



CSA Newsletter

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Week 12

New to your share this week is fresh celery! We don't grow it quite as big as what you get at the grocery store and we don't blanch it as it grows. The result is a celery with real flavor great for soups and stews and for mixing in with your vegetable sautés! I like to chop up a bunch with onions and pan fry with kale. It does have a nice celery flavor, more than what you're probably used to, so try using half of what you normally use and work your way up depending on your taste. Enjoy!

In the Garden

I haven't actually taken a walk around yet this morning. The garden behind the house just looks excessively wet. We have an area that puddles near the swing set and that turned into a pond. The water is going down though, and the wind will help dry everything out.

At the end of last week, Eric mowed down the potato section of the garden so we can start preparing that area for digging. We have an old potato digger that works well if the soil isn't too wet. So we'll be clearing the debris, probably by burning it, so that the ground can start to dry out. I figure we'll be able to dig all of the potatoes within the next week or two. Once they're out of the ground we'll cure them and then bring them into our basement to store them until we distribute them and for family use throughout the winter. This past spring, we were just using up last year's potatoes in May. We had a small gap to fill with potatoes from the grocery store, but not too bad!

Our new plantings are coming up nicely. The radishes have been thinned twice. The lettuce is slower coming than I'd like, but we should have some ready for your last couple of weeks at least. We'll plant more this week or next.

On the Farm

The big news on the farm is that we're down to just one intern, Andrew. Andrew has been with us since the beginning of May and has seen everything from greenhouse to gardens. He planted the beautiful onions and potatoes you've been getting. We had expected a young couple to join us this week, but it looks like they won't be coming. I started searching for others a few weeks ago and started interviewing this weekend. We should have someone in place to help us by the end of next week or so. I'm sure it's not easy being the only intern on the farm, although that's the way it usually is in the fall. After fall garden clean-up and we hit November, farm work does slow down. We have some big projects yet though. We will still be putting up a new high tunnel. We're in the process of finding just the one we want and who to buy it from. The spot for the structure needs some site work to prepare it, so we're planning that out now too. We have more birdhouses to build this fall and winter to be ready for the spring. Cover crop needs to be planted as we clear out crops. And we still want to do our fall soil tests to get any amendments we need put on the gardens before we seed them down. Hard to believe we're already planning out our fall tasks...

100% Grass-fed, Certified Organic Beef

We have beef on hand right now and can deliver it to you at your weekly pick-ups. We also have larger freezer beef packages available for the month of September. The beef will be ready for delivery before Labor Day. Our beef has been selling out fast and we have new customers coming on, so act soon! Visit our website for details about our delicious beef: <http://maplewoodorganics.biz>.

Please find us on Facebook (Maplewood Organics and The Organic Mother) and Twitter (maplewoodvt and organicmother74). We have a new email list sign up on Facebook!

Recipes of the Week

Celery and Red Onion Salad with Ginger

1/2 tsp. freshly grated ginger

2 tsp. rice wine vinegar plus more to taste (apple cider vinegar also works great)

1 bunch celery

1/2 small red onion

Sea salt

In a medium bowl, combine ginger and 2 tsp. vinegar of choice.

Separate stalks of celery, rinse and dry them, and trim off any tough ends or damaged sections. Slice celery as thinly as possible at a slight diagonal angle.

Peel and thinly slice red onion. Rinse and dry to reduce the harsher raw-onion flavor, if you like.

Toss celery and onion with ginger vinegar. Add more vinegar and salt to taste.

Grilled Eggplant & Tomato Stacks *From EatingWell: July/August 2010*

- 2 teaspoons plus 1 tablespoon extra-virgin olive oil, divided
- 1 medium eggplant (3/4-1 pound), cut into 6 rounds about 1/2 inch thick
- 1/2 teaspoon coarse salt, divided
- 6 teaspoons prepared pesto
- 2 large beefsteak tomatoes, each cut into 3 slices about 3/4 inch thick
- 4 ounces fresh mozzarella, cut into 6 thin slices
- 6 fresh basil leaves
- 1 tablespoon balsamic vinegar
- 1/4 teaspoon freshly ground pepper

1. Preheat grill to medium-high or place a grill pan over medium-high heat until hot.

2. Use 2 teaspoons oil to brush both sides of eggplant slices; sprinkle with 1/4 teaspoon salt. Grill the eggplant slices for 5 minutes. Turn; continue grilling until tender and marked with grill lines, 3 to 5 minutes more. Transfer to a large platter.

3. Spread each eggplant slice with 1 teaspoon pesto. Top with a slice of tomato, a slice of mozzarella and a basil leaf.

4. Drizzle vinegar and the remaining 1 tablespoon oil over the towers; sprinkle with the remaining 1/4 teaspoon salt and pepper.

Please visit our website to read our past newsletters and recipes if you're looking for more ideas. Only this year's newsletters are there so far, but I'll be working on getting all of our newsletters from 2005 on archived on our website. <http://maplewoodorganics.biz>

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