

Moonshadow Farm's Moonshadow News

Summer Veggie Share August 18th, 2008
This week on the farm



We've had some nice hot weather this week as well as some fairly cool nights. The cool nights are good for the cabbages, and greens, however the peppers and tomatoes would prefer warmer nights. Unfortunately the fields are in great need of rain. We have begun to irrigate, but a nice long rain would be very nice right now. I guess we will be starting our rain dances tonight! This week you are receiving corn in your boxes. The corn is from just south of Stevens Point and is not certified organic. It is grown by a family farm that uses fewer sprays and grows more towards organic than conventional.

We are starting to do more tours with fall approaching. They are a fun way to learn more about organics, medicinal plants, and vegetable growing. See picture of farm tour among the flowers held on Tuesday.

Focusing on Bell Peppers

Peppers are a member of the Solanaceae family, along with tomatoes, potatoes, and eggplant. Native to South America dating back to 5000 B.C., peppers quickly made their way to Europe and India where they became a staple in their diet. Sweet Bell peppers are the most popular here in the states and they come in a wide range of colors, shapes, and sizes. Red peppers are simply green peppers allowed to ripen on the plant! This can be very difficult to do, which is why they are so expensive in grocery stores. Peppers have high levels of vitamin A, C, and E as well as iron and potassium, with the red varieties having even higher levels of A and C! Peppers will store in hydrator door for 1-2 weeks, or can be frozen in pieces or dried. (See recipe back page)



Week 10

In the box...

- Bell Peppers
- Jalapenos
- Cucumbers
- Basil
- Cutting Celery
- Summer Squash
- Cabbage
- Beans
- Sweet Corn
- Tomatoes
- Farm fresh eggs

Next Weeks Guess:

Beans, Basil, Mint,
Squash, Tomatoes,
Cucumber, Peppers
Farm fresh eggs
Corn, Potatoes

Contact Us at:

Blaine Tornow, owner
6832 N. 128th Ave.
Wausau, WI 54401
715-675-6588
tornowherb@hotmail.com

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

Recipes



Sweet Corn Salsa (*Farmer John's Cookbook, 2006*)

3 ears sweet corn
3 medium tomatoes diced
 $\frac{1}{2}$ cup loosely chopped cilantro leaves
(about $\frac{1}{4}$ cup)

1 Tbsp. extra virgin olive oil
 $\frac{1}{2}$ red onion, finely chopped, rinsed
Freshly squeezed juice of two limes
1 small clove garlic, minced
 $\frac{1}{4}$ tsp salt

1 jalapeno pepper, seeded and chopped

Cut the corn kernels off the cobs. Heat the oil in a large skillet over medium heat; add the corn kernels and sauté for three minutes. Combine corn and all over ingredients in a medium bowl and mix well. Enjoy!

Pepper and Cheese Casserole with Bulgur and Mushrooms (*Farmer John's Cookbook, 2006*) Serves 6-8

Butter for greasing baking dish

1 $\frac{1}{2}$ cups boiling water

1 $\frac{1}{2}$ cups chopped onion

1 $\frac{1}{2}$ cups sliced mushrooms, any kind

1 $\frac{1}{2}$ Tbsp. minced dried or 3 tsp.
fresh marjoram, and paprika

$\frac{3}{4}$ cup crumbled feta cheese

1 $\frac{1}{2}$ cups uncooked bulgur

2 Tbsp butter

4 cups minced green peppers

1 $\frac{1}{2}$ Tbsp tamari or soy sauce

$\frac{1}{2}$ tsp. Salt and freshly ground black pepper

1 $\frac{1}{2}$ cups cottage cheese

4 eggs beaten, and lightly salted

Preheat oven to 350 degrees. Coat a 2-quart casserole dish with butter. Put the bulgur into a sauté pan and pour the boiling water over it. Cover and let stand at least 15 minutes. Melt the butter in a medium skillet. Add the onions; sauté until translucent, about 5 minutes. Add the peppers mushrooms; continue to cook until peppers are just becoming tender and mushrooms have released their water, 5-7 minutes. Remove from heat and stir in tamari or soy sauce, sherry, marjoram, salt, and pepper to taste. Mix well. In a small bowl combine cottage cheese and feta cheese. Spread the bulgur in the prepared baking dish. Cover it with the vegetables and then the mixed cheeses. Pour the beaten eggs over everything and sprinkle with paprika. Bake, uncovered, for 45 minutes. Let stand 10 minutes before serving.

Rosy Coleslaw with Apple and Green Onion (*From Asparagus to Zucchini, 2004*)

4 cups shredded red cabbage

$\frac{1}{2}$ cup shredded or chopped carrot

4 Tbsp. chopped green onion

2 Tbsp. fresh lemon juice

1 Tbsp sorghum syrup or maple syrup

1 Tbsp. olive oil

1 large tart apple, peeled and finely chopped
salt and pepper

Toss all ingredients except salt and pepper. Chill 30 minutes, season to taste with salt and pepper.

Fun ways to use Cutting Celery

*Use where ever a celery flavor is sought after

*Saute with onions for a soup base

*Leaves can be used raw in a lettuce salad, rice, potato, or pasta salad

*Leaves can be used instead of parsley in most dishes if the flavor isn't too strong

*The stalks can be used like celery stalks in most cooked recipes.

