



## CSA Newsletter—Week 13

August 23, 2018

### Upcoming Events:

Thursdays 12-5 Libby Farmers Market

Fridays 3:30-6:30 Troy Farmers Market

Kootenai Harvest Festival September 15

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What a strange week, eh? Smokey haze, colder temps, even some rain, then back to the hot hot heat! We have definitely noticed changes in the plants due to the hazey skies, it almost seems like they've lost track of time and are not sure what they should be doing. We did harvest some winter squash and have it curing in the shed, but it was not the BIG harvest. We'd like to go in and harvest most everything all at one time, so we are waiting a bit longer for the majority of the squash to be prime and ripe. We are starting to plant spinach again. We absolutely love spinach and know that you guys probably do as well, just due to the number of times we're asked for it at the farmers market. Spinach is a tough crop to grow in the heat of the summer. It will not germinate well if the soil temperature is too high, and those plants that do germinate are affected by the summer temperatures. They will often bolt (go to seed) before a harvest is even really possible or else bolt soon after a meager first cutting. For those reasons, we just give it a rest for a couple of months and choose to only grow it in the Spring and Fall. We have planted a couple of beds and have many more planned, we were happy to see pretty good germination on our first round.

Have a great week guys, Rudy and Bonnie

PS. As I'm writing this on Aug. 22, I just wanted to give a shout out to that special birthday CSA member—you know who you are!

### This Week's Share



Salad Mix
Tomatoes—Cherokee Purple
Cucumbers
Microgreens—Rainbow Mix
Cucumbers
Bell Peppers—Green peppers are simply peppers that have not fully ripened and will later become red, yellow or orange (sweeter). Refrigerate unwashed peppers in a sealed plastic bag in the fridge drawer for 1-2 weeks.
Cilantro
Carrots
Summer Squash
Scallions
Eggplant & Garlic (German Red)



Part of the new 'curing shed' put to use for winter squash



### Sweet Corn...

So there we were...totally enthusiastic in our new plot when the winds kicked up. We really were taken by surprise at the force of the afternoon winds down by the Kootenai River! This Spring, we decided to plant a few rows of corn as a windbreak as well as set up a windscreen in the meantime. We're happy to say that the corn is doing great and we should actually get a harvest off of this unintended crop. We're pretty new to growing corn, so we had to learn a bit...

Corn is a finicky crop when it comes to pollination. Sweet corn is only in pollination mode for about 10 days starting when the silks come out of the top of a future ear. Unlike most crops which rely on insects to do the work of pollination, corn relies on wind. Pollen from the tassels (flower) at the top of the stalk falls onto the ear's silks. If all goes well, each strand is pollinated and will later become a corn kernel. If not, you'll end up with ears with many missing kernels. It takes a good sized block of corn to ensure good pollination of the kernels, this is why to successfully grow this crop, you need many plants. For this reason, gardeners will often resort to doing the work of corn pollination themselves. We'll see how our few rows turn out, we didn't interfere and left things up to nature =)

## Baked Eggplant—From *All Recipes*, <https://www.allrecipes.com/recipe/236311/baked-eggplant/>

*This recipe was recommended by a fellow CSA member, she omitted the broiler and simply baked for 20 minutes. A great way to use both eggplant and some of those delicious Cherokee Purples! Thanks for sharing, Jennifer!*

### **Ingredients:**

Cooking Spray  
1 eggplant, cut into 1/2-inch slices  
3 tomatoes sliced  
Olive oil  
1 tsp oregano  
1/3 cup Parmesan cheese  
Salt & pepper



### **Instructions:**

1. Preheat oven to 400 degrees F. Prepare a baking dish with non-stick spray.
2. Arrange eggplant and tomato slices into the bottom of the prepared baking dish. Drizzle olive oil over the vegetables; season with oregano, salt and pepper. Sprinkle Parmesan cheese over the entire mixture.
3. Bake in preheated oven until the cheese is beginning to brown, about 30 minutes. Switch oven broiler to high; continue baking until completely browned, about 5 minutes.

## Open-Faced Omelet with Summer Vegetables—From *The Four Season Farm's Cookbook*, by Barbara Damrosch and Eliot Coleman

*This is a supper dish we fix when we want something quick and light. It's also great as a breakfast or brunch dish. Because the omelet is not folded, it's foolproof and you avoid the risk of overcooking the bottom while you're waiting for the inside to set. The brevity of the cooking keeps the eggs very tender. The trick is to start them in a skillet on top of the stove, add whatever ingredients inspire you, then run them under a hot broiler just long enough to finish cooking the eggs.*

### **Ingredients:**

3 large eggs  
1/4 cup heavy (whipping) cream  
2 Tbsp butter  
1/2 bell pepper, stemmed, seeded, and finely chopped  
3 scallions, chopped  
8 cherry tomatoes, but in half  
1 Tbsp coarsely chopped fresh cilantro or basil leaves

### **Instructions:**

1. Preheat the broiler (to 'high' if yours has settings). If it is adjustable, position the rack 4 to 6 inches from the heat.
2. Whisk the eggs and cream together in a medium-size bowl until the mixture is uniform in color but not frothy, about 30 seconds.
3. Melt the butter in a 9- or 10-inch ovenproof skillet, preferably cast iron, over medium heat. Pour in the egg mixture and let it set for 1 to 2 minutes to put a skin on the bottom; then remove the skillet from heat.
4. Sprinkle the bell pepper, scallions, tomatoes, and cilantro over the eggs. Sprinkle with pepper to taste.
5. Put the skillet under the broiler and watch as the eggs cook. After 2 minutes carefully shake or tilt the skillet a bit to test for runniness, or insert a knife to see if it comes out clean. If the eggs are still runny, put the skillet back in the oven and text the omelet once every minute. Remove the skillet as soon as the eggs are done to avoid over cooking.
6. Slice the omelet into 4 wedges and serve immediately, right from the skillet. Pass the Tabasco sauce and salt at the table.

