

Wise Acres Farm CSA Newsletter

Week 11 - September 14, 2016

As I write this, I am in the kitchen, parked in front of the stove so I can keep an eye on the gauge of our pressure canner, which is currently filled with a load of tomato sauce. We have a commercial farm, but it's also our homestead, and we try to make time (sometimes via late nights) to preserve many of the veggies we will eat through the winter. This week we have squirreled away pints of peppers and edamame and this vat of tomato sauce, which has been a work in progress since last Thursday. In the realm of putting up food, one unfair advantage we have as *both* a commercial farm and a homestead is access to a gigantic refrigerator (a.k.a. our walk-in cooler) where we have the space to stash, say, a vat of half-finished tomato sauce when we just can't stay up long enough to get it all the way canned. Having tackled many major canning projects when I only had a single fridge to work with in our Bangor apartment, I really appreciate that cooler!

The farm drank Sunday's brief rain right down and things are quite dry again, so we're looking forward to more rain this week to germinate our final outdoor baby greens plantings and late cover crops of rye, vetch, oats, and yellow clover. Our fall brassicas (a broccoli trial, cabbage, and kale) have been looking very stressed, but I'm hoping there's enough time left in the season for them to bounce back somewhat. Fall carrots were also touch-and-go for awhile, but there are definitely carrots out there now, not just skinny roots! We are beginning to pull a small but nice crop of scallions, and enough peppers are finally ripening at once to put in your shares. It has been a challenging year, but that's why we grow so many different crops—some of them are bound to do well in whatever weather comes our way each season.

-Brittany

What's in the box?

Baby Kale

Lettuce

Peppers

Red Onions

Scallions

Snap Beans

Tomatoes

Watermelon

Zucchini/Summer
Squash

***Remember to return
your box next week!***

Recipes & Veggie Notes

Peppers

You are getting two “frying peppers” to try: Carmen (big) and Jimmy Nardello (small). They are both sweet and NOT hot, even though the Jimmy Nardello looks like it should be hot! It is an heirloom (I believe Jimmy Nardello was the guy who brought the seeds over from Italy), and it has a wonderful fruity flavor. While these are called frying peppers (and they do fry well in a skillet with some onions and olive oil!), they can also be used in place of a red bell pepper. We like Jimmy Nardello sliced thin as a pizza topping and Carmen chopped raw in salads.

Scallion Pancakes

More of an appetizer than a meal, but sooooo good, especially with the dipping sauce! I got this recipe originally from the CSA newsletter of Fisher Farm in Winterport, where I worked in 2010.

Pancakes:

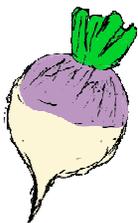
2 cups all-purpose flour (I try to use whole-wheat whenever I can, but this really needs white)
1 cup boiling water
1 T sesame oil (yummy, but can be replaced by vegetable oil)
½ cup finely chopped scallions

Pour boiling water over flour in a medium bowl and mix until dough ball forms. Let rest 30 minutes. Roll into a rectangle, cover one side with oil and scallions, roll into a cylinder (think cinnamon bun technique), and cut into four sections. Pinch the ends of each section closed and twist three times. Roll each section out into a 5-inch pancake. Fry in a lightly oiled skillet, turning once, until golden on both sides. Cut into wedges and serve with dipping sauce.

Sauce:

2 T soy sauce
2 T rice vinegar (or substitute 1 T white or cider vinegar)
2 T minced scallions
2 t minced ginger
Pinch red pepper flakes (optional)
2 t brown sugar
1 t sesame seeds

Combine all ingredients in a small serving bowl.



Wise Acres Farm
Brittany Hopkins and Joy Trueworthy
424 Townhouse Road, Kenduskeag, ME 04450
wiseacresgarden@gmail.com • (207) 730-6214

