



# CSA Newsletter

Week #12 | August 5, 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

[www.hootowlfarm.net](http://www.hootowlfarm.net)

[info@hootowlfarm.net](mailto:info@hootowlfarm.net)

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Let's see...top three highlights of this week are...1) We got a couple of kittens - so we are having fun playing with them when we're not working! Hopefully after plenty of OJT, these guys will be excellent rodent deterrents/bounty hunters! 2) Started harvesting some winter storage crops. We pulled our yellow onions and are currently curing them in a hoop house under shade cloth. Also picked some spaghetti squash, but ultimately decided to give

## Crop Focus:

### Cucumbers

Cucumbers are in a family known as cucurbits that includes melons, squash, pumpkins and gourds. They are classified as either slicers or picklers. Pickling cucumbers have thin, lighter skin than slicers.



**To store:** Put cucumbers in a sealed plastic bag in the crisper drawer of the refrigerator for up to a week. Keep them far away from tomatoes, apples, and citrus which accelerate their deterioration. If the seeds are bulky, slice the cucumber lengthwise and scoop them out. : Eat cucumbers raw in sandwiches or salads. Try cucumber rounds topped with vegetable, egg, or tuna salad, goat cheese, or simply sprinkle with salt. Use cucumbers in chilled summer soups. Slice up cucumbers and drop into a pitcher of water to make cucumber water.

them another week or two before the main harvest. 3) TOMATOES (besides just cherries) our New Girls and Cherokee Purples are ripening and fit for harvest, we even harvested a few beefsteak tomatoes which are the longest growing. It's on now, we have to stay on top of tomato harvests from now till frost! Cheers, Rudy & Bonnie



Pics - Kittens Oly and Lalo, Blooming artichoke and a dinnerplate dahlia



## This Week's Share

Salad Mix	
Cucumber(s)	Can peel, but don't have to
Kale	Dino kale
Tomatoes	Cherry Tomatoes & New Girl larger tomatoes
Turnips	
Microgreens	Gold standard - rainbow mix!
Carrots	
Onion	1 <sup>st</sup> harvested Patterson yellow onions
Salsa accessories	Cilantro bunch, garlic head, jalapeno(s)

# 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.

**Herb-Roasted Tri-Colored Carrots**– *From AverieCooks. Lightly caramelized around the edges, crisp-tender in the center, and seasoned with rosemary, thyme, and parsley!!*

## Ingredients:

2 pounds carrots, trimmed, peeled, and cut on the diagonal into 1/2-inch pieces  
2 Tbsp olive oil  
2 to 3 tsp fresh rosemary, finely chopped  
1 tsp fresh thyme  
1 tsp salt  
1 tsp pepper  
2 to 3 tsp fresh Italian flat-leaf parsley, finely chopped  
2 tsp lemon juice, optional

## Instructions:

Preheat oven to 450F and line a baking sheet with aluminum foil for easier cleanup.

Add the carrots to the baking sheet, evenly drizzle with olive oil, and evenly sprinkle with thyme, rosemary, salt, pepper, and toss with your hands to evenly coat. Arrange the carrots in a flat layer with space between the pieces if possible and bake for about 30 to 35 minutes or until carrots are lightly caramelized around the edges and fork-tender. Baking times will vary based on the size of carrots and personal preference for doneness. Stir and flip halfway through baking to ensure all sides cook



evenly.

Evenly sprinkle with parsley, evenly drizzle with optional lemon juice (brights up the dish), and serve immediately. Carrots are best warm and fresh but will keep airtight in the fridge for up to 5 days.

**Homemade Tomato Salsa** - *Homemade salsa comes together in minutes, and can taste like it came from your favorite Mexican restaurant...only better! You can tailor the salsa to your desired heat from mild to sweat inducing HOT.*

## Ingredients:

About 3 cups chopped tomatoes (optional: roast tomatoes first to add flavor)  
½ cup chopped bell pepper  
1 cup onion, diced  
¼ cup fresh cilantro, minced  
2 Tbsp fresh lime juice  
4 tsp chopped jalapeno (more or less as you desire, including seeds will increase the heat!)  
2 cloves garlic chopped  
Salt & Pepper to taste

## Instructions:

Add all ingredients to a food processor or blender, and pulse or blend until mixture reaches desired consistency. Taste and adjust as necessary to suit your preference.

Salsa should keep up to a week in an airtight container in the fridge.

