

SUMMER CSA NEWSLETTER, WEEK 9



Cajun Grain Brown Jasmine Rice

Eggplant, Farmer's Choice

Shiso

Homegrown Tomatoes

Okra

Peppers, Farmer's Choice

All the flowers of tomorrow are in the seeds of today. - Indian proverb

Well, we have almost made it through the Summer, with only two weeks left in this CSA session. Fall is around the corner and so is the start of a new growing season. This is a very busy time for us out in the fields and as a farmer I am always thinking ahead.

Our hard working crew is putting in the extra hours getting the beds prepared in the field and getting the veggie transplants and seeds into the ground. It really is something else to look back at the end of a day and see the fields neatly arranged in long parallel rows, and the thousands of little green transplants standing up proudly and holding their heads up high just waiting to grow strong and eventually be selected for harvest. I do like to think that they look forward to being included in your CSA boxes.

You may notice something special in your box this week. Kurt and Karen Unkel produce and mill

Cajun Grain Rice without the use of pesticides or chemical fertilizers in Kinder, Louisiana. We enjoy their brown jasmine rice and hope you will, too. Cajun Grain Products may be purchased online (cajungrainrice.com) or through various farmers' markets and grocery stores around south Louisiana.

Recipes:

Embellished Pecan Rice

4 -2/3 c water

1/2 c butter (reserve 3 TBSP for preparing rice in first step)

1 1/2 tsp salt (reserve 1 tsp for first step)

2 – 1/3 Cajun Grain Brown Jasmine Rice

2/3 c chopped Inglewood Pecans

Finely chop: 1 small onion, 1 large carrot, a few sprigs of cutting leaf celery, and 2 TBSP parsley

1 tsp Sugar

1/2 tsp Worcestershire sauce

1/2 tsp fresh ground pepper

In a heavy 3-Qt saucepan with tight fitting lid, combine water, butter, and salt. Bring to a boil over med-high heat; stir in rice. Reduce heat to lowest setting and cover; cooking rice until tender and all water is absorbed, about 15 mins. Meanwhile, melt the remaining butter in skillet over med heat. Add remaining ingredients. Cook, stirring often, until onions are transparent and pecans are lightly browned, 7-8 mins. Stir mixture into cooked rice until combined; serve hot.

Smothered Okra

With tomatoes' days being numbered at this point, this week would also be a good week to make smothered okra to freeze for future use this winter.

Wash & cut okra. Chop up one onion. Place in a pot with enough water to keep it from sticking. Add fresh-diced tomatoes (and water if needed). Stir occasional to keep it from sticking to the bottom of the pan, adding water as needed. Add some freshly minced garlic to taste. Sprinkle your favorite Cajun seasoning on there and cook on a low simmer until it cooks down and turns darker in color. Place in quart freezer bags or vacuum seal, date and place in the freezer, your future self will thank you come February.

Enjoy!

-Farmer Christian