

Butterbean Community Farm News

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This week's share:

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|------------------------|-------------------|
| 1 – choice of herb | 7 – cucumber |
| 2 – tomatoes | 8 – summer squash |
| 3 – salsa verde basket | 9 – red peppers |
| 4 – beans | 10 – radishes |
| 5 – edamame | 11 – red onion |
| 6 – eggplant | 12 – garlic |

Ranked from shortest to longest storage potential. New next week: delicata squash and lettuce mix.

Field Report

Statistically speaking, it's bound to get a *little* colder sometime soon, but sure doesn't feel like it. This last bit of heat is great as a final push for our ripening fall crops, and a last hurrah for the summer fruits, like tomatoes and peppers.

As much as we hate to say it, summer's end is right around the corner. The historic first frost is just weeks away. Delicate summer crops, like cucumbers or basil, will die quickly with a night that dips below freezing. Hardy fall crops, like kale, carrots, brussels sprouts, and beets, will mature and sweeten as the nights get colder. Exciting late summer and early fall crops like delicata squash and leeks will be a part of your CSA next week, and spinach will soon follow.

This also means that we're in the preliminary stages of tucking the farm away for winter. We will continue to till beds that are done with production and seed them in cover crops (maybe, if it rains!). The chickens and sheep will get a piece of the action, too: they will eat the remnants of plants and apply some fresh fertilizer in a few weeks. Other parts of the farm will receive some composted horse manure that will mature and mellow over the winter. We'll also start creating next year's crop plan, and decide where to plant our garlic.

This time of year represents quite a transition. Up until now, all of our farming was focused on this season. September is the time when those long maturing crops start to die back, beds are put to rest, and fields are becoming a fresh canvas once again. And, for the dreamer in these two farmers, the phrase, "Next year, we'll..." becomes a lot more common.

Eat well and stay cool,

- Dan

Recipes

Sweet Red Pepper Confit

from Edible Madison, Fall 2010

I love this description from the original published recipe: "This easy confit is like a favorite scarf—the one that goes with everything and drapes you just right. The peppers add unctuous intrigue to sandwiches, burgers, pasta and omelets. And they make a happy sop for bread." Makes about 2 cups.

Ingredients:

- 3 or 4 red peppers, cut into thin strips
- 4 tablespoons extra-virgin olive oil
- 2 teaspoons coarse sea salt
- 1 tablespoon balsamic vinegar

Heat oven to 425 degrees. Combine peppers, oil, and salt in a baking dish; cover tightly. Bake until peppers are meltingly tender, 25 – 40 minutes, stirring once during cooking time. Remove from oven. Toss with vinegar. Serve peppers warm, cold, or at their very best: room temperature.

Ratatouille

from Edible Madison, Summer 2010

Take advantage of your last opportunity to savor the flavor of summer by making ratatouille-- this week is the last week for summer squash and probably eggplant as well.

Ingredients:

- 1 tablespoon olive oil
- 1 cup sliced onion
- 1 pepper, red or green
- ½ pound summer squash
- 1 medium eggplant
- ½ pound tomatoes, seeded and quartered
- ¼ cup basil leaves
- 3 cloves garlic, minced
- salt and freshly ground pepper to season

Clean all the vegetables and cut into different shapes, keeping them separated. Cut the summer squash into ¼ inch slices. Cut the pepper in half, remove all seeds and white membrane, then thinly slice. Cut eggplant lengthwise into 8 pieces, then dice into 1 inch pieces. Cut the onion into quarters, then thinly slice. Coarsely chop the basil and mince the rest of the herbs.

To cook, coat a large skillet with olive oil and bring to a high heat. Add the onion and garlic and sauté quickly until it develops

aroma. Add the pepper and sauté for just a minute. Add the squash and zucchini and sauté. Add the eggplant and toss together. Season with salt and pepper. Cover and cook for 10 minutes on medium-low heat.

Add the tomato, basil and herbs and toss gently. Cover and cook for 15 more minutes or until vegetables are tender. This will depend a lot on the size and ripeness of your vegetables. Adjust the seasonings with salt and pepper to taste. Transfer to a serving platter, or serve over cooked pasta.



Family on the farm

Other cooking (and preserving) ideas:

- I made a tasty and very simple cucumber onion salad with peeled, seeded, sliced cucumber, sliced red onion, and just a splash of white vinegar and a drizzle of olive oil as dressing with salt and pepper to taste.
- use sliced radishes as a taco topping, or on sandwiches. Or eat them as the French do: whole, with butter and salt.
- we are close to the end of green beans and dragon tongue beans. Try simply sautéing either kind with some minced pepper and sprinkling with salt, pepper, and some freshly squeezed lemon juice.



Buckwheat cover crop in fallow fields.

Use and Storage Tips

vegetable	storage and preservation				usage suggestions							
	IDEAL CONDITIONS	PICKLE	FREEZE	DEHYDRATE	RAW	STEAM	BRAISE	BOIL	GRILL	ROAST	SAUTE	FRY
radishes	refrigerated	•			•	•			•		•	
beans	basket or loose paper bag, warm refrigeration (40° -45°)	•	•	•	•	•		•			•	
peppers	wrapped, refrigerated	•	•	•	•	•	•	•	•	•	•	•
cucumber	loose paper bag, warm refrigeration	•		•	•						•	
tomatoes	room temperature	•	•	•	•		•	•	•	•	•	•
salsa basket	wrapped, refrigerated				•					•		
summer squash	loose paper bag, warm refrigeration (45° -55°)	•	•		•	•	•	•	•		•	•
edamame	Loosely wrapped, refrigerated		•					•				
garlic	cool, dark, dry	•		•	•		•		•	•	•	
onion	cool and dry	•	•	•	•		•		•	•	•	•
herbs	loose wrap, refrigerated			•	•			•	•	•	•	
eggplant	loose paper bag, warm refrigeration	•				•	•		•	•	•	•

(adapted from *Farm Fresh and Fast*)