



# CSA Newsletter

Week #7 | July 11, 2019 | ODD 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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We are back at it and recharged from a weekend camping! Well, about as recharged as you can get in 2 days - you know those power tools with the old batteries that take an abnormally long time to recharge? That's us this season - so we got to about 75%, we'll charge the rest of the way in the Fall!

We're seeing signs of summer - the potatoes are flowering, we're turning over beds for their second (or third) planting, and we've even tasted the long-lost taste of a fresh cherry tomato. Don't get too excited though, we're talking like 2-3 ripe tomatoes, literally 2

or 3. So you guys will be seeing them soon in a share. You might see a bit at market first, just until we have the quantity to include in a share. We definitely consider our CSA members the ones first in line for all of the 'new' crops.

Cheers, Rudy & Bonnie



*A view of the Bend Plot from above*



## Crop Focus: Basil

**To Store:** Basil is one of the crops that should NOT go in the fridge. Exposure to cold temperatures will cause basil to turn black. Keep basil in an airtight container or bag at room temperature (or 50 degrees is even better).



**To use:** Make a batch of pesto or simply puree extra basil with a bit of olive oil and freeze it in ice cube trays. It pairs well with tomatoes, eggplant, peppers, green beans and summer squash. Because it is so fragile, it is best to add basil near the end of a dish's cooking time.



*Flowers are starting to bloom, this dahlia is just about to open. Our 3 beds of gladiolus and dahlia may be green now, but will be the most colorful on the farm in no time.*



## This Week's Share

Salad Mix	
Scallions	
Crispino head lettuce (small heads or hearts)	Check out recipe on back for the classic 'wedge' salad recipe
Basil	
Microgreens	
Carrots	Remember to separate tops from carrots to store in fridge to avoid floppy carrot syndrome. Same goes for beets to extend storage life.
Summer Squash	Zucchini mix
Beets	

# 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.

## Classic Wedge Salad – From House of Yum

### **Ingredients:**

1 head iceberg lettuce (since yours are small, just cutting up what you have into wedge shapes is just fine!)  
4 slices bacon cooked & crumbled  
1 Tbsp chives diced (or scallions!)  
1 cup blue cheese dressing  
¼ cup blue cheese crumbles

### **Instructions:**

Prepare lettuce by removing outer leaves, chop the head of lettuce in half and then half again, making 4 wedges. Cut the end to remove the stem. Plate the wedges and top with blue cheese dressing, bacon crumbles, chives, and additional blue cheese crumbles. Serve cold and enjoy!



Balsamic Salad Dressing – From Bonnie's Mom, and Fellow CSA member, Rita Gillan. While a wedge salad is typically served with blue cheese dressing, it's handy to have a good balsamic vinegarette dressing at the ready. I've never felt that the store-bought varieties can compare. This is a simple and easy version if you'd like to make your own.

### **Ingredients:**

¼ cup balsamic vinegar  
1 Tbsp light soy sauce  
1 ½ Tbsp Dijon mustard  
1 ½ Tbsp honey  
3 Tbsp Greek yogurt  
½ Tbsp olive oil

### **Instructions:**

Mix well. Store in refrigerator  
Makes 8 servings/2 Tbsp each

Southern-Style Summer Squash – From the Farmers Market Cookbook, by Julia Shanks and Brett Grohsgal. *We also add some fresh thyme and a splash of white wine, and really go for an excess of pepper, but the thyme and wine aren't really part of the Deep South tradition.*

### **Ingredients:**

½ lb bacon, chopped coarsely,  
or 1-2 Tbsp vegetable oil  
1 onion sliced  
2-3 lb summer squash, cut into  
quarter-inch half-moons  
¼ tsp salt  
½ - 1 tsp black pepper

### **Instructions:**

If using bacon, cook in a heavy iron skillet or heavy-bottomed pot until browning at the edges. Add the onions and cook until they brown slightly. Otherwise, simply sauté the onions in the oil until browning.

Add squash, salt, and pepper; stir generously, reduce heat to low, and cook lidded, until the squash is very mushy. Ideally the squash browns a bit and sticks slightly to the pan bottom, but does not burn. Taste for seasoning again, adding salt and pepper if needed. The flavor should be slightly smoky, dominated by the sweetness of the squash and with a lot of black pepper.

This would typically be served alone, atop crusty bread as an American take on bruschetta, but more traditionally alongside roasted chicken, burgers, or steak.

