



WEEK OF AUGUST 26TH, 2019 #35/52

A CSA Manager Wears Many Hats

Noelle has officially left us, and Andrew is now at the helm. Many of you will get to know him when you have questions about your CSA subscription or when you have a problem. But if you were here on the farm the past two weekends you would have seen that Andrew does a lot more than respond to emails and text messages.

Our fire pit was moved for an event a couple of years ago and I never liked it in that spot. So Saturday I asked Andrew if we could gather a few excited "volunteers" to help him move the pit back to the old spot. As you can see in the photo, he had some very enthusiastic young helpers. Personally, I think they were happy to have something to do that had nothing to do with tomatoes! And, of course, most of them got to enjoy the fruits of their labor later when it was time for s'mores.



One of Andrew's most important duties at this year's sauce parties has been fire builder and pizza slinger. We have learned the importance of firing up the oven hours ahead of time.



If we can get the oven super heated the pizzas cook in just a couple of minutes. You want the oven heat, rather than the fire, cooking the pizza. As you can see from this photo, he has the fire down, and he has gotten rather good at the pizza slinging too!

Sunday morning he took on the role of Farm Tour Guide. When Nigel got too sick to take members out on the farm tour, I took over that responsibility. This morning Andrew eagerly offered to do it. This gave me time to clean up the kitchen after feeding 30 folks biscuits and eggs for breakfast. Then I headed out to the event area to clean up after all the saucing. It was great to have the chance to get the cleaning done early but even better was hearing how much everyone enjoyed Andrew's tour of the farm. Well done Andrew! Unfortunately Andrew won't be here for our final Sauce Party, and boy will I will miss him.

First Squash Bugs, Now Squash Bees

We had another researcher come out to the farm last week, this time studying the Squash Bee. Who knew there was such a thing? They are a species of ground bees with a very specialized roll, and found from Quebec southward into Mexico. Unfortunately I didn't have much opportunity to speak with this researcher, but I was really intrigued so I found this article to share a little more information with you. This comes from Gardening for Wildlife website and here is a link if you would like to read the complete article <http://www.gardening-for-wildlife.com/squash-bees.html>

If you grow squash you have the chance to see the most important floral specialists in agriculture, native solitary bees of two genera, Peponapis and Xenoglossa, the so-called "Squash-Bees".

Look at your squash's flowers during the first few hours after sunrise. Male squash bees will be darting between flowers, searching for mates. Females forage at the flowers of squashes, pumpkins and gourds, their sole pollen hosts. By noon, these specialized bees will be fast asleep. The squashes (including pumpkins and gourds) are a crop native to the Americas that require a special pollinator. Squash flowers are unisexual, and so require a bee (or human) to move pollen from male to female flowers. Honeybees are typically provided for commercial squash pollination, but native specialist **squash and pumpkin bees**, are very common, often the dominant pollinators of many wild New World Cucurbita (the genus that includes squashes and gourds). In contrast to like-sized honey bees, Squash type bees, carry their pollen dry in a brush of hairs on their body and hind legs. The bees are non-social, but occasionally gregarious (they like to nest together), ground-nesters, and all species are strict specialists for Cucurbita pollen. They forage early in the morning, beginning before honey bees are active, and have been shown to be excellent pollinators of several kinds of both winter and summer squashes.



RECIPES AND IDEAS FROM LORRAINE

Oh Summer, how easy you make eating. Need a quick snack? Cut up some cheese and eat with a few cherry tomatoes. A light, treadless lunch? Lunchbox Peppers stuffed Tuna Salad or Hummus. Better yet, cook up that eggplant and make some Baba ganoush to enjoy with your lunchbox peppers. The Moosewood Cookbook recipe is below. If you have the family box try making some Chili Verde with your tomatillos, we had some at a friend's house Sunday night without the cilantro, and it was fantastic! Plenty of recipes to be found to make this in your slow cooker but to save you time here is one www.tastyeverafter.com/easy-slow-cooker-tomatillo-pork/#wprm-recipe-container-59667. So much to enjoy this time of year, and if you to prepare ahead of time, roast up those peppers, eggplant, summer squash and tomatoes, and just enjoy the alongside whatever main you are planning for your meal.

