

Wise Acres Farm CSA Newsletter

Week 5 – August 1, 2018

Hey Everyone! Bronte and Jen are taking care of the farm for the beginning of the week, so Brittany and Joy can go on a much-deserved vacation! Early August brings the excitement of continuous harvest. Many of the crops including squash, tomatoes, peppers, eggplant, and carrots, are coming along nicely with the promise of superfluous harvests ahead. Despite all the work that needs to be accomplished, spirits are high here on the farm. Each day brings surprises, mostly good, and it keeps us engaged and enthusiastic for the next day. The next couple days, when we aren't harvesting, will be spent weeding or trellising the burgeoning tomato plants. The cherry tomatoes in the high tunnel have reached the ceiling, and now must be gently teased over the trellis wire and back down to the ground. The cucumbers have also gone wild in the high tunnel. This week they are definitely producing the second big fruit set of the summer. More of those in your boxes on Wednesday, which by the way are delicious dipped in hummus!

-Bronte

What's in the box?

Cucumbers

Carrots

Beet Greens

Salad Mix

Green Beans

Parsley

Zucchini or Summer Squash

Remember to return your (gently folded) box next week!

Recipes and Veggie Notes

All items can be stored in a closed bag or container in the fridge for 7 to 10 days.

Beet Greens

This week you will find beet greens in your boxes, which are Jen's favorite! Beet greens are a little sweet and the greens have a slight bitterness to them, similar to chard. They are great on their own steamed, boiled, or sautéed in a little oil. Most of these beet greens have small beets forming on them. Before cooking you may want to remove the skinny root at the end of the small beet. Also, if the beet part of the greens is larger, it can be removed and cooked first/for a little longer than the greens themselves.

Zucchini Fritters

Adapted from Zucchini Patties, Jo Cooks at jocooks.com

1 1/2 cups grated zucchini or summer squash

1/2 C Mozzarella cheese or provolone cheese

1/4 C parmesan cheese

1/4 C breadcrumbs

1/8 C all-purpose flour (Bronte substituted with gluten free flour)

1/2 medium onion or 2 scallions

1 tbsp dill or parsley

1 egg beaten

1/8 tsp pepper
salt (optional)

Grate the zucchini into a colander over the sink and sprinkle with a ½ tsp of salt. Toss the zucchini and then press out the excess liquid. Mix all of the ingredients together in a large bowl until well combined.

In a skillet or frying pan, heat up about a tablespoon of vegetable or olive oil. Drop small patties of the mixture onto the skillet and fry on both sides until golden brown (about 7min). Serve on their own, or with a dipping sauce of your choice. The recipe this is adapted from suggested ranch dressing, but a yogurt sauce would also be good.

Beet Green Stir-Fry

Beet greens- for this recipe, probably half from your box would be good

1 C carrots, chopped

1 small onion or 2 medium scallions

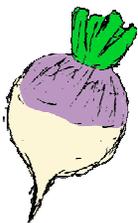
1 C green beans

Green garlic, minced (if you have some left from last week!)

Soy sauce, to taste

Feel free to proportion the veggies to your own liking

Heat a skillet or wok over medium heat with a tablespoon of oil. Add the carrots, sauté for a couple minutes and then add the onion and beet part of the greens if you separated them. Cook until the carrots are almost done and then add in the beet greens for a couple more minutes until wilted. Serve over rice or a grain of your choosing with soy sauce to taste!



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