

UKCSA Week #19, Sept. 29th 2011



This week's harvest

Potatoes	3 pounds (1 bag)
Burgundy Beans	1 pound
Joi Choi	1 head
Eggplant	1
Bell Peppers	3
Sweet Peppers	1
Poblano Peppers	4
Hot Peppers	1 handful
Lettuce	1 bag
Garlic Chives	1 bunch
Tomatoes	

Our "End of the Season" potluck is scheduled for SATURDAY, OCTOBER 22ND at 1:00pm! Mark your calendars now and we'll have details to come. The season is coming to a close, but we still have 6 more weeks after today. We decided to hold the party in October so it won't be too cold to enjoy an afternoon on the farm. If you weren't able to come to out to our Open House in the Spring, this is a great opportunity to visit with farm crew members, students, and ask questions about how we grow your food!

We've got Royal Burgundy Beans (PURPLE!) in the share today. We had a few plants in the U-Pick beans, so if you didn't get a chance to sample them there, we've got them for you today. A deep purple color on the outside, they are bright green on the inside but unfortunately the outside turns from purple to green when cooked (what I've see called a 'natural blanching indicator'). Our early peppers have made a dramatic comeback, so we've got all kinds of peppers for you today.

We are also giving out Joi Choi. In the Spring we gave out its sister vegetable, Bok Choy, and you can use it similarly. The white stalks can be used like celery (without the stringiness) and the dark green leaves can be used like lettuce or spinach.

UPICK THIS WEEK:

ROMA BEANS 1 quart
Flowers as many as you'd like
Oregano, Thyme, Savory, Lemongrass, Chives,
Parsley (all in the "Herb-Field")

ROMA BEAN note: there are 2 beds of Roma Beans. ONE is located in the late basil field. The SECOND bed is located in the field you pass driving in (right before the parking lot, across from the greenhouse structures). Please ask a farm crew member if you're unsure, as it is not in our 'normal' U-Pick area.

Recipes

MOSBY'S FAMOUS GREEN TOMATO PICKLES

I wanted to share this recipe sent in by a CSA member in case you still have green tomatoes from last week or have some plants at home that are hanging with fruit that are not ripening. You can, of course, adjust the recipe for a smaller amount.

1 peck green tomatoes
¼ peck onions
¾ c salt
½ gal cider vinegar
2# brown sugar
2 sticks cinnamon
½ pkg. pickling spices

Mix sliced tomatoes with ½ c salt
Mix sliced onions w/ ¼ c salt
Let stand overnight and drain

Tie spices in a bag and place in a kettle w/ vinegar and sugar
Heat to the boiling point, add pickles and let simmer slowly for 20 min.
Fill air tight jars, seal in boiling water bath 20 min., store in cool place

Note: recipe can be adjusted for amounts, can vary with ingredients

Hint for the mathematically challenged:
8 quarts = 1 peck = 11-12 pounds

From Wade & Joan Mosby, Whitefish Bay, WI,
via CSA Member Betsy Mosby Adler, 10/17/04

<http://www2.ca.uky.edu/sustainableag/csa>
www.ukcsa.wordpress.com
Facebook: UK Community Supported Agriculture
contact: tiffany.thompson@uky.edu

CHINESE CHICKEN NOODLE SOUP WITH BOK CHOY AND GARLIC CHIVES

This recipe gives details on making the chicken broth, so if you use canned broth or vegetable broth or mushroom broth, you can use this recipe as a starter. From <http://www.mariquita.com/recipes/garlic%20chives.html>

a 3 1/2- to 4-pound chicken
8 thin slices fresh ginger root
1 bunch scallions, cut crosswise into thirds
10 cups water
3/4 cup Chinese rice wine or medium-dry Sherry
2 ounces dried rice-stick noodles (rice vermicelli)
1 bunch bok choy, leaves washed, drained, and chopped coarse
1 bunch thinly sliced fresh garlic chives

With a cleaver or heavy chef's knife cut chicken into large pieces. Cut chicken through bones into 2-inch pieces. In a large kettle of boiling water blanch chicken 1 minute. In a colander drain chicken and rinse under cold water.

With flat side of cleaver or knife lightly smash ginger root and scallions. In cleaned kettle bring 10 cups water to a boil with chicken, ginger root, scallions, rice wine or Sherry and simmer, uncovered, skimming froth occasionally, 2 hours. Pour broth through colander lined with triple thickness of cheesecloth into a large heat proof bowl, reserving chicken for another use. Broth may be made 3 days ahead, cooled completely, uncovered, and chilled, covered.

In cleaned kettle bring broth to a boil. Add noodles and boil, stirring occasionally, 2 minutes. Stir in bok choy and simmer, stirring once or twice, until bok choy turns bright green and is just tender, about 3 minutes. Stir in chives and salt and pepper to taste and simmer 1 minute.