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# Community Cultivator



Newsletter of the Foggy River Farm CSA, Week 10

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## Goings on about the farm

It has been a fairly low key week on the farm. We're easing into summer—both with respect to vegetable varieties and thermometer temperatures. Summer squash are finally peeking into view; beans are poking out from behind leaves; and basil plants are beginning to fill out.

This week's share includes a small taste of the new summer crops. We don't have enough volume yet to give you huge portions of some things, but we've put together a little stir-fry medley to make sure our CSA members get the first taste of the summer veggies. Also new this week are celery and potatoes.

Other news from the farm... Homer continues to adjust to his new life as a livestock guardian puppy. We'll try to bring him to CSA pick up as much as possible to help him meet people. We've recently sowed dozens of flats of seedlings for our fall vegetable plantings—broccoli, cabbage, brussel sprouts, cauliflower, beets, and more. Another exciting planting that we're crossing our fingers on (never grown this one before!) is edamame. If all goes well we could have some to try in late September or early October.

Hope you enjoy this week's veggies!

## **Your Foggy Farmers,**

Emmett, Lynda

Amy & Amy

## What's In Your Box:

- **Celery** *Crispy and aromatic, perfect for a stir-fry, salad, or ants-on-a-log! Also nice added to soups—such as lentil soup. We've included a recipe for a hearty celery-based soup, which also tells how to make a celery-leaf pesto! (Recipe included.)*
- **Head Lettuce (Red Cross)** *A summer salad ready for your bowl.*
- **Kohlrabi (Winner)** *Chop it up as a fresh snack for the kids or grate it into a salad.*
- **Stir-fry medley ('Rattlesnake' & 'French Duet' pole beans, Summer squash, Broccoli side shoots)** *Due to the late rains and cool spring season, our summer squash has been slow to take this year. We just have enough for a tiny taste this week, with more to follow in weeks to come. Along with the squash, we've added beans and broccoli. Please note that the speckled beans will turn uniformly green when you cook them; if you blanch them quickly they can keep a little of their pattern.*
- **Cauliflower** *Roast it up for a tasty side dish. The more open, purple appearance of some of the heads is just an indication of the summer heat. They're still great to eat!*
- **Carrots (Nantes)** *Crispy orange carrots.*
- **Potatoes (Red Norland)** *Our first potatoes of the summer. These are perfect for a small potato salad, also good for roasting. (Recipes included.)*
- **Cherry Tomatoes (Sungold)** *Great as snacks, or lightly browned and then tossed into a pasta dish.*
- **Onions (Walla Walla / Sweet Siskyou)** *These sweet onions are very nice caramelized. You can add them to a pizza, or just grill them on the bbq.*
- **Elephant Garlic** *The large cloves on these make it simple to peel and chop up a large amount of garlic for any dish. It's actually more closely related to the leek than standard garlic.*

# Foggy River Recipes

## Chunky Celery Soup

*Here's a hearty soup recipe that include many items from today's share—celery, potato, carrot, onion, garlic. It's from this blog: <http://www.101cookbooks.com/archives/chunky-celery-soup-recipe.html>*

Really, you can use just about any cooked medium-sized grain in this recipe. I chose wild rice because I love it alongside celery. You could try a plump brown rice, barley, or even wheatberry here with good results. AS I mentioned up above, I was lucky enough to come across celery with the leaves intact on top. I made a drizzle out of one cup (lightly packed) celery leaves, 1 large clove of garlic, about 1/4 teaspoon of salt, and 1/3 cup extra-virgin olive oil. Puree all of these ingredients in a food processor for about 30 seconds.

- 1 large onion
- 1 large russet potato
- 3-4 small -medium carrots
- 10 medium-length stalks of celery, washed well
- 3 tablespoons extra-virgin olive oil
- 2 cloves garlic, chopped
- 5 cups of lightly-flavored, great tasting, vegetable broth (or water)
- 2 cups cooked wild rice, brown rice, barley, or wheat berries
  
- 1/3 cup celery leaf pesto (optional, but see head notes)
- Parmesan cheese, freshly grated (optional)

Chop the onion, potato, carrots, and celery into pieces that are about 1/2-inch or smaller. Do your best to cut everything roughly the same size, this will keep cooking time across the ingredients somewhat uniform. You should end up with about 2 1/2 cups of chopped celery.

In a large thick-bottomed soup pot over medium high heat combine the olive oil, onion, potato, carrots, celery and a few big pinches of salt. Saute for about ten minutes or until the onions and celery soften a touch and expel some water. Stir in the garlic and add the stock. Bring to a simmer and let cook for another 10 minutes or until the celery, carrot and potatoes are just cooked through - resist the urge to over cook them into mush. Stir in the rice a few minutes before the potatoes and carrot are cooked though. Remove the soup from the heat and ladle into soup bowls. Top each with a generous drizzle of the celery leaf pesto (opt) and/or some Parmesan cheese.

Serves about 6.

## **Roasted Potatoes and Carrots**

*It's speedy, no fuss, and delicious.*

1 pound potatoes (what you got this week)  
5 large carrots (or more smaller)  
Light olive oil  
Salt and pepper

Preheat the oven to 375. Cut the potatoes and carrots all into bite-sized pieces. The smaller they are, the quicker they'll cook through. Toss the roots onto a pan, drizzle with a little oil, and then sprinkle generously with salt and pepper. Mix the roots with the oil to coat thoroughly, and then arrange the roots so as to maximize exposed surface area. Put the pan in the oven. Shortly, you will hear the oil begin to pop in the oven. Check the pan every ten minutes and loosen any pieces that are sticking with a spatula. Once the carrots are beginning to shrivel, you know their sugars are caramelizing. When the potatoes are soft through and the skins brown a little they're ready to eat!

## **Potato, Red Onion, Arugula and Brie Pizza**

*Makes enough topping for one 14 inch or two 8-10 inch pizzas. From [From the Earth to the Table](#), by John Ash. There are lots of variations you can make to this pizza, but if you've never tried a potato pizza, you're in for a treat. Since we don't have arugula this week, you can substitute another veggie for arugula.*

1 recipe Basic Pizza Dough  
3 tablespoons olive oil  
2 cups sliced red onions (the Walla Walla onions would do fine too.)  
Kosher or sea salt and freshly ground pepper  
12 ounces potatoes, thinly sliced  
1/2 cup freshly grated Parmesan cheese  
6 ounce Brie, thinly sliced  
1 cup loosely packed arugula leaves (Since we don't have arugula this week, you can substitute another veggie)

Prepare basic pizza dough. Preheat oven to 500 F preferably with a pizza stone or brick-oven insert in the oven. In a deep, heavy bottomed pan, heat the olive oil and saute the onions until crisp-tender. Season to taste with salt and pepper. Set aside.

In a medium saucepan, blanch the potatoes in lightly salted boiling water until crisp-tender, about 3 minutes. Cool in ice water to stop the cooking, drain and pat dry.

Sprinkle the Parmesan cheese over the dough. Layer the potatoes evenly on top. followed by the onions and the slices of Brie. Season to taste with salt and pepper.

Bake the pizza for 12 to 15 minutes on the top rack. Scatter the arugula on top and slice and serve immediately.