

SUMMER CSA NEWSLETTER, WEEK 5



Asian Eggplant

Cucumbers

Purple Basil

Sweet Lunch Box Peppers

Bell Pepper Mix

Jalapeño Peppers

Melon

On a busy day in the fields, my favorite snack is cucumber. They taste great on a hot day straight off the vine or sliced with a dash of lime and chili pepper. It's a good thing we have a lot of cucumbers out there right now because we've been really busy getting the fields prepared and ready for fall planting!

Disking up the fields always gets me excited because it means we will be transplanting and seeding soon, and those are some of my favorite field tasks. Watching the seeds as they fall from the seeder and pushing the transplants into the soft wet soil are both satisfying on their own. But thinking about the plants that will be coming up and then the harvest that will soon follow is almost transcendent! As the tractor purrs and the beds go slowly slipping by, I can't help but let my thoughts drift to the broccoli and cabbage and kale that will soon be in the CSA shares and on our plates. Spring mix, turnip greens and sweet root vegetables are the things that fill my head so much I can almost taste them.

These thoughts come especially easy now as we sit down to work out our fall field plan. It seems like that's all I can think about lately.

Of course, you, shareholder, are a huge part of this process and we need your help.

You may not help with drawing up the plan, but by signing up for the Fall CSA you are helping us more than you may know. By committing to pay for your CSA share, you help us to buy seed and supplies we need in order to get this fall planting rolling. This takes a load off of our minds and allows us to get busy with the actual planning and planting so that by the time fall rolls around all we have to do is harvest the best, tastiest organic veggies in Central Louisiana and stuff them into your boxes. Then you can take them home and show them off to your family and friends and you can tell them we grew this food for you!

Recipes:

Watermelon Rind Ice Box Pickles

(This recipe works great with cucumbers or peppers, too)

4 cups watermelon rind - white part only – no green skin

1/2 c kosher salt

12 c water - divided into half

2 1/2 c white vinegar

1-2 jalapenos - sliced into 1/4" round rings

1 tsp mustard seeds

1/2 tsp black peppercorn

1/2 tsp white peppercorn

3/4 c granulated sugar

Dissolve salt in 6 cups of water over high heat, remove from heat and let cool. Place watermelon rind into a sealable bag or bowl. Cover with salted water and place into the refrigerator over night. When ready, remove watermelon rind and rinse well. Bring rind and remaining 6 cups of water to a boil in saucepan. Boil for 5 mins. Remove from heat and drain water and remove melon rind.

Add vinegar back into the pan and place over medium heat. Next, add jalapeno, mustard seed, peppercorns and sugar. Stir until all of the sugar is dissolved. Once sugar is dissolved add watermelon rind back into the pan and cook 5 mins. Remove from heat. Using a slotted spoon add watermelon rind into a large glass jar. Slowly pour vinegar mix over the top of the rind until the jar is almost full. Cover with an airtight lid and refrigerate at least 6 hours up to 2 weeks.

Roasted Sweet Mini Peppers

A pint of Sweet Lunch Box Peppers

3 TBSP Inglewood Pecan Oil

Sea Salt and Fresh Ground Black Pepper

Instructions:

Heat oven to 425 degrees F.

Place peppers in center of a rimmed baking sheet. Drizzle with oil, season with salt and pepper. Toss to evenly coat. Spread them apart on the sheet tray. Roast until tender, about 15 - 18 minutes – about half way through cooking, give'em a good tossing. Plate them with a dollop of goat cheese for a colorful decadent side dish.

Too many peppers you know what to do with? Chop bell and sweet peppers up and freeze in 1/2 - 1-cup portions. That way this winter when you are in need of peppers for your savory stews and gumbos you will have a perfect portion amount to sauté!

Enjoy!

– Farmer Christian