

SUMMER CSA NEWSLETTER, WEEK 10



Green Bell & Lunchbox Peppers

Eggplant

Okra

Tomatoes

Italian Large Leaf Basil

Sweet Potatoes

Another CSA chapter has come to a close here on the farm. We made it to the last week of the Summer CSA! Weeks of juicy melons, sweet cherries, and spicy basil have filled your boxes and your bellies this summer. The fall plantings have started and the greenhouse and fields will soon swell with sweet fall treats of carrots, beets, broccoli, and kale. We welcome the change in season and we have kicked into high gear! As the heat of summer brings afternoon rains and new seedlings, we are planting the future meals of hardy soups and roasted roots to fill you as you rush forward through life.

This is the busiest time of year for farmers here in Louisiana and some of you are just as busy, sending kids to school and settling into new routines. We are hoping that a discount on some of our pork and a stacked box this week will offer a reprieve from the stresses the fall might bring. So enjoy a 20% discount on your choice of pork and ease your meal planning with a roast for school lunches or fresh sausage for stuffed peppers this in the coming weeks.

While you are starting new routines, include us in your planning. Volunteer in the greenhouse, at the wash stand or pledge your support by joining the Fall CSA. Whatever it is you can do to support the growing community here in CENLA, let us know what you are up to and if you need some support as well. We want to help raise awareness for all the good happenings here in Alexandria and the other communities we serve. Maybe setting up at the Inglewood Harvest Barn Market on Saturdays is a way to reach new faces that can help propel your cause. Scouts, Animal Advocacy, and Cross Fit are just a few of the faces we have seen before and hope to include more as our community grows.

In honor of our pledge of support, you will find another significant bonus in the box this week. We are supporting another CENLA farm this week, Up to Grow Good & CENLA Produce, located in Cottonport, LA. Paul Lyles and Brady Brouillette have partnered up! These two farmers are helping to shape the farming community here in CENLA by sharing land, equipment, and

knowledge. This week they are sharing their sweet potato crop! Check out their Facebook pages let them know how much you like the taters. Paul and Brady thank you for your support. This is the small part we are playing in helping to support farmers here in Central Louisiana. No Farms. No Food.

Thanks for your support this season. Soon, we will be peaking at you through mountains of salad greens and kale!

Eggplant & Okra Curry

3-4 Asian eggplant
1 tbsp Oil (Coconut, Pecan, Olive)
1 tbsp Thai chili paste
10 Okra, cut into thirds
4 large tomatoes, cut into large chunks or wedges
1 can coconut milk
Juice of 1 lime
1 large handful fresh coriander leaves (or Bay Leaves)
Salt to taste

Optional:

1 small Sweet Potato, cubed
½ jalapeno, chopped
2 pods Cardamom, crushed
2 cloves garlic crushed
Freshly cooked rice to serve
Extra chopped coriander or cilantro, to garnish

Method

1. Preheat the oven to 350°F. Lightly coat the eggplant in a little oil and place on a baking tray. Bake for 10 to 15 minutes or until soft but still holding their shape.
2. Heat the oil in a large frying pan. Add the chili paste and cook for one to two minutes until aromatic. Add the okra and cook for about three minutes. Then add the tomatoes and stir until they soften. Cut the eggplant into large chunks and add to the pan together with the coconut milk, reduce the heat and leave to simmer for 15 to 20 minutes or until the vegetables are tender. Remove from the heat and stir in the lime juice and coriander and season with salt to taste. Serve with freshly cooked rice and chopped herbs.

Simple Rosemary Sweet Potatoes

3-4 Sweet Potatoes, cubed
2 tbsp coconut oil
Pinch salt & white pepper
2 sprigs rosemary (leave sprigs whole to bake)

1. Preheat oven to 350°F. Wash and cube sweet potatoes. Add oil, salt, white pepper, rosemary.
2. Place ingredients in an oven safe dish with a lid. Bake for 45 minutes or until soft. Enjoy.

-Farmer Alisha