

# Wise Acres Farm CSA Newsletter

Week 9 – August 21, 2019

Believe it or not, after this week, we have reached the halfway point of the 18-week CSA season. We have heard from many of you that you have been finding flavorful ways to

incorporate more fresh veggies and fruits into your everyday meals. Keep up the good work! There is much to look forward to in the second half, including lots more salad greens that we have been succession planting for you, scallions and onions, cooking greens, winter squash, peppers, eggplant, and lots more carrots, cukes, and tomatoes.

Even if you are well-supplied with produce from your share, this is the time of year when it is well worth your time to stop by a nearby farmers' market. Melons and corn, two favorites that we aren't growing on the farm this year, are in peak season for the next couple of weeks, as are wild blueberries and tomatoes. There are great MOFGA-certified organic farms attending the Bangor, Hampden, Orono and Brewer markets. You can also find locally-produced meats, dairy and specialty items like coffee and baked goods. Visit [www.mainefarmersmarkets.org/shoppers/market-finder/](http://www.mainefarmersmarkets.org/shoppers/market-finder/) to get the dates and hours for any market in Maine.

-Brittany

## Recipes and Veggie Notes

Store tomatoes at room temperature in open air for several days. Store all other items in a closed bag in the fridge for 7 to 10 days.

### Panzanella (a.k.a. Grilled Bread and Tomato Salad)

*Adapted from [A Year in a Vegetarian Kitchen](#) by Jack Bishop*

For the bread, try Biggi's Organic sourdough, available at Tiller & Rye and the Bangor and Ellsworth Farmers' Markets!

4 thick slices of hearty bread  
4 tablespoons olive oil  
Salt  
1 large garlic clove, peeled  
1 ½ lb ripe tomatoes, diced

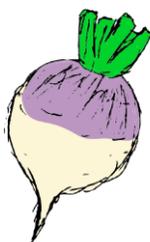
1 15-oz can cannellini beans  
1 medium cucumber, peeled and diced  
2 tablespoons fresh basil leaves, minced  
2 tablespoons red wine vinegar  
Freshly ground black pepper

Brush both sides of the bread slices with 2 tablespoons of the olive oil and sprinkle with salt to taste. Grill bread over medium fire until crisp and brown on the outside. If you prefer less char on the bread or don't have a grill, you can use the toaster or a skillet instead. Rub the garlic clove over both sides of the bread. Combine the tomatoes, beans, cucumber, herbs, 2 T of olive oil, vinegar, and salt and pepper to taste in a large bowl. Cut the bread into 1-inch cubes and toss with the tomato mixture. Serve on its own or over salad mix or lettuce.

### What's in the box?

Carrots  
Cherry Tomatoes  
Cucumber(s)  
Mini Lettuces  
Snap Beans  
Tomatoes  
Zucchini/Summer Squash

*Please remember to return your box!*



### Wise Acres Farm

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