Tomato Risotto

Recipe by David Tannis from
NYT Cooking

4 to 6 servings

FYI, according to the Chico Rice folks you can use their rice for risotto. I think I will have to give this a try for a dinner. You could garnish with some Garlic Chives or Basil. And to round out a meatless meal you could roast/sauté/grill summer squash or make a cucumber salad.

Extra-virgin Olive Oil
1 large Onion, diced (about 1 1/2 cups)
Salt and pepper
1 1/2 cups Arborio or Carnaroli rice
Pinch of Red-pepper flakes
2 Garlic cloves
1/2 cup White Wine
2 cups diced ripe Red Tomatoes
3 cups boiling Water or Vegetable Broth
1/2 cup grated Pecorino or Parmesan, plus more for serving
4 medium Tomatoes, in different colors, sliced
Chopped Parsley, for garnish
Snipped Basil, for garnish

Put 3 tablespoons olive oil in a heavy-bottomed saucepan over medium-high heat, then add the onion, and season generously with salt. Add pepper to taste, and cook until softened, about 5 minutes. Add the rice and cook the onions, stirring, until the onions are barely brown, about 2 minutes. Add red-pepper flakes, garlic, white wine and diced tomatoes, and cook until most of the liquid has evaporated, about 5 minutes more. Add 2 cups boiling water and adjust the heat to a brisk simmer. Cook for 5 to 6 minutes, stirring well with a wooden spoon every minute or so. When the liquid is absorbed, add remaining 1 cup water and continue to cook for

another 5 minutes, until the rice is cooked, but the grains are still firm. Taste and adjust the seasoning, adding another splash of water if necessary to loosen the mixture. Turn off the heat, stir in the pecorino and 2 more tablespoons olive oil. Transfer to a low, wide serving bowl. Surround the rice with tomato slices and season them with salt and pepper. Sprinkle with parsley and basil. Pass more grated cheese at the table.

This Week's Box List

Basil
Cayenne Peppers
*Eggplant
Garlic Chives
*Lunchbox Peppers
*Onions
*Plums or Nectarines
Potatoes
*Summer Squash
Tomatillos
*Cherry Tomatoes
*Red Slicer Tomatoes

* = Items in Box for 2

Cayenne Pepper Sauce

Recipe from Chili Pepper Madness

Makes 5 oz

So many of you might be wondering what am I going to do with these hot peppers? Sauce them! It is super easy. Here is a link to the recipe where you can find lots of great suggestions like how to ferment hot peppers www.chilipeppermadness.com/recipes/cayenne-pepper-sauce
10 ounces cayenne chili peppers
5-6 cloves garlic
1/2 cup white wine vinegar
2 teaspoons salt

Chop up the cayenne peppers along with garlic cloves and add them to a pot with the vinegar and a bit of salt. Bring the mix to a boil, then reduce the heat to low and simmer everything for 20 minutes. Cool the mixture slightly, then

transfer it to a food processor or blender. Process it until the sauce is nice and smooth. Strain the sauce through a fine sieve if you'd like a smoother sauce, or pour it into bottles as is for a thicker sauce.

Baba Ganoush from the Moosewood Cookbook

2 tablespoons oil (for the baking sheet)
2 medium to large eggplants
2 cloves of garlic, minced
1/4 cup fresh lemon juice
1/4 cup tahini
1/2 teaspoon salt
black pepper or cayenne (I used a pinch of cayenne)
olive oil
freshly chopped parsley or coriander for the top

Pre-heat oven to 180°C. Lightly oil a baking tray. Slice the eggplants in half lengthwise and place face down on the baking tray. Bake for 30 minutes or until very tender. Remove from oven and leave to cool. Scoop out the flesh of the eggplant and discard the skins. Place the pulp in a food processor with the garlic, lemon juice, tahini and salt and pepper. Purée until desired consistency – I think it's best with a few chunks of eggplant. Transfer to a serving bowl, cover and chill. Before serving drizzle the top with oil and scatter over your choice of herbs.

More Recipes:

- [Fried Yellow Squash with Potatoes and Onions from allrecipes.com](http://allrecipes.com)
- [Spaghetti with Cherry Tomatoes, Garlic Chives, and Lemon Basil from epicurious.com](http://epicurious.com)
- [Roasted Tomatillo Salsa Verde Recipe from inspiredtaste.net](http://inspiredtaste.net)