

Moonshadow Farm's Moonshadow News

Summer Veggie Share

July 28th, 2008

Week 7

This week on the farm

Welcome to the seventh week! We hope everyone is enjoying the beautiful weather as we have certainly been enjoying it at the farm. This past week has been pretty steady with a nice thunderstorm on Friday. We have done the final seeding of beans and one more seeding of beets for a late season harvest and winter storage. In the next couple of weeks we will also be seeding late broccoli, cauliflower, and cabbages.



Many of you may be interested to know that here at Moonshadow Farm we grow many different varieties of medicinal herbs. Most of these herbs are harvested once a year for the beneficial properties of their roots and/or flowers and are sold in their dried form for companies to process into capsules, teas, tinctures, salves, and much more. Some of the medicinals we grow include: St. John's Wort, Echinacea, Ginseng, Black Cohash, Blue Cohash, Valerian Root, Marsh Mallow, Astragalus Root, Goldenseal, Wild Yam root, Burdock Root, and Hops.

Focusing on Summer Squash

Zucchini, patty pan, yellow crookneck, and straight neck squash are among the most popular summer squash varieties. They are delicate and perishable and must be enjoyed in the warm days of summer since they do not tolerate cold weather. Anyone who has ever grown summer squash will be well aware of the big bounty and frequent harvesting it demands! Many seasonal eaters have to develop some pretty creative cooking to keep up with its supply! Summer squash is about 94% water, very low in calories, and a great source of vitamins A and C, potassium, and calcium. Summer squash is a welcome summer staple as it is easily digested, cooling, and replaces lost fluids. To store, place in a plastic bag or hydrator door in refrigerator for up to one week. Cooked, pureed summer squash may be frozen for winter use.

In the box...

- Jalapeno
- Kale or mustard
- Cucumbers
- Basil
- Summer Squash
- Kohlrabi
- Purple Cabbage
- Peas
- Long Red Radish
- Farm fresh eggs

Next Weeks Guess:

Beans, tomatoes, squash, cilantro, cucumber, peppers, salad greens, farm fresh eggs, kale

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Please remember to
return your CSA
boxes and egg cartons
to your drop-off site!

Sugar Snap Pea and Cucumber Salad with walnut dill dressing

1 pound sugar snap peas
 1 Tbsp. walnut or peanut oil
 2 Tbsp. chopped walnuts
 1 Tbsp. water
 1/8 tsp. cayenne pepper
 Salt, and freshly ground black pepper

1 cucumber, peeled if thick skinned, halved lengthwise, seeded, thinly sliced.
 1½ tsp. Freshly squeezed lemon juice (about ½ lemon)
 1 Tbsp. fresh dill or 1 tsp. dried dill

Remove strings from both edges of the pea pods if needed. Place the peas in a steamer basket set over 1½ inches boiling water, cover, and steam until they are just crisp-tender, 3-5 minutes.

Peas are as ancient cultivated food as wheat, barley, and garlic. They have been found in famous excavations that date back to 7000 and 10,000 B.C.

Drain the peas in the sink and immediately run cold water over them.

Transfer the peas to a clean, dry dishtowel and pat them dry. Place them in a large bowl and add the cucumber. Put the oil, walnuts, lemon juice, water, dill, and cayenne pepper into a blender. Blend until smooth. Pour the walnut dressing over the cucumbers and peas. Toss until well combined. Season with salt and pepper to taste.

**Asian Cabbage Slaw**

2 cups shredded cabbage
 ½ cup minced red onion
 2 Tbsp minced fresh cilantro
 2 Tbsp. peanut oil
 2 tsp. Honey
 salt and freshly ground black pepper

1/3 cup grated carrot
 2 Tbsp minced fresh mint
 2 Tbsp rice wine vinegar
 1 Tbsp. rice wine (such as mirin or sake)
 1 tsp. Toasted sesame oil plus more to taste

Combine the cabbage, carrot, onion, mint, and cilantro in a large bowl. Toss well. Mix the vinegar, cilantro, peanut oil, rice wine, honey, and toasted sesame oil in a small bowl until well combined. Pour dressing over salad mixture, toss and season to taste!

Purple cabbage is a nutrient powerhouse! The deep purple color is full of antioxidants and it is packed with more vitamin C than green cabbage

Great Partners for Zucchini and Summer Squash and other fun ways to enjoy it!

*Basil, chives, coriander, dill, garlic, marjoram, mint, oregano, parsley, pepper, sage, thyme.

*Lemon, olive oil

*Butter, cream, goat cheese, Gruyere Cheese, Parmesan cheese, yogurt

*Pecans, pine nuts, walnuts

*Chili peppers, corn, eggplant, onions, sweet peppers, tomatoes

*Try it raw, broiled, steamed, fried, grilled, sautéed, or stir fried.

*Grate or thinly slice raw zucchini into salad, or add zucchini sticks or rounds to a veggie platter with dip

*substitute zucchini in a potato pancake recipe.

*More zucchini recipes to come next week!

**all recipes this week from Farmer John's Cookbook "The Real Dirt on Vegetables" (2006)*

