

Community CROPS

Community Supported Agriculture 2008

10 July 2008---Thursday, Week Five

What's in the box:

New Potatoes
Zucchini Squash
Snow Peas
Lettuce Mix
White Radishes
Garlic
Red Cabbage (f)
Blue Kale (1/2)
Basil

We hope you all had a great Independence Day! Did any of you grill some of your CSA vegetables for your families? If you have some good recipes for marinades or other ways to grill vegetables, send them our way so we can share them with everyone.

Just as we are beginning to catch up with weeding at the farm, cabbage worms and other insect pests are showing up more and more. There's always something! One of the things we use to deter insects is a lightweight fabric called rowcover. This is a physical barrier that keeps many pests away from their preferred egg-laying or feeding crops. However, we took the rowcover off the Brussels sprouts as they are getting pretty tall, so the cabbage moths moved in and got busy laying eggs. Our next line of defense will be *Bacillus thuringiensis*, which is a bacterium that is toxic to

caterpillars when they ingest it. It is a good option under a sustainable/organic system because only caterpillars are affected, whereas many insecticides kill everything, even beneficial insects, and then are also dangerous for humans

We have a few announcements to share with all of you. You can also read about these and other events on our newly remodeled website: www.communitycrops.org

Beginning July 17th, CROPS will host a new **Farmers' Market** from 4:30-7:30 each Thursday at Pentzer Park, 2 blocks north of 27th and Holdrege (west side of 27th). The farmers participating in the farm training program will be selling produce, as will other local vendors.

On Saturday, July 26th, Ingrid will be teaching a workshop on how to make a **solar oven**. Materials will be there so that you can take home your own. These are really amazing! You can bake bread, brownies and other sweets, or cook vegetables, or even rice. All you need is a hot, sunny day. It's a great way to avoid heating up your house because the oven's outside!

Saturday, August 9th, Dr. Carleen Sanchez will teach a workshop on hot water bath **canning**. Participants will take home their own jar of tomatoes.

About your veggies.

The potatoes are a variety called King Harry, described as "moderately moist and waxy texture, good baked or boiled." The garlic is softneck garlic. The cabbage is a variety called Red Acre, which is a good storage variety. There's a good red coleslaw recipe in the A to Z cookbook.

Thelma's Scalloped Potatoes

Thinly slice one potato per person. For each 3-4 potatoes, thinly slice one medium onion. In a saucepan of cold water, bring the potatoes and onions to a boil and simmer 3 minutes (not quite cooked).

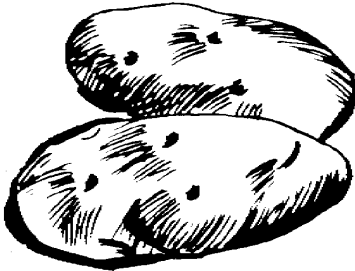
For each 2 potatoes, melt over medium heat:

1 Tbsp. butter

1 Tbsp. white flour or 2 tsp. cornstarch, stirred in thoroughly

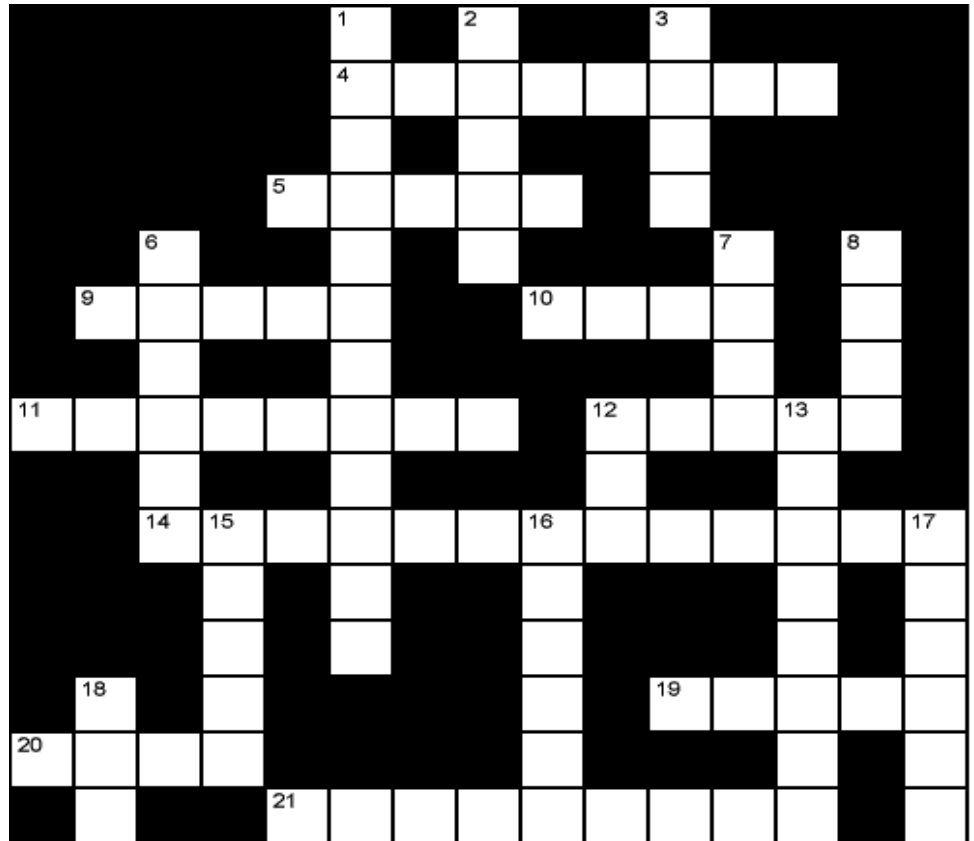
Slowly add 1 Cup milk, whisking continuously until it thickens.

Arrange the potatoes and onions in an appropriate casserole dish (shallow is best). Top with cream sauce. Options: Add leftover diced ham to the layers or cooked peas, or diced cheese. Bake at 350 degrees for about 40 minutes, until thick, golden and bubbly. Source: Wood Prairie Farm



Vegetable Crossword Puzzle!
Turn it in next week with all correct answers to win a prize!

Next week...
Celery
Fennel
Squash
Potatoes



Across

- 4. Any of numerous plants of the genus *Plantago*; mostly small roadside or dooryard weeds with elliptic leaves and small spikes of very small flowers; seeds of some used medicinally
- 5. Pungent bulb
- 9. Pungent leaves of any of numerous cruciferous herbs
- 10. Related to onions; white cylindrical bulb and flat dark-green leaves
- 11. Vegetable having a massively swollen red root; widely grown for human consumption
- 12. Archaic: a pea.
- 14. Early producing cultivars of the genus *Brassica oleracea* grown for their edible leaves or flowers
- 19. Very hot and finely tapering pepper of special pungency
- 20. Aromatic fresh or dried gray-green leaves used widely as seasoning for meats and fowl and game etc
- 21. Maize developed to be eaten while still young and soft

Down

- 1. Large mild and succulent yellow-skinned onion; often eaten raw
- 2. Head of soft crinkly leaves
- 3. An older name for the broad bean, alternate spelling.
- 6. Any of various leafy plants or their leaves and stems eaten as vegetables
- 7. Long mucilaginous green pods; may be simmered or sauteed but used especially in soups and stews
- 8. A hardy cabbage with coarse curly leaves that do not form a head
- 12. An English, snow, sugar or chick
- 13. Spring onion
- 15. Edible seeds of various pod-bearing plants
- 16. *Daucus carota sativa*
- 17. Witloof
- 18. Edible tuberous root of various plants of the genus *Dioscorea* grown in the tropics world-wide for food