



CSA Newsletter—Week 10

August 2, 2018

Upcoming Events:

Thursdays 12-5 Libby Farmers Market

Fridays 3:30-6:30 Troy Farmers Market

Kootenai Harvest Festival September 15

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We attended the ‘Business & Banter’ session hosted by the Kootenai Harvest Festival last week at the Community Garden. The festival committee has done a great job and it sounds like the festival will be better than ever this year. We will be having a booth and are really looking forward to it. The food served will be sourced locally with much of it grown in the Community Garden—what an awesome event!

We’re picking cucumbers now folks, gotta keep an eye on those guys just like the summer squash or they’ll balloon to an undesirable size in no time at all. In fact, harvesting of all kinds, has taken over as the ‘top priority’ job at this time of year. We’ve got a number of crops that need to be harvested multiple times a week—tomato, summer squash, cucumbers, even some flowers—as well as keeping up with the major once weekly harvest to prepare for markets, restaurant deliveries, and CSA shares.

We are hoping the fire season takes a turn for the less dramatic as I’m sure all of you guys are as well. We’re keeping an eye on one fire in particular that is just a few miles north of us.

Have a good week, Bonnie & Rudy

This Week’s Share



Salad Mix—5 oz. bag
Tomatoes—New Girl
Radishes
Microgreens—Rainbow Mix
Leeks
Cucumber—To store, put cucumbers in a sealed bag in the crisper drawer of fridge for up to a week. Eat cukes raw in sandwiches or salads, top with egg, cheese, or tuna salad, or simply sprinkle with salt.
Summer Squash
Garlic—Polish Jenn hardneck variety
Bok Choy—are you sick of bok choy yet? Last time for awhile, we promise!
Cilantro & Artichokes (maybe?)



Can’t decide on a topic this week, so just decided to put more pictures instead =)



Easy-ish Artichokes—From *Rudy Geber*

Ingredients:

artichokes—any size, we've found that when cooked this way, most of a smaller artichoke is edible—from the stem to the leaves. The larger artichokes have developed a 'choke' which is inedible and you must work around to get at the delicious heart.

butter
garlic
onions

Instructions:

1. Peel the side petals off of the artichokes until white is exposed underneath. Put artichokes in a pot and fill with water until 3/4 of the largest choke is covered.
2. Boil uncovered for about 20 minutes. Drain 90% of the water from the pot.
3. Add 1 Tbsp butter and chopped onions and garlic, simmer with the artichokes about 10 minutes.
4. Add salt to taste and enjoy!



Homemade Salsa – From *Rudy Geber*

Rudy's not big on recipe following, so consider this his salsa 'method'. He's great at using whatever is on hand and substituting where necessary, and all of his creations usually turn out GREAT!

Ingredients:

Tomatoes—2-3 diced
Garlic
Onions
Lime
Cilantro
Salt and Pepper to taste

Instructions:

1. Put tomatoes, onions, garlic and cilantro into a food processor or blender and puree to desired consistency. Add some lime juice and you're ready to go.
2. Substitute leeks for onions, and add a hot pepper if you have one (jalapeno or habanero, etc.).
3. Another option is to roast your vegetables prior to processing to give the salsa a more complex flavor.

Stir-Fried Chicken and Bok Choy – From *A Mind-Full Mom*

<https://amindfullmom.com/stir-fried-chicken-bok-choy/>

15 minutes is all you need to create this Asian inspired main course stir-fry that is full of veggies and a sweet and spicy sauce.

Ingredients:

Sauce—

2 Tbsp honey
1/2 tsp grated ginger
2 Tbsp soy sauce
1 Tbsp rice wine vinegar

Stir Fry—

1 tsp sesame oil
1 lb boneless skinless chicken breasts, cut into 1-inch chunks
1 head of bok choy cut into 1-inch strips
2 large carrots peeled in strips
5-6 green onions diced
1 Tbsp sesame seeds
1/4 cup cilantro (optional)

Instructions:

1. Stir together all the ingredients for the sauce and set aside.
2. Heat sesame oil in a large wok or skillet over medium-high heat. Add in the chicken and cook for 5-7 minutes. Add in bok choy, carrots, green onions and sesame seeds. Stir continuously for 3 minutes and then add in sauce. Cook until sauce has coated the chicken and vegetables and heated through.
3. Serve with a sprinkle of cilantro if desired.

