



# CSA Newsletter

Week #8 | July 18, 2019 | EVEN Week

## Upcoming Events:

The Farmers Market at Libby - Thursdays 3-7 @ The Chamber

The Troy Farmers Market, Fridays 3:30 - 6:30 @ the Troy Museum

The Biggest Little Farm - Thursday July 25<sup>th</sup> 7:30 @ the Dome Theater

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Our big news this week is that we're 'on-grid'! The electric at the Bend Plot was hooked up at the end of last week, which means we were able to move forward with our water system and start using the well that we drilled this Spring. We've had a work around to supply us with water thus far, but it wasn't ideal and involved A LOT of pipe. Our next steps will be to add in some outlets in the hoop house and finish the wash/pack area that we've already started in there (about 20' of the hoop house will be dedicated to processing and packing vegetables). Since we'll be spending a lot of time in there, putting shade cloth on that portion of the hoop house is a critical to do!



*A view down our smaller hoop at home. Tomatoes on left and peppers on right.*



*Tomatillos are growing rapidly, the round husks are still pretty empty, but it won't be long before they're splitting their skins and we're struggling to keep up with picking!*

## Crop Focus: Summer Squash

Summer squash is a general term for over 70 different types of fast-growing, tender-skinned, soft-fleshed squash. Zucchini is probably the most well-known of the summer squashes. You can use all summer squash interchangeably in recipes.



**To use:** Rinse under water to remove the dirt or prickles, and slice off the stem and blossom ends. Then slice or chop. Because of their mild flavor, summer squash lends itself to a multitude of recipes.... Try substituting them for rice, pasta, or potatoes, slice into salads, stir-fry, with pasta, etc.

The summer crops are coming on strong. We're able to take a few pints of cherry tomatoes to market this week, and we're really hoping that next week we'll have enough to put in your CSA shares. The peppers and eggplant are looking good, onions are bulging, and the winter squash is going like gangbusters.

Cheers, Rudy & Bonnie

PS. Don't forget that the Biggest Little Farm movie at the Dome Theater is next week! Head to the Dome at 7:30 on Thursday the 25<sup>th</sup> to catch this one time showing.

## This Week's Share

Salad Mix	
Cilantro	
Kale	See Marta's great kale recipe on back!
Basil	Is anyone having trouble using up their basil? We use a lot of ours on top of pizza (instead of spinach) or in salads, but see pesto recipe on back for another great option...or caprese, or bruschetta...
Microgreens	
Carrots	
Summer Squash	Romanesco zucchini and patty pan mix
Kohlrabi	Remember that kohlrabi is great raw on salads or as a snack with salt or dipped in ranch or hummus. Just peel the tough skin first!

# Recipes

**Submitting Recipes** – You're never more likely to try a recipe than if it's got a seal of approval from someone you know and trust. If you have a great one, or stumble upon a good method or idea while using our produce, please pass it along. If it fits with what's in a share, then we'd love to include it in the newsletter.

Dutch Smashed Farmers' Kale (Boerenkool Stampot) – From fellow CSA member Marta, who received from a Dutch friend 40 years ago! She made this recipe the last time kale was in a share and thoroughly enjoyed it.

## Ingredients:

1 bunch kale  
6 medium sized potatoes, halved  
(peeled or not, your choice)  
1 chopped yellow onion (optional)  
½ stick butter  
½ cup milk, warm  
1 smoked sausage (or more!)  
Salt & pepper  
4-6 slices of cooked crumbled  
crispy bacon

## Instructions:

Peel (if desired) potatoes, cut in halves. Chop onions. Wash kale then remove the stem; tear or cut kale into small pieces.

Put the potatoes and onions in a large deep pot, with just enough water to cover the taters. Add the kale. Place the pierced smoked sausage on top of kale. Place lid on pot and bring to a gentle boil, then cook on medium heat approximately 20-30 minutes until potatoes are done.

Remove from heat and place sausage on a plate. Drain water from potato kale mixture then smash it all together with a potato masher, adding butter, salt, pepper, milk and bacon.

Serve potato mixture with sausage. Yummy comfort food!

Classic Pesto – If anyone is having trouble using their basil, then pesto is the recipe for you. We like to make a batch of pesto and freeze it in ice cube trays, then put the cubes in a Ziplock bag in the freezer to pull out any time you want to spice up some pasta or rice. Here's a good pesto recipe, but know that you can fool around with the ingredients (i.e. I never have pine nuts, can use other nut or no nuts at all).



## Ingredients:

2 cups fresh basil leaves  
2 Tbsp pine nuts  
2 large cloves garlic  
½ cup extra-virgin olive oil  
½ cup parmesan cheese

## Instructions:

Combine basil leaves, pine nuts or walnuts and garlic in a food processor and process until very finely minced.

With the machine running slowly dribble in the oil and process until the mixture is smooth.

Add the cheese and process very briefly, just long enough to combine. Store in refrigerator or freezer.

Zucchini, Kohlrabi and Carrot Fritters – From *Common Ground* - This recipe is a great way to use up excess veggies; make a big batch on the weekend, freeze, and then pop them in the toaster oven for breakfast at your leisure. Feel free to mix up the veggies and herbs based on what you have on hand. I've made these with daikon radish, potato, yellow squash, onions and turnips.

Instructions on page 3, see digital newsletter!



**Ingredients:**For the Fritters:

1 medium-large zucchini, grated  
1 spring onion, minced  
3 small carrots, peeled and grated  
2 small kohlrabi, leaves removed, peeled and  
grated  
1/4 cup chopped parsley (or Cilantro!)  
1 egg  
1/4 cup flour  
1/4 tsp garlic powder  
1/4 tsp salt  
1/4 tsp pepper  
3 tbsp canola or coconut oil

Spicy Adobo Sauce:

1/2 cup Mayo  
1/2 cup sour cream or plain soy yogurt  
2 chopped scallions  
1 Tbsp Adobo Pepper Sauce with chopped peppers  
(or your favorite Hotsauce)  
Pinch Salt + Pepper

**Instructions:**

Shred your veggies by hand or put them through the food processor. Toss with a table spoon of salt and let sit for 5-10min. Squeeze excess water out of the veggies and pat dry with a towel.

Add egg, flour, garlic powder, salt and pepper and mix to coat evenly.

Add canola/coconut oil to a deep pan over medium-high heat. Once oil is hot enough, drop 1/4 cup of fritter batter into the pan and flatten out with a spatula. Depending on the size of your skillet, cook a few fritters at a time, leaving space in-between. Cook for a 3-5 minutes on each side, or until golden-brown and crispy.

Transfer cooked fritters to a paper towel to absorb some oil. Serve with Spicy Adobo Sauce.