

SUMMER CSA NEWSLETTER, WEEK 7



Winter Squash Cushaw
Mixed Okra
Mixed Cherry Tomatoes
Melon Cantaloupe 'Tasty Bites'
Shiso

A cool front you say?! This week has brought a reprieve from the scorching heat and it marks a change on the farm too.

You have heard about the field planning we have been doing and now it's time to plant! We are gearing up for fall in the greenhouse this week. I've had the pleasure of taking care of all the baby plants (also called seedlings) here on the farm for more than a year now. I have to say it is no easy task. They may seem like simple entities but really they are more difficult than a screaming baby at times. The issue is that they don't scream, every species has its quirks, and there are thousands of them.

Don't let me fool you. This is what lets me know the fun of fall is about to begin. Thousands of seeds are about to embark on a grand adventure. We use our hands, and yours to seed each of the plants that will eventually move to the field. (So we could certainly use your help if you have some free time.) Soon there will not be a bare table top in the greenhouse and before we know it those tiny seeds will graduate to field duty. But we will be seeding deep into the fall and through the winter. So when its cold outside my first thought is the greenhouse ... is the heat on, are the sides buttoned up, does everyone have enough water? Every day I check to make sure everyone is happy. But the greenhouse is like having a baby at home, everyone checks on it from time to time and it is a team effort to keep every plant strong. Luckily, we have a great team on the farm. I've been so fortunate to share space with all the wonderful people that have offered their time and support to help us grow. We would not be where we are without you.

So, if you can, come out and help. Help us plant. Now for the eating:

Baked Cushaw

1 medium cushaw 2 eggs
2 cups sugar
1 teaspoon vanilla 1/2 pound butter

2 tablespoons flour
1/2 teaspoon baking powder Nutmeg to taste

Cut cushaw in pieces, scrape out seed, and boil until tender. Remove peeling. Mix cushaw with the rest of ingredients. Place in baking dish and bake in 350° oven until brown on top. (30 to 45 minutes)

May be eaten as a vegetable side-dish or baked in a pie shell for dessert!

Shiso/ Perilla Stir Fry

Shiso leaves
2-4 cloves garlic, minced
1/2 onion
1 hot pepper (or sweet pepper)
2 tsp sesame Oil
2 tsp cooking oil (pecan, olive, grape seed) 2 tsp Soy Sauce
Roasted sesame seeds
Salt to taste

De-stem, wash, and stack shiso leaves. Cut leaves in half. Slice onion and pepper. Boil 4 cups water with a little salt. Boil shiso leaves for 20 seconds. Immediately move to cool water to stop cooking. Toast sesame seeds in frying pan over low heat. Remove just as you start to smell the seeds roasting. Squeeze out leaves and move to a frying pan. Add onion, pepper, garlic, soy sauce and oils. Heat pan and cook until onions turn translucent. Salt to taste. Top with roasted sesame seeds.

*Add sliced cherry/ green tomatoes, or other veggies for a twist.

Fresh Mayo

(In case you have any eggs left over.)

1 large egg yolk

1/2 teaspoons fresh lemon juice

1 teaspoon white wine vinegar

1/4 teaspoon Dijon mustard

1/2 teaspoon salt plus more to taste

3/4 cup oil, divided (canola, olive, pecan)

Combine egg yolk, lemon juice, vinegar, mustard, and 1/2 teaspoon salt in medium bowl. Whisk until blended and bright yellow, about 30 seconds. (I normally use my food processor or immersion blender.)

Using 1/4 teaspoon measure and whisking constantly, add 1/4 cup oil to yolk mixture, a few drops at a time, about 4 minutes. Gradually add remaining 1/2 cup oil in very slow thin stream, whisking constantly, until mayonnaise is thick, about 8 minutes (mayonnaise will be lighter in color). Cover and chill. Can be made up to 2 days ahead. Keep chilled.

-Farmer Alisha

Upcoming Farm Events:

Signup for Fall CSA

Click here to signup before we fill up.

We have added several convenient community pickup sites throughout CENLA and are also affordable offering payment plans.
