



CSA Newsletter—Week 14

August 30, 2018

Upcoming Events:

Thursdays 12-5 Libby Farmers Market

Fridays 3:30-6:30 Troy Farmers Market

Nordicfest—Methodist Church Pickup Sept. 6

Kootenai Harvest Festival September 15

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Hi All—Hope you've had a good week! Ours flew by, with the potato harvest being our biggest accomplishment. We ended up with about 800 lbs of taters for the season. You'll be seeing more of these all-purpose (good for boiling, baking, frying, etc.) Kennebec's as the season goes on! We've also started to deliver to another local business regularly—Libby Floral. We're taking some of our gladiolus and dahlias there, to be mixed and matched into the beautiful bouquets that Libby Floral puts out. We really enjoy the diversity of having a few beds of flowers. We'd like to increase our flower space a bit next year, but will probably stick to just a couple of varieties for simplicity. Right now, we like Glads and Dahlias.

Have a great week guys, Rudy and Bonnie

REMINDER FOR LIBBY PICKUP NEXT WEEK—During Nordicfest, the Libby Farmers Market moves location to be closer to the festivities. We'll be set up during normal market hours in the parking lot of the Methodist Church—on California just towards Hwy. 37 from the junction with Hwy. 2. The market will be set up for the whole weekend, but Hoot Owl Farm will only be there from 12-5 on Thursday.

This Week's Share



Salad Mix
Beets
Pepper - Escamillo (Sweet)
Microgreens—Rainbow Mix
Leeks
Tomatillos—Store at room temperature with the husks on up to 2 weeks. For longer storage, keep in fridge with husks on in plastic bag. Remove husk before eating, wash, and cut to desired size.
Potatoes
Carrots
Garlic
Jalapenos—just a couple for recipe
Bonus: Sweet Corn



Germination... Good germination is very important for us since we are growing crops commercially. It's the first stage of any plant, and it's the first chance for problems to arise. No matter how wonderful the soil, or how optimum the growing conditions throughout the life of a crop, if there was poor germination to begin with, then it can still be a failure. We started growing microgreens this year and have learned some techniques from them that have helped out our germination for many other crops on the farm. Almost 100% germination is a must with microgreens; where seeds are scattered very thickly across a flat of soil. The seeded flats of soil are then stacked—these flats nest inside of each other, so when stacked, the bottom of the tray on top actually presses the seeds into the soil of the tray beneath. We generally keep 3-4 trays per stack with an extra tray with a weight in it on top. Stacking in this manner ensures excellent seed to soil contact and also regulates temperature and humidity. We've started to stack our newly seeded plug flats that we prepare for crops that are to be transplanted. It requires regular checking (to be sure you don't miss germination), but really regulates the humidity in each cell and improves consistency and overall germination success. We also take this principle into the field to improve some direct seeded crops that are notoriously poor germinators—carrots and spinach. We seed and water the bed and then cover with plastic for a few days, regularly checking to catch the proper time to uncover just after germination.

Tomatillo Salsa Verde—From *Simply Recipes*, https://www.simplyrecipes.com/recipes/tomatillo_salsa_verde/

Three methods for making Tomatillo Salsa Verde, a delicious Mexican green salsa made with roasted tomatillos.

Ingredients:

1 1/2 lb tomatillos
1/2 cup chopped white onion
2 cloves (or more) garlic (optional)
1/2 cup cilantro leaves
1 Tbsp fresh lime juice
2 jalapeno peppers OR 2 serrano peppers,
stemmed, seeded and chopped (you can use
whole for more heat if you want)



Instructions:

1. Remove the papery husks from tomatillos and rinse well.
2. Cook the tomatillos
 - A. Oven Roasting Method.** Cut the tomatillos in half and place cut side down on a foil-lined baking sheet. Add a few garlic cloves in their skin. Place under a broiler for about 5-7 minutes to lightly blacken the skins of the tomatillos.
 - B. Pan Roasting Method.** Coat the bottom of a skillet with a little vegetable oil. Heat on High heat. Place the tomatillos in the pan and sear on one side, then flip over and brown on the other side. Remove from heat.
 - C. Boiling Method.** Place tomatillos in a saucepan, cover with water. Bring to a boil and simmer for 5 minutes. Remove the tomatillos with a slotted spoon.
3. Pulse in a blender: Place the cooked tomatillos, lime juice, onions, garlic, cilantro, peppers in a blender or food processor and pulse until all ingredients are finely chopped and mixed. Season to taste with salt. Cool in refrigerator. Serve with chips or as a salsa accompaniment to Mexican dishes.

Leek and Potato Soup –From *The Farmers Market Cookbook*, by Julia Shanks and Brett Grohsgal

A classic soup, subtle and earthy. Sublime if you are using new potatoes. Fresh parsley or chervil may substitute for the thyme.

Ingredients:

4 leeks, white and light green parts
3 Tbsp butter
1/4 cup white wine
3 medium sized potatoes (about 1 lb), peeled and cut
into large pieces
1 quart chicken or vegetable broth
3 Tbsp butter
1 cup heavy cream
1 1/2 tsp fresh thyme leaves, finely chopped
Salt & Pepper
Chopped scallions, for garnish (optional)

Instructions:

1. Cut leeks in half lengthwise and wash in a bowl of cool water. Let the dirt settle to the bottom and lift out the leeks.
2. In a soup pot over medium heat, melt the butter. Add the leeks and a heavy pinch of salt and cook for 5 minutes. Decrease the heat to medium-low and cook until the leeks are tender, approximately 15 minutes, stirring occasionally. Add the wine.
3. Add the potatoes and the broth, increase the heat to medium-high, and bring to a boil. Reduce the heat to low, cover, and gently simmer until the potatoes are soft, approximately 25 minutes.
4. Remove the pot from the heat. Puree the mixture with an immersion blender until smooth. Alternatively, puree in batches in a blender. Be sure to crack the lid to let the steam escape! Stir in the heavy cream and pepper. Taste and adjust seasoning if desired. Sprinkle with scallions and serve immediately, or chill and serve cold

