



Red Rubin Italian Basil
Champion Collard Greens
Cucumber Mix
Gourmet Bell Peppers
Purple Majesty Potatoes
Easter Egg Radishes
Cherry Tomatoes

The Spring 2014 CSA session was easily the farm's most ambitious yet, in terms of size and scope. It was the first that we've had demonstrations (thank you, Trayce, Chris and Elizabeth). It was also the first time we've invited members out to help and the response we got was great, even if the instruction you got sometimes wasn't. Ambition always invites struggle and we're all better for it. So, while we've certainly got plenty to reflect on and grow from, I'm calling this session a solid success. Nobody went hungry. Nobody burned the house down. Hopefully you've found a new vegetable to love and a new one to hate, learned a little, shared a lot and, most importantly, had yourself some fun.

And, so, as a bad 90s rock band that I never really cared for once said: "Every new beginning comes from some other beginnings end..."

Registration for the Fall CSA Session is now open to current members. The goal's to keep everybody in the fold. It's been said before but I'll repeat myself 'cuz nobody's going to stop me and it feels good to say it: *you're* the rigid backbone of everything that goes on at this farm. Any contribution that Inglewood makes to the local food movement in Central Louisiana is possible, first and foremost, because of your support. You give us the opportunity to grow the food that spreads the cause. Your support means that when another homemaker resolves to live a proactively healthy lifestyle, and to feed their families wholesome, locally grown, Earth-respecting food, they have that option available to them.

Fall 2014 CSA Essentials:

\$324, 12 weeks

Saturday, Sept 27th – Thursday, Dec. 18th

And this, Episode 1: **CSA Member Appreciation Special this week: 15% off pork roasts.** If you haven't done a Shoulder Roast or a Boston Butt yet this is the time to strike. They're delicious and super easy to cook. I mean really, really easy. Even this sauté everything in butter and garlic and call it a day magician can do a pastured pork roast right 10 times out of 10. There's a never-fail recipe at the end of this overgrown newsletter.

And this, Episode 2: The Market Strikes Back: In an effort to subject the vendors, the customers and the products to the least of the summer heat, we're moving our Saturday Harvest Barn Market back an hour from 9am-1 to 8am-Noon. The weekend market's really taken off this spring and we wanna keep this thing rolling so we'd love for you to continue coming out to see us on the weekend. We'll be here. You've just gotta set your alarm an hour earlier if you still wanna be first in line.

Vegetable of the week: Purple Majesty Potatoes

I'm really glad that we grew purple potatoes. Every week, I watch everybody fawn over the Yukons and the Reds and leave their prettier, firmer, moister, more antioxidant-rich purple counterparts behind. I'm reminded of the story of one man and his garbage and another man and his treasure...

Purple potatoes are great roasted, microwaved (if you've gotta) and in potato salads, but if you wanna do right by a purple potato you've really gotta make it into a chip. Purple Majesty's especially. They're firm enough to stand up to the heat of frying without burning, they stay crispy and crunchy, and they're beautiful.

Before you let anyone convince you that deep-frying your food everyone once in a while is going to destroy your health, you should know that as long as you avoid using inappropriate oils that turn rancid when they're exposed to heat (olive oil, grapeseed oil, margarine [fake oil], canola oil,...), you're not going to hasten your demise. Oils with high smoke points like butter, tallow, rendered lard*, ghee [clarified butter]**, coconut, sesame, palm and pecan oil are really what you should be applying heat to.

*Lard is made from kidney fat (leaf fat), the cleanest and least odorous fat on a pig. You can get high quality stuff from us.

Here's how to render it:

- 1) Trim fat into 1/2 inch cubes.
- 2) Add water, about 1/2 cup to every 3 lbs. fat, and combine in pot over medium-low heat. Simmer and stir about 45-60 min.
- 3) Continue to stir periodically while cracklings float to top and eventually sink to the bottom of the pot. When they do, turn off the heat, strain liquid through cheesecloth into a mason jar to cool, and devour those cracklings before anyone else in the house realizes that they're around.

**The process of clarifying your own butter is a lot like the one for making lard described above. Ghee's lactose-free and super expensive at the supermarket so it's really worth your while to get out to the farmer's market for some local butter and make your own if anybody in the family is lactose-intolerant and you don't wanna submit them to the torture of a lifetime spent without the greatest thing since bacon.

Recipes:

Purple Potato Chips

1 lb. purple potatoes
8 cups deep-frying oil

- 1) Cut potatoes into very thin (1/8th-1/16th inch) slices with a slicer or food-processor.
- 2) Rinse and drain. Spread on towel and pat dry.
- 3) Heat 2 inches oil in pot/pan over moderately high heat, add potatoes, fry for 3-5 minutes, stirring frequently, until crisp.

Italian Purple Potato Salad

1 lb. purple potatoes
2 bell peppers, chopped
1 pt. cherry tomatoes, diced
1/2 cup fresh basil, rolled and sliced thinly
1/4 red onion, minced
1/2 cup cheese (asiago, parmesan work well)
vinaigrette of your choice

- 1) Cut potatoes into small, bite-size chunks while bringing enough water to submerge to boil.
- 2) Boil potatoes for 6-9 minutes, checking frequently for still-tender but not mushy potatoes.
- 3) Drain and cool potatoes.
- 3) Add onion, peppers, cheese and basil to a bowl, mix with potatoes and top with vinaigrette.

Slow-roasted Pastured Pork Shoulder or Boston Butt

Feed a lot or feed a little and have some left over for tomorrow. Ham steaks are great, pork chops are splendid, tenderloins are amazing but a little bourgeois, and sausage & bacon are incredible, obviously, but roasts really are my favorite cut of heritage pork for their unmatched flavor, juiciness and simplicity. The crucial and often overlooked to cooking a nice roast is the sear, it's how you end up with those chewy, sorta crispy odds and ends..

1 3.5-7 lb. Shoulder Roast or Boston Butt
Salt + Pepper

You can add other herbs or smoked paprika or marinade the roast with honey or oil & vinegar or whatever but it really doesn't need it. These pigs live outside foraging for treats in the pasture and eating whatever vegetable seconds we can give them and you can taste it. I've got more integrity than to spout the company line for the sake of it. Believe me, once you've had pasture-raised pork it's hard to go back to the lean, pale, colorless stuff they sell at the Piggly Wiggly.

- 1) Thaw roast 24 hours ahead of time in the refrigerator. You can thaw it out a little quicker in a warm water bath but you have to change the water as it cools and be careful not to use water that's too hot or you'll start cooking the meat.
- 2) Preheat oven to 225-250 degrees. 225 if you're got 6+ hours and closer to 250 if you've got 4.
- 3) Rub a generous amount of salt and pepper on each side of the roast. Use more than you think you need.
- 4) Pour a thin coating of heat tolerant oil in an oven-safe pan or skillet large enough for the roast and bring to temperature over medium-high/high heat.
- 5) Place roast on the pan/skillet, being careful not to splash the oil, and let it sit uninterrupted for at least 3 minutes. After that time, gently and carefully disturb the pan until the meat releases on it's own. When it does, turn it over and repeat the process for the other side.
- 6) Put the oven-safe pan/skillet in the pre-heated oven, uncovered, for 4-8 hours. You can cut into it to check if it's finished or use a meat thermometer to check if it's reach 185 degrees.
- 7) Remove from oven and allow to cool for a few minutes to preserve moisture.

Thanks for a great session! See you in the fall!