



# Community Cultivator



## Newsletter of the Foggy River Farm CSA, Week 10

### **You say tomato, I say Wolf Peach...**

First, we have an announcement about a change of date for the upcoming Welcome the Tomatoes farm party: we are bumping the party one week later than originally planned to Sunday, August 21<sup>st</sup>. It turns out that Lynda will be helping her little brother Bobby move into college the previous week. We hope this date still works for everyone and can't wait to have you all out for pizza! More details will come as we get closer to the date.

And now a little story about tomatoes.

Tomatoes, as you may have heard, are said to have found their start in South America, where they grew on the banks of the Orinoco River. This heritage helps give meaning to their growing characteristics. A mentor of ours explained it to us like this. When the river waters flowed high, the tomato plants grew green and lush, putting their energy into foliage. In the dry season, the waters dropped down and the plant began to ripen fruit as it sensed its days were numbered.

Here, on the floodplain of the Russian River, we aren't exactly growing tomatoes directly on the banks of the river. Instead, in our fields we try to mimic the conditions of a seasonal river—recreating the feast and famine that the tomato experienced back on the Rio Orinoco. In April we move the plants from the greenhouse into the fields, and for the next couple months we give them plenty of water. (The river is high in its banks.) This allows the greens to grow vigorously, creating a reservoir of energy and nutrients for future fruits.

Then, come July, we start to back off the water (as the river recedes down its banks), watering only a couple times a week. The reduced water supply, combined with rising temperatures triggers a ripening of fruit. Finally, once harvest is in full swing, we will stop watering altogether (the river has slowed to a trickle) and the plants will dedicate all of their energy to pumping out sweet, delicious fruit.

We love sharing their delicious tomatoes with you all, and are thrilled that the harvest season is underway.

Your Foggy Farmers,  
Emmett & Lynda  
Craig & Emma

P.S. In the 1700s Swedish scientist Carl Linnaeus gave the tomato the scientific name *Solanum lycopersicum*, or “quieting wolf-peach.” It was later upgraded to *Lycopersicon esculentum*, or “edible wolf-peach.” Lynda's book has a whole chapter about the entertaining history of the tomato.

## What's In Your Box:

- **Broccoli (Arcadia)** *Yes, you are reading correctly: late July broccoli! Although this would normally be unusual in our climate, for the past three summers we've managed to take advantage of the relatively cool weather and bring in successful broccoli crops in July or August. (Recipe included.)*
- **Carrots (Yellowstone, Danvers, Nantes)** *Crispy yellow and orange carrots good for eating fresh or cooking.*
- **Beets (Detroit Red, Chioggia, Golden)** *Beets great for roasting, or making a tasty beet salad. Other fun things to try with beets: pickled beets, beet chips, beet soup. (Recipe included.)*
- **Cabbage (Tendersweet)** *Good for a summer cole-slaw or sautéed into a stir-fry. Try using it as an addition to the broccoli-slaw recipe included, or pickled using last weeks pickling recipe.*
- **Cherry Tomatoes (Sungold)** *The cherry tomatoes are multiplying, and we are all the lucky beneficiaries. Great as snacks, or lightly browned and then tossed into a pasta dish. (Recipe included.)*
- **Summer Squash (various)** *More summer squash to...throw on the grill, add to pasta sauce, make zucchini bread with...the possibilities are endless. This week we have a recipe for stuffed squash, a great thing to do with the larger ones and/or patty-pans.*
- **Chard (Bright Lights)** *This colorful mix of swiss chard varieties can be fixed in a variety of ways. The simplest way is to shred it finely (perpendicular to the stalk), sauté some garlic in oil, and then quickly sauté the chard with some lemon juice and salt and pepper until it is just soft. Put a lid over it for the end to steam the leaves and make them extra tender.*
- **Head Lettuce (Bergam's Green, Red Cross)** *This lettuce will have some summer bitterness in it, but still great for a dressed salad.*
- **Garlic (various)** *What recipe isn't better with a little garlic? Another bit o' garlic for your pantry.*
- **Fresh herb: Basil (Sweet Genovese)** *This classic Italian herb is great for pesto, or as seasoning paired with summer vegetables such as squash and tomatoes.*

# Foggy River Recipes

## **Broccoli-Cauliflower Cole Slaw**

*A new idea for the summer Cole crops, from CSA members Matt and Erin. (Yes, cabbage, broccoli, and cauliflower are all in the Cole family of vegetables.) If you have cauliflower from last week, you can use that, or you can make the recipe with just broccoli, or as Matt and Erin note below you can try adding other veggies like cabbage, carrots, etc.*

One cup mayo  
Half cup sugar  
Two tablespoons vinegar  
Bacon bits to taste (we used about a half cup) or salt to taste.

One head chopped cauliflower  
One head chopped broccoli

You can easily add carrots (sliced or grated), kohlrabi, cabbage, fennel, snap peas, or any other crunch vegetable to the basic mix and you can also add mustard to the dressing. If you like your coleslaw dressing on the thinner side, you can cut the dressing with olive oil until it gets to her desired consistency (can also be a garlic or herb olive oil if you want to be fancy).

## **Cherry tomatoes & basil pasta**

*Here's a tasty pasta dish we whipped up a few nights ago, using fresh summer ingredients. It's very quick and yummy, and you can add other veggies like summer squash if you like.*

Garlic and/or onion, chopped (green onions are nice too)  
1 basket Cherry tomatoes, sliced in half  
½ cup Basil leaves, roughly chopped  
Salt and pepper  
Light olive oil or other vegetable oil  
1 round goat cheese  
Bow-tie pasta or other favorite pasta

Boil water and start pasta cooking.

Heat oil in pan and sauté garlic and/or onion. Once soft, add cherry tomatoes and cook quickly for a couple minutes, just until the tomatoes soften but before they get mushy. Remove from heat.

Drain al dente pasta. In a large serving bowl, mix pasta and tomato mixture. Add salt and pepper to taste. Crumble goat cheese into the bowl, add basil and mix all together. Enjoy!

## **Red Beets in Vinegar (Guatemala, "Ensalada de Remolacha")**

*Here's a nifty little recipe from the cookbook "Extending the Table: Recipes and stories from Argentina to Zambia in the spirit of More-with-less." You can experiment with*

*cooking the beets less time if you like more crunch. The cookbook author has this to say: "This simple salad is the principal way of Guatemalan cooks prepare beets.*

1 large whole red beet or several small ones (other color beets will work too!)  
1 small onion, sliced  
½ c. vinegar  
salt and pepper to taste  
Optional: Substitute 2 T fresh lemon juice for vinegar.

Cook beet until tender in salted water. Cool, peel, and slice. Combine with other ingredients. Chill.

## **Beet Soup**

*Beet can make an excellent soup. If you're looking for something warm and comforting, give this a try. (Or if you have a family member who won't eat beets if they can recognize them on their plate!)*

### Ingredients

- \* 3 tablespoons olive oil
- \* 1 medium onion, chopped
- \* 3 cloves garlic, chopped
- \* 3 large beets, peeled and chopped
- \* 2 cups beef stock (or vegetable stock)
- \* salt and freshly ground pepper
- \* heavy cream (or yogurt)

### Directions

1. Warm olive oil in a large saucepan over medium heat. Stir in onions and garlic; cook until soft but not browned, about 5 minutes. Stir in beets, and cook for 1 minute.
2. Stir in stock, and season with salt and pepper. Bring to a boil; cover, and simmer until the beets are tender, about 20 to 30 minutes. Remove from heat, and allow to cool slightly.
3. In batches, add soup to a food processor, and pulse until liquefied. Return soup to saucepan, and gently heat through. Ladle into bowls, and garnish with a swirl of cream.

## **Beet Chips**

*Now that you've made kale chips, why not add another amazingly tasty—yet healthy—crispy snack to your repertoire?*

Beets, your desired quantity  
Oil or oil-spray  
Salt and pepper

Preheat oven to 400 F. Slice beets very thin (use a mandolin if you have one.) Spread evenly on a lightly greased cookie sheet, spray with nonstick spray and season with salt and pepper. Roast 15 minutes, then flip the chips. Continue to roast 10-15 minutes, until chips are dry and crispy.