

Week 3

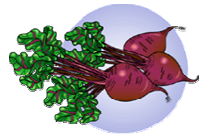
July 19, 2010

locally grown with care~ your farmer

# Stoney Meadow Farm 2010 CSA Newsletter

## Something Delicious From The Garden: What might be in this week's share?\*

- Potatoes
  - Beets
  - Green, Yellow or Purple Beans
  - Swiss Chard
  - Pickles & Summer Squash are starting
- \* Perhaps a few surprises and substitutions. As the week's progress from the time this newsletter is done, certain vegetables end and new ones just are beginning.



## Recipes of the Week

### Two Ways to Roast Beets

#### Ingredients

3 medium beets  
1 tablespoon olive oil

#### Directions

Heat the oven to 375°F and arrange a rack in the middle. Rinse the beets and trim off any leafy tops. Wrap in aluminum foil and place in the oven. Roast until tender and easily pierced with a knife, about 1 hour. Remove from the oven and let cool.

When the beets are cool enough to handle, peel using a paring knife or by pushing the skin with your fingers. Slice the beets, drizzle with olive oil, and season with salt and freshly ground black pepper.

#### Ingredients

1 pound medium fresh beets, peeled  
4 teaspoons olive oil  
1/2 teaspoon kosher salt  
3 to 5 fresh rosemary sprigs

#### Directions

Cut each beet into six wedges; place in a large resealable plastic bag. Add olive oil and salt; seal and shake to coat. Place a piece of heavy-duty foil (about 12 in. long) in a 15-in. x 10-in. x 1-in. baking pan. Arrange beets on foil and top with rosemary. Fold foil around beet mixture and seal tightly.

Bake at 400° for 1-1/4 to 1-1/2 hours or until beets are tender. Open foil carefully to allow steam to escape. Discard rosemary sprigs. Can use thyme as well.

## What's Happening on the Farm

I got stuck in the mud almost up to my knees! We got somewhere between 3 and 4 inches of rain on Wednesday night last week. The next morning I couldn't get more than three feet away from the barn without sinking. But we had shares to deliver on Thursday and well the Swiss chard needed to be picked, which is probably 50 feet from the barn. So, I got about five steps in and really started sinking. Needless to say, I didn't pick the chard. It was quite the storm. The corn was laying down flat on the ground, the soil around the onions had washed away...It's still very wet and we keep getting more rain, but everything has recovered and is getting back to "normal". The first planting of corn is tasseling. The pickles, cucumbers, patty pan squash and zucchini plants are blossoming and beginning to produce. Because of the heat everything is getting done very quickly. The pea crop has not fared well at all. We will be planting the fall crop as soon as it dries up enough to get the seeds in the ground. Along with those seeds, I will be planting the bok choy, more radishes, other beet varieties, a fall crop of beans, cauliflower, broccoli and more.

## Beets

Beets originally grew in North Africa, the Mediterranean and the shores of Asian countries. They were primarily used for their greens. Eventually the ancient Greeks and Romans began using the root for medicinal use and food. Their use spread from there. Nutritionally, beets are excellent sources of potassium and vitamin B folate. They help to lower blood pressure, protect against heart disease, and have anticancer fighting properties as well. Store beets unwashed in your refrigerator crisper where they will keep for two to four weeks. Cut the majority of the greens and their stems from the roots, so they do not pull away moisture away from the root. Leave about two inches of the stem attached to prevent the roots from "bleeding." Store the unwashed greens in a separate plastic bag where they will keep fresh for about four days. Raw beets do not freeze well since they tend to become soft upon thawing. Freezing cooked beets is fine; they'll retain their flavor and texture.

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