



## NEW WEEK, SAME PLAN

Last week we had big plans to get new ground worked up and planted. The organic winter rye seed arrived on Monday as planned and we went to "breaking new ground" that evening and broke a weld on our new plow instead. Thankfully, Eric's brother owns a welding shop so it was repaired by the end of the week. So we have the same plans today as we did at this point one week ago.

We're excited about cover cropping some new ground and the area where the potatoes are growing. The deep-rooted winter rye absorbs nitrogen and minerals from far below the soil surface and brings them upward into the leaf blades. When you cut down winter rye in spring and till leaves under, the nutrients and organic matter go into the soil. This is why cover crops are called green manures, because they do the same job that manure does in soil. Not to mention, cereal rye is allelopathic, which means it produces several compounds in its tissues and releases chemicals from its roots that inhibit germination and growth of weed seeds. We'll try getting the plow back out on Monday to get the ground ready for drilling rye.

On a positive note, we did get all the fall radishes, turnips, parsnips, arugula, spinach and lettuce planted where spring crops once grew. One step back and two steps forward. Can't wait for some new veggies!

There are some unusual red fleshed potatoes in your share. For whatever reason, the wireworms seem to have preferred the red skinned potatoes and left alone the golds and russets. So you will have to cut the damage off these potatoes in order to use, but they are too neat not to share with you despite our reservations.

We're making plans for our farm-to-table event coming up in early October. Watch your newsletter for details in the near future!

With cover crops on the brain,

*Eric & Rebecca*

## IN THE CRATE

Adirondack Red Potatoes  
Golden Wax Beans  
Roma Tomatoes  
Tomatillos  
Cilantro  
Onion  
Bell Pepper  
Garlic Bulb  
Slicing Cucumbers  
Zucchini/Patty Pan Squash  
Swiss Chard/Collards (*family*)

## I REGRET EATING TOO MANY VEGETABLES

*said no one ever.*

## OH HONEY

With great anticipation we are estimating our honey harvest for 2015. After carefully tending to our five new bee hives all summer, it appears the girls have been extremely busy. They managed to fill more supers than last year! This despite needing to fill out new comb on about half of the frames. We plan to extract the honey in mid-September. We will have a few pints extra if anyone is interested. Ask for details when you get your share.

## words from our youngest farmers

*Actually, we farmed our kids out all week camping with grandparents - so it was incredibly quiet around Westboro this week!*

## ADIRONDACK REDS

We've never grown or tasted this variety of potato, but fell in love with the flavor of All-Blues in 2013 and wanted something scab resistant as a replacement. Adirondacks contains naturally occurring anthocyanin, a powerful antioxidant, in both the skin and flesh.

Very good boiled, good for potato salads and mashed; excellent pan-fried and roasted. Baked, they will be moist. Adirondacks will not gray after boiling and will remain firm for salads. Color will fade to a lovely shade of pink when mashed and a darker shade when roasted.

## ROMA TOMATOES

Roma is an Italian plum tomato popularly used both for canning and producing tomato paste because of their slender and firm nature.

Remember to store tomatoes at room temp until bright red and ripe. Freeze whole for winter soups if you find yourself with an over abundance.

## TOMATILLOS

Tomatillos are also called "tomate verde" in Mexico (which means green tomato) and are considered a staple in Mexican cooking. Tomatillo is a member of the nightshade family, related to tomatoes. The inside is white and meatier than a tomato. They grow to maturity inside of a husk. The husks are inedible and should be removed before use.

Tomatillos are very easy to cook with because they don't need to be peeled or seeded. Their texture is firm when raw, but soften when cooked. When growing your own fresh tomatillos, they are ready to harvest when the husks burst. Rinse before using as the tomatillo is covered by a sticky substance. Do not peel the green skin.

We are distributing the universal Salsa Verde recipe, but this is not all that tomatillos are good for. Consider searching to some creative new recipes. We've been reading about Tomatillo-Avocado Guacamole, Pork Chile Verde, Spicy Chicken and Tomatillo Soup, and Tomatillo and Cucumber Gazpacho Soup. The internet has endless recipes. Some good, some questionable.

## RECIPE: Salsa Verde

### Ingredients

- 1 pound tomatillos, husked - roasted or raw
- 1 chile pepper (your choice - spicy or mild)
- 2 tablespoons chopped cilantro
- 1/2 teaspoon ground cumin
- 1/2 cup finely chopped onion
- 1 teaspoon minced garlic
- 1/2 lime juice

### Directions

**Raw version:** Roughly chop the tomatillos. In a blender or food processor, combine the tomatillos, chiles, cumin and cilantro. Process to a coarse puree, then scrape into a serving dish. Rinse the onion under cold water, then shake to remove excess moisture. Stir in onion, garlic and lime juice and season with salt to taste, usually a 1/2 teaspoon.

**Roasted version:** Preheat a broiler. Roast the tomatillos and chiles on a baking sheet 4 inches below a very hot broiler until darkly roasted, even blackened in spots, about 5 minutes. Flip them over and roast the other side, 4 to 5 minutes more will give you splotchy-black and blistered tomatillos and chiles. In a blender or food processor, combine the tomatillos and chiles, including all the delicious juice that has run onto the baking sheet. Proceed with "raw" directions on reverse. This authentic Mexican salsa verde has a fabulous flavor. Use it on chicken enchiladas or as a condiment for any dish that needs a little extra zip! Great over a lightly blackened fish.

Suggestion for prep: if the tomatillo husks are sticking to the fruit and too difficult to remove, try soaking them in warm water for five minutes (while the fruit is whole). They come right off.

Utilize any pepper (serrano, pablano, etc) that meets your "heat needs."

## RECIPE: Bean Salad with Red Onion and Tomato

This recipe was chosen by Marilyn's Catering as a sampling dish at the Peak Harvest event at the Medford Market on August 15. Feel free to put your own spin on this Rachael Ray cold bean salad.

### Ingredients

- 1 pound fresh beans, washed and trimmed
- 1/4 red onion, sliced thin
- 1/4 European cucumber, cut into thin sticks resembling shape and size of beans
- 1/2 pint cherry or grape tomatoes, halved
- Extra-virgin olive oil, for drizzling
- 1/2 lemon, juiced
- Coarse salt and pepper

### Directions

Steam green beans in 1/2 inch boiling water covered for 3 or 4 minutes. Cold shock beans by running under cold water and drain well. Place beans in a bowl and combine with onions, cucumber and tomato. Dress salad with a generous drizzle of extra-virgin olive oil and the juice of 1/2 lemon. Season salad with coarse salt and pepper, to taste.

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