fresh parsley

Blend cucumbers, tomatillos, onion, chile, garlic, oil, vinegar, parsley and cilantro until very smooth. Season with salt and pepper. chill at least two hours and serve topped with fresh cilantro



Tomatillos

Salt and Vinegar Summer Squash Chips

1 zucchini or summer squash cut into 1/8 inch round slices
1 TB malt vinegar
1 1/2 tsp olive or coconut oil
1/8 tsp salt

preheat oven to 200

combine zucchini, vinegar, oil in a medium bowl. Tossing to coat, let stand 10 min.

Place zucchini in a single layer on baking sheets lined with parchment paper and sprinkle with salt. Bake at 200 for 2-2 1/2 hours or until chips are dried, crisp and lightly golden, flipping chips 1/2 way through. Remove from oven; cool completely.

Could also use this recipe for kale chips, but they take less time and I would add the salt to the bowl and rub it all together for 5 min, then let sit for 10 min before putting in the oven. For the kale you could also just bake at higher temp for less time. They only take about 20 min max at 350. You'd need to keep a close eye on them.

If you don't like vinegar flavor, try fresh herbs, tamari, or just salt and pepper.

