



Stones Throw Farm

CSA Newsletter

Season 5 - Week 14

September 17th and 20th

www.stonethrowfarm.biz

Weekly News:

Welcome to Week Fourteen.

We've decided to cling to the summer vegetable lineage for one more week. With frost in the forecast and cool damp days and nights the season of tomatoes, eggplant, and peppers will likely be behind us come next week.

As much as I love these vegetables this is also quite all right and seasonally appropriate. Our tastes and our cooking in the coming weeks will begin to reflect the fall season and we have a nice mix of fall vegetables to come.

For now let's enjoy one last week of these heat and sun loving vegetables that grace the CNY seasonal plate for such a beautiful but brief few weeks of the year.

On the hot pepper side of the spectrum we've added jalapenos this week that are rather pungent and green chilies that are quite mild.

Megan has included a recipe for one of our standby tomatillo dishes. It's simple and delicious. Garlic, peppers and fresh herbs make great additions. On the herb front we've harvested parsley and summer savory that pair well with many of this weeks vegetables. As a reminder there is a great variety of herbs available on the farm this time of year, if you're looking for something just ask, likely its out there to be picked. We also invite folks to graze on some of the delicious red raspberries on the back hill above the sunflowers. There are three rows back there that are just making their first small crop not enough for full on picking but enough for enjoying a few. This planting was just established in the spring of 2010 and we're looking forward to it continuing to establish itself in the years to come.

Thanks so much,

Brian, Megan and Reed Luton

The Farmer's Drivel:

So it's one last stroll down Solanum street this week. And by that I simply mean that we have a share dominated by tomatoes, peppers, tomatillos and eggplant. Throw in the potatoes and you have a number of vegetables (or fruits depending on how you look at it) that all share a common Family, that being Solanaceae, which stems from the Latin Solanum. It has been suggested that perhaps the origins of the Latin Solanum stems from the fact that the flowers of this broad and diverse family of plants all resemble in some fashion the sun (sol) and it's rays. It's an interesting thought when you consider furthermore that these are the crops of summer and it's the sun that makes the seasons. We have more daylight hours and a higher angle of incidence and this ultimately creates the weather conditions that we consider to be summer. It simply couldn't be summer without the sun, but it surely wouldn't seem like summer without the Solanums.

As we slip past the Autumnal Equinox this coming week we'll officially exit the season of sun and our CSA shares, our kitchens and our tastes will shift towards the crops of fall. I'm excited for this transition of season and tastes but always somewhat sad to see the crops of summer wane. Preserved in some fashion or another we'll see these crops on our table before next season but we won't build meals around them in nearly the same way. And it's not that I won't eat another tomato or pepper or eggplant between now and next summer but it is likely that I won't really experience one. I won't sit down to something as simple as a grilled cheese and tomato sandwich and relish each juicy bit of summer ripe flesh.

So I suppose the moral of the story (and bear in mind I'm always writing the story as much for myself as anyone else) is that in spite of the fact that our (my) tastes are shifting, and in spite of the fact that we've eaten a good deal of these crops over the past few weeks, *this is the week to eat them with our senses fully engaged again*. I sometimes feel as though the first of anything of the season is a taste revelation and is eaten very consciously. As the season of whatever that crop happens to be goes on its easy to begin to take it for granted and thusly consume them more blindly. To an extent it's perhaps the binge effect of seasonal eating, you eat and eat something heavily in rotation until you border on not even wanting it anymore and then gladly the season shifts and your tastes are renewed. However the Achilles heel of this eating is the occasional wistfulness for something that came and went. And for me that wistfulness tends not to stem from a desire to have that season or crop back but rather from my recognizing that I didn't really bid it a proper good bye. My goal is thus to eat my last fresh tomato, or pea, or pepper of any season with the same gusto as the first and to love it, appreciate it, and then move on....

This Week's Share:

- Fresh Herb
- Garlic Bulb
- Yukon Gold Potatoes
- Red Onions
- Heirloom and Slicing Tomatoes
- Head Lettuce
- Cherry / Saladette Tomatoes
- Sweet Peppers
- Eggplant
- Hot Peppers
- Green Tomatoes
- Tomatillos
- U-Pick Flowers
- U-Pick Sungold Tomatoes

Tomatillo Frittata (from [Vegetarian Planet](#))

1 tbsp. olive oil
1 1/2 c. onions, thinly sliced
Salt and freshly ground pepper
6 eggs, lightly beaten
2 tomatoes, each cut into 8 wedges
8 tomatillos, husked and sliced
2 oz. crumbled feta cheese

Heat the oil in a 10-inch ovenproof skillet over medium heat. Add the onions, and cook them for 10 minutes, stirring occasionally, until they are lightly browned. Add the sliced tomatillos, and cook for 5 minutes more, stirring often. Season with salt and pepper.

Pour the eggs over the onions and tomatillos. Stir with a spatula for 60 seconds. Let the eggs rest for a few seconds, then push the frittata toward one side of the pan so the uncooked egg runs underneath. When the frittata is still moist but no longer runny, place the tomato wedges on top, and sprinkle the cheese over all. Place the pan under the broiler for 2 minutes or until the frittata is just set. Sprinkle it with salt and pepper and serve it right away.

