

Wise Acres Farm CSA Newsletter

Week 6 – August 8, 2018

Talking (a.k.a. complaining) about the heat is getting old, but it sure has been a hot and sweaty few days here. We are thinking carefully about when we do tasks so we can avoid doing anything especially strenuous or working in the hoopouses (which often run 10-20 degrees hotter than the outside temperature) during the hottest part of the day. Today we did rally to bring in the shallots right before lunch, which is heavy work (out of the ground, into crates and up the stairs into a hot garage loft to cure), but they were very much ready to harvest and once they reach that point, it's really not great for them to get rained on. The yield looks great (fresh ones should be in your boxes soon), and our yellow and red storage onions are getting big as well.

Did you know this week is National Farmers' Market Week? The Maine Federation of Farmers' Markets celebrates it as Snapshot Week, when market shoppers and vendors are invited to take pictures and share stories about their favorite markets and market experiences. If you've got a market story to tell, share it on Instagram or Facebook with #mesnapshotweek and #lovemainemarkets. You can also use MFFM's [Market Finder](#) to locate a market near you that you could check out this week. We love how our markets bring together our organic produce with so many other local products, including other types of veggies and fruit we don't grow on our own farm, baked goods, meat and dairy products, prepared foods, even locally-roasted coffee and locally-crafted gifts! The markets we attend are Ellsworth (Saturdays 9:30-12:30 on Main Street across from The Grand) and Bangor (Sundays 11-1:30 across from Bangor Public Library). We always love to see CSA members stopping by the markets – say hi if you do!

-Brittany

Recipes and Veggie Notes

Keep your basil in a closed bag or glass of water on the counter! All items can be stored in a closed bag or container in the fridge for 7 to 10 days.

Basil

Some of the leaves got gnarly-looking, but the aroma will make up for it! We are giving you a fairly ample amount this week with the idea that you might make some pesto. Pull the leaves off the stems and combine in a blender or food processor with a handful of pine nuts or walnuts, a clove or two of garlic, a half-cup of olive oil, a half-cup of grated parmesan cheese if you wish, and salt to taste. Toss with pasta, serve over chicken or fish, or just spread on some bread. If you have extra, it freezes really well (you may want to omit the cheese and add that once you take it out of the freezer again).

Purple Peppers

We picked a peck (or several) of purple peppers! These are purple when they are at the stage of ripeness where most peppers would be green, so they taste like a mild green pepper.

What's in the box?

Baby Kale

Basil

Carrots

Cucumbers

Eggplant

Garlic

Purple Peppers

Yellow and Green Beans

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

Pasta with Roasted Eggplant and Pesto

1 eggplant, sliced into ½” thick rounds (we prefer to peel, some people don’t)
1 lb pasta
¼ to ½ cup pesto (see “Basil” above)
Olive oil
Salt
Pepper
Parmesan cheese or nutritional yeast (optional)

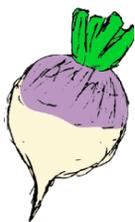
Preheat oven to 425 F. Brush eggplant slices with olive oil on both sides and sprinkle with salt and pepper. Roast on a cookie sheet for about 20 minutes or until very tender, flipping once when the face-down side begins to brown. Chop into bite-sized pieces. Meanwhile, cook pasta according to package directions. Toss roasted eggplant with hot drained pasta and pesto. Season with parmesan or nutritional yeast.

Garlic Hummus

Bronte told us about this hummus she made the other day and it sounds like a great dip to enjoy with a plate full of all the crunchy veggies you’re getting this week! Green beans and small carrots would require almost no prep, and cucumbers and peppers could just be cut up into sticks for dipping.

1 can chickpeas
½ cup tahini
2 T lemon juice
2 medium cloves garlic
¼ cup water (or enough to adjust consistency to your liking)
Salt to taste

If you want a really smooth texture, remove the skins from the chickpeas (but if you don’t mind it a little chunky, it will taste just fine with skins on). Combine the chickpeas, tahini, lemon juice and garlic in a blender or food processor, adding water as needed and salt to taste.



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