

# Wise Acres Farm CSA Newsletter

Week 11 - September 4, 2019

Welcome to September – quick note this week since we know you are busy and we are, too! Try Lily’s pasta recipe below to use your eggplant/peppers/tomatoes, and the rest of this week’s share should give you a nice stir-fry and several nice salads. Back to harvesting! 😊

-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 (carrots for 2-4 weeks).

### Summer Spinach

Actual spinach does not tend to grow well in mid- to late summer, so we have started offering baby tatsoi greens as a “summer spinach.” Tatsoi is a mild Asian green that is an ingredient in our Salad Mix, and it also makes a nice substitute for fresh baby spinach in a salad.

### Pasta alla Norma

1 large eggplant, diced  
2 medium sized tomatoes or one large tomato, diced  
4 cloves garlic minced  
Red pepper flakes to taste  
1teaspoon oregano

Olive oil  
Salt and pepper  
Parmesan or pecorino Romano  
1 box linguine or fettuccine (one pound of pasta)

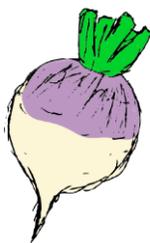
Set a large pot of salted water to boil. Heat a heavy bottomed pan with a generous amount of olive oil (at least three tablespoons) on medium high. Add diced eggplant and cook for at least ten minutes until eggplant is soft and browned, stirring often. Remove eggplant and set aside in separate bowl. Keeping heat on medium, add chopped tomatoes, garlic, red pepper flakes, oregano and a couple pinches of salt and black pepper. Cook until tomatoes have softened and sauce is fragrant. Add back in the eggplant and remove from heat.

Once water is boiling, cook about two thirds of the pasta from the box according to directions. Drain pasta, reserving a 1/4 cup of pasta water. Using tongs, add pasta to the pan of sauce along with reserved water. Turn the heat back on the sauce pan on medium high, and toss until pasta is coated with sauce and desired thickness is achieved. Serve with a heaping amount of pecorino Romano or Parmesan.

### What’s in the box?

Bok Choy  
Carrots  
Cherry Tomatoes  
Cucumber  
Eggplant or Pepper  
Lettuce Mix  
Summer Spinach (Tatsoi)  
Tomatoes

*Please remember to return your box!*



### Wise Acres Farm

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