

Week 12
September 1, 2011

Radishes
Sweet Corn
Potatoes
Onions
Cucumbers
Celeriac
Eggplant
Tomatoes
Cherry Tomatoes/Arugula
Kale
Garlic
Summer Squash/Zucchini

September 1st and school has begun- Whether you're sending your own kids to school, attending classes yourself, teaching or stocking up on school supplies just because they're a good deal- it's a bittersweet time of the year. Goodbye to carefree summer times and hello to new opportunities. Our farm work schedules change a bit with the kids' school schedules as well as the earlier sunset. The good news is that we get into the house a bit earlier at night. The bad news is we have less time to get our work done. Luckily, weed pressure is much better than it was. We are also almost done planting for the season. There's a little bit of lettuce left in the greenhouse.

Celeriac- Also known as Celery root, Celeriac is a versatile, delicious vegetable. It is high in carbohydrates, vitamin C, phosphorus and potassium. It has 20 calories per one cup serving. Slice off the stalks at the root crown. (Save the leaves and stalks!) Soak the root in warm water to loosen dirt in the crevices. Scrub thoroughly or peel the outer layer with a knife. Here are a few ways to prepare celeriac:

Parboil peeled celeriac whole for 20-30 minutes or sliced for 5-8 minutes,

Bake Celeriac in its skin at 350 degrees for 1 hour. Peel, slice or mash and serve with butter,

Toss chunks into soups instead of common celery,

Try it raw- Cut into sticks and try with your favorite dip,

Boil and mash with potatoes,

Use the stems and leaves as seasonings too- I love to dry the leaves and use them all winter long in soups.

To store: Do not wash, place root (With stem and leaves cut off) in a plastic bag in the refrigerator.

Eggplant- High in fiber, low in calories and nutrients, eggplant is most often served with other, more nutritious foods. Eggplant is often peeled, but it's not necessary. To remove any acrid flavors and excess moisture, lightly salt slices of eggplant and allow them to sit in a colander for 10-15 minutes. Gently squeeze out any liquid. This allows the eggplant to soak up less oil and need less salt when cooking.

Bake: Prick eggplant all over with a fork and bake at 400 degrees until tender- 30-40 minutes.

To Stuff: Bake 20 minutes, scoop out seeds, replace with stuffing and return to oven for 15 minutes.

To Saute: Try dipping slices or chunks in flour or eggs and bread crumbs before sautéing. Saute in hot oil until light brown. Season with herbs, garlic, grated cheese, etc.

To steam: Whole eggplant will steam over an inch of water in 15-30 minutes. Use the flesh for pulp or season with olive oil, lemon, salt and pepper or cover in a tomato sauce.

Blend cooked eggplant with lemon juice and seasonings of choice for a dip or spread.

Come to Threshing Table Farm's Annual Harvest party!

Saturday, September 10th
2-6 pm

2:00 Potato Digging! It's like a treasure hunt! Help us dig potatoes that will go in future boxes. It's a

great way to connect to the farm and really see where your food comes from! Fun for kids and adults alike. No shovels, forks or experience needed J

3:00-4:00 Pony Rides Members Chad and Linnea Engstrom will again be giving free pony rides.

4:30 Potluck Supper Bring a dish to pass- Mike and I will provide a big batch of chili and sweetcorn. It's really helpful if you can bring your own plates, bowls, silverware and beverages. We will have lemonade and water for all.

We'll also have Sack Races, farm tours, and more!
Bring the whole family!

If you'd like canning tomatoes, please let us know. NOW is the time! \$20 for a ¼ bushel. Maple Syrup is still available and if you ordered chickens from Farm Sweet Farm, they are here too. Please let us know when you'd like to pick them up.

Parmesan Tomatoes

Ingredients

2 large tomatoes

3 tablespoons dry bread crumbs

2 tablespoons grated Parmesan cheese

2 tablespoons butter, melted

1/2 teaspoon dried basil or 1 tablespoon snipped fresh basil

1/2 teaspoon chopped fresh parsley

Dash pepper

Directions

Remove stems from the tomatoes and halve widthwise. Place, cut side up, in a small baking dish. Combine all remaining ingredients; sprinkle over tomato tops. Bake at 375° for 15 minutes or until heated through. Yield: 4 servings.

Have a great week!
Jody, Mike, Claudia, Malcolm and Jonas