



CSA Newsletter

Week #10 | August 1, 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

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Thanks to all of you who came out to watch the Biggest Little farm last week. It was a fantastic film and we really enjoyed watching it. For those that weren't able to make it, we highly recommend seeing it at some point in the future! We raised about \$650 to give to our local farmers markets, so that is wonderful =)

We're starting to see some crop diversity as more and more summer vegetables come into the harvest fold. You're each getting a cucumber this week, with many more likely to come. It's amazing how quickly we go from waiting (and waiting) on a crop to trying to keep up with picking! We're growing beans this year, which is a first for us commercially. We've done beans in our home garden, but that's been a few years. See pic below of Fava beans - these tasty treats are definitely not easy to come by (you have to first shuck the beans from the pod and then peel each one), BUT they should be worth it as they have unmatched texture and taste. We're just starting to pick favas this week, so we're planning to get them into a share soon.

Crop Focus: Bok Choy

Aka Bok Choi or Pac Choi, bok choy is a traditional stir-fry vegetable from China. Since the texture of the leaves differs from that of the stems, choy is practically two veggies in one. The leaves can be cooked and eaten like spinach, while the crisp stems can be used like celery or asparagus.



To store: Wrap bok choy in a plastic bag and place in the crisper of your fridge. Store for up to a week before the leaves begin to wilt. Because the thick stems and tender leaves will require different cooking times and will usually be added separately.

We hope you are all staying cool in this heat wave! We have entered the 'work all day, then jump in the creek' phase of summer. At this time, making sure our irrigation is working properly becomes VERY important. Have a great week and we'll see you at the markets!

Cheers, Rudy & Bonnie



This Week's Share

Salad Mix	
Cucumber	Can peel, but don't have to
Cilantro	Small bunch for recipe (back)
Cherry Tomatoes	Sun Gold, SuperSweet100, Black Cherry mix
Leeks	If you're scratching your head over what to do with leeks, consider just tossing them on the grill. We had dinner with CSA members Jodi and Brady Turk and were pleasantly surprised with a new way to cook our own leeks!
Microgreens	Either Pea Shoots OR Sunflower Shoots
Bok Choy	
Summer Squash	
Turnips	

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.

Broken Wonton Soup – *This recipe comes from fellow CSA member Melissa – Thanks for sharing it! She doesn't include the wontons to keep the dish gluten free, and has had great results with ground pork or turkey for the sausage.*

Ingredients:

1 tsp safflower oil
1 Tbsp thinly sliced garlic (from 2 cloves)
1 Tbsp ginger matchsticks (thinly sliced from a 1" piece)
4 cups chicken broth
2 Tbsp finely chopped cilantro leaves, stems reserved
2 Tbsp soy sauce
12 oz. uncooked breakfast sausage, casings removed
12 oz. bok choy, roughly chopped
12 wonton wrappers, quartered diagonally
Chili-garlic sauce, such as Huy Gong for serving (optional)

Instructions:

Heat oil in a medium saucepan over medium-high; add garlic and ginger and cook until fragrant, 30 seconds. Add broth, 2 cups water, cilantro stems, and 1 Tbsp soy sauce. Bring to a boil, then reduce heat to low and simmer, partially covered, 20 minutes. Remove and discard cilantro. Meanwhile, in a medium bowl, combine sausage, remaining 1 Tbsp soy sauce, and cilantro leaves. Roll mixture into 1-inch meatballs.

Return broth mixture to a simmer; stir in bok choy, then remove from heat. Gently add meatballs. Cover; let stand until meatballs are puffed and cooked through, 5 to 6 minutes. Drop wonton wrappers into soup, one at a time, stirring occasionally to prevent sticking. Divide soup among 4 bowls; serve with chili-garlic sauce.



Zucchini Cake – *From: iambaker*

Ingredients:

CAKE
3 cups zucchini grated
1 cup granulated sugar
1 cup light brown sugar packed
2 tsp. ground cinnamon
1/4 tsp. ground nutmeg
1 1/4 cups vegetable oil
4 eggs
2 tsp. vanilla extract
3 1/4 cups all-purpose flour
2 tsp. baking soda
1/2 tsp. baking powder
1 tsp. salt

FROSTING

8 oz. cream cheese
1 cup butter
4 cups powdered sugar
3 Tbsp milk
1 tsp. vanilla extract

Instructions:

CAKE

Preheat oven to 350 degrees. Spray a 9x13 pan with non-stick cooking spray.

Grate about 2 medium zucchinis to make 3 cups. Don't squeeze out the zucchini juice. Add granulated sugar, brown sugar, cinnamon, and nutmeg in a medium bowl. Stir to combine. Add the vegetable oil and mix until incorporated. Add in the vanilla and the eggs one at a time.

In a separate bowl, add the flour, baking soda, baking powder, and salt. Stir until incorporated. Add the dry ingredients into the wet and beat with a hand mixer until combined. Add the zucchini and fold in with a spatula.

Pour the batter into the prepared baking pan. Place in the oven and let it bake for about 1 hour to 1 hour 5 minutes or until a toothpick comes out clean or with moist crumbs.

Remove from the oven and let cool completely.

FROSTING

In a large mixing bowl, add the cream cheese. Beat with a hand mixer on medium until creamy. Add the butter and beat on medium until combined. Add the powdered sugar, milk, and vanilla and beat on low until the powdered sugar is mostly worked in. Turn the mixer to medium and finish beating the powdered sugar into the frosting. Spread the frosting on top of the cooled cake.

