



CSA Newsletter—Week 8

July 19, 2018

Upcoming Events:

Thursdays 12-5 Libby Farmers Market

Fridays 3:30-6:30 Troy Farmers Market

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A good week of firsts on the farm. First (intentional) flowers blooming—sunflowers and dahlias. We're hoping to be able to provide some bouquets with your shares later in the season! First appearance of tomatoes and leeks in the CSA shares. Not quite a full pint of Sun Gold cherry tomatoes, but we picked all that were ripe and divided them up among you guys. One of the benefits of being in a CSA is that you get first dibs on in demand items. Let's see...it feels like I need one more first to round this out... First time we broke 100lbs on our weekly summer squash haul!

Things are growing very well, but like us, could definitely use a little reprieve from the heat. We're doing our best to make sure that all of our crops are getting enough water, and adjusting irrigation timers as necessary.

Cheers, Rudy and Bonnie

This Week's Share



Salad Mix
Tomatoes—Sun Gold & Super Sweet cherries!
Radish—French Breakfast
Microgreens—Rainbow Mix
Leeks—look like a large, scallion with a buttery taste. They don't caramelize well like onions do, so be sure they don't burn. To use, cut about 1" above the white part—the greens can be used for soup stock. Store leeks loosely in plastic bag in fridge where they should last 2 weeks +.
Summer Squash
Swiss Chard
Bok Choy
Artichokes (maybe?)



Summer Squash, to pick or not to pick...

Summer squash includes any squash that has a thin tender skin, such as zucchini, patty pan, scallop and yellow crookneck. They come in a wide range of colors and sizes, and vary from each other much more in appearance than in taste. Summer squash is a fun crop to grow because they can be very prolific and provide harvests for an extended period of time. However, there is some controversy out there as to when to harvest summer squash. According to seed companies, most summer squash is mature and ready to harvest when it is no more than 6" long (or wide if the squash happens to be patty pan). Beyond this size, the skin becomes thicker and the squash more bitter tasting. Many chefs prefer to use squash that is much smaller than this—only 3-4" long and golf-ball sized for patty pans, as that is when the flavor is at it's peak. As home gardeners know, summer squash can grow MUCH bigger than this...and in a hurry. We prefer summer squash on the small size, so that's when we pick it for CSA or farmers market customers, also trying to get some even smaller ones for restaurants. To do this, we pick every other day, and even still end up with some 'submarines' that escaped our notice on the previous pick or two. These large squash are sought after as well, though, by people wanting to make breads or cakes out of them.

We've decided to remain neutral on the squash harvest controversy. However you prefer summer squash is the right size to pick it at. We'll likely have an abundance of our own preferred size available for customers, but will undoubtedly have a few to please those looking for a behemoth, simply because it escaped our notice!

Braised Swiss Chard with white beans and leeks—From *Jennifer Rossano*

A braise is essentially a two-step technique of first searing (or browning) on moderate-high heat followed by adding liquid and simmering in a covered pot on low heat. ... This dish is hearty enough to make a vegetarian entrée (minus the cheese) or top it with a piece of seared meat fish (salmon or halibut would work), a lamb chop or a bone-in chicken breast, and voila dinner is ready.

Ingredients:

2 Tbsp olive oil
2 leeks, white parts only, well rinsed of dirt, halved lengthwise and then sliced thinly crosswise
1 bunch Swiss chard, washed & sliced into ribbons about 1/4 inch thick (about 6 cups)
1 can of white beans, Cannellini or Navy
2 cloves garlic, minced
1/2 cup chicken stock
Salt & Pepper to taste
Optional: 1-2 Tbsp grated hard cheese, such as Parmigiano



Instructions:

1. In a heavy saute pan, heat 2 Tbsp of olive oil on medium heat. Add the leeks and garlic, season with salt and pepper, cover with a lid, and saute for about 8 minutes, stirring a few times. Leeks should be soft and only slightly browned.
2. Add the Swiss chard to the pan and toss well to coat the leaves with the leek mixture. Add the chicken stock, cover and cook on low-medium heat for 5 minutes.
3. Remove lid, stir mixture and gently add the beans, allowing the ingredients to incorporate. Heat thoroughly. Sprinkle with 1-2 Tbsp of grated cheese, if desired, and adjust seasonings before serving. Serves 4-6.

Quiche - From *Bonnie Geber*

A pretty generic name because it can be Broccoli & Cheddar Quiche, Kale & Feta Quiche, Spinach & Provolone Quiche...you get the picture. I encourage you to just use this recipe as a guideline for your own quiche creations. We have this quite often and it reheats deliciously for lunch the next day.

Ingredients:

6 oz. pie crust
2 tsp olive oil
1/2 cup onion chopped
Several cloves garlic, minced
1 cup ricotta cheese
I'll often just use about 1 cup total of ricotta, cottage cheese, cream cheese, ranch dressing, etc.—whatever's on hand.
1 cup grated cheese
3-6 eggs, depending on how much you like them!
1 Tbsp mustard
Spices as desired
10 oz. chopped veggies (broccoli, kale, spinach, etc.)
1 Tbsp grated Parmesan cheese



Instructions:

1. Preheat oven to 375 degrees. Press pie crust into bottom and up sides of a 9-inch pan—I use our cast iron skillet.
2. To make filling, heat oil in a skillet over medium heat. Add onion and garlic and saute until soft, about 3 minutes. Transfer onion/garlic to a large bowl and add ricotta cheese, 1 cup grated cheese, eggs, mustard, and spices. Mix well and fold in chopped vegetables. Spoon mixture into prepared crust and level surface with a spoon: sprinkle with Parmesan cheese.
3. Bake until a knife inserted near the center comes out clean, about 35-40 minutes. Let stand 10 minutes before slicing into 8 pieces.