

Middleton Farm CSA

Newsletter

What you can expect in this weeks share

This week you will find the potatoes, tomatoes, summer squash, the last of the cucumbers and corn, jalapeño peppers, Anaheim peppers, green peppers, tomatillos, and drying herbs (cilantro and parsley)

Wash all produce before consuming!



Spotlight: The Orange Jubilee!

This year there will be a new tomato in our midst: the Orange Jubilee.

These heirloom tomatoes are named after the bright orange hue they obtain when they ripen fully and have sometimes been mistaken for oranges due to their appearance.

With a meaty consistency and few seeds, these fruits are best for slicing and salads. However, many people have

preferred the use of these tomatoes in their salsas due to their texture, low acid content and mild flavor.

So when you find these sunny fruits in your harvest share, use them anywhere you want a low gel, lightly sweet tomato flavor and enjoy!

Customizing your harvest share!

Being mindful of **WHEN** you pick up your harvest share can help you customize your portion of veggies.

You may find that the earlier you come to pick up your harvest share, you will have more of a selection of items but will not be able to get the quantity. However, if you want to increase the quantity of items you take home and aren't particular about which items, make sure you show up closer to the end of pickup time.

If you are unsure of the size of your share, mention this to Matt and he can clarify the size difference between a full

share, half share and quarter share.

Using this method will help you get the most out of your CSA experience!

You may have wondered...

How does a Full Share Beef CSA work?

When viewing the awesome Middleton Farms website, you may have noticed the Full Share Beef CSA option in the store. You may have even considered purchasing but wondered what it was all about. Well question no more and consider this great way of getting a year of meat delivered right to your door.

When you join the Full Share Beef CSA, you will share 6 head of cattle with 19 other members. Every other month, one cow will get butchered and the beef divided amongst each share member.

Each delivery will consist of steaks, ground beef, roasts, stew meat, and other cuts. Then, two months later, you will receive another shipment thereby ensuring you get

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the freshest meat possible. In total, you will get approx. 1/3 of a steer over a year's time.

Likewise, a Half Share Beef CSA works similarly; however, the portion of meat is half that of a Full Share.

The cost of a Full Share Beef CSA for grass fed is \$855. If this seems too steep, you may make payments of \$142.50 a month for the first six months. (The first payment is due when you join and then payment is due the first week of the next five months)

Similarly, a Half Share, which costs \$450, can be split into 4 payments of \$112.50 per month. (As with the Full Share, the first payment is due at joining and subsequent payments due the first week of each month.)

Share deliveries start in October so join now!

Canning and Giving

Need a specific veggie for this weekend's canning but need more than your allotted share? Is your aunt making her special

zucchini bread for a bake sale and she is counting on your farm connection to bring her 'the goods'?

Head on over to the website for instructions on how to make an arrangement for getting specific amounts of produce in your harvest share!

www.middletonfarmcsa.com

Tomato Tart Recipe

This is the perfect way to try out the Orange Jubilee tomatoes featured in this week's newsletter.

Ingredients:

- Pre-made pie crust
- Mozzarella cheese - shredded
- Basil leaves - sliced thin
- Low liquid tomatoes
- Dijon Mustard