



Stone Gardens Farm

~ 83 Sawmill City Road Shelton, CT 06484 ~
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CSA NEWSLETTER WEEK #9, JULY 28TH 2009

July 28, 2009

Hello Everyone,

We are proud to announce that we finally have enough tomatoes to put one in every CSA share! This is great news for our farm as the cold and rainy spring and summer months have negated any efforts we have made to produce tomatoes earlier, but they have finally arrived. Currently we are picking only regular beefsteak tomatoes from our greenhouses and fields.

In your box this week you will have a half dozen of corn (it is still the butter and sugar variety, our all white corn is expected to come in shortly), bunches of kale, collards, and radishes, green or yellow beans, cucumbers (both pickling and regular – the pickling do not need to be pickled they just have a crunchier center and the skin is less tough), a tomato, and a dozen of eggs. In addition full shares will also be receiving garlic, onions, carrots, and leaf lettuce mix.

The collards and kale in your boxes this week are very tender. The can be used as a sandwich wrap instead of a tortilla, or I also like to slice them thin and use them in a salad or added to coleslaw. You can also freeze and save for later, see the tips below.

Please note that due to the addition of new boxes, you may once again have a new number. Please check your box for your name, not your old number. Your box will be in the same vicinity as always. For reference, the boxes go in alphabetical order according to the last name. Once again we are sorry for the inconvenience; if you should need assistance with anything, feel free to stop in the stand.

Enjoy,

Stacia

Freezing Kale or Collard greens

The blanching time for collard greens is 3-4 minutes per pound.

In a blanching pot or large pot with a tight fitting lid, bring 5 quarts of water to a rolling boil.

Meanwhile, wash collards, trim stem ends and cut into 1-inch pieces or leave whole.

Blanch no more than one pound at a time. Add collards to boiling water and immediately cover with a tight fitting lid.

Start timing immediately and blanch for 3-4 minutes.

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Prepare an ice water bath in a large 5-quart container or the sink.

Remove collards from water with a slotted spoon or blanching basket.

Emerge in the ice water bath for five minutes or until cooled. If you do not have ice, use several changes of cold water or running cold water. Remove and drain.

Pack cold collards in zip-closure freezer bags or freezer containers. Squeeze out as much air as possible before sealing bags.

Label and date each container or bag. Immediately place in the freezer, allowing an inch of space around each container until it is frozen. Freeze for up to one year at 0 degrees F. or below.

Blanching water can be used over and over again. Add more water if necessary. Remember to always bring water back to a rolling boil before blanching more vegetables.

Corn Salsa

- 2 cups frozen corn kernels, thawed
- 1/3 cup chopped purple onion
- 1/4 cup chopped red bell pepper
- 3 tablespoons chopped fresh cilantro
- 2 tablespoons fresh lime juice
- 1 to 2 tablespoons finely chopped jalapeno pepper
- 1/2 teaspoon salt

Preparation:

Combine all ingredients in a small bowl. Cover and refrigerate for 2 to 4 hours. Remove from refrigerator about 30 minutes before serving. Serve corn salsa with grilled meat or poultry. Makes about 3 cups corn salsa.

Bean Salad

1 lb green or yellow beans – blanched and chopped into bit size pieces

Fresh mozzarella - cubed

½ pint cherry or grape tomatoes

Toss all ingredients together with Italian Salad dressing and Enjoy!

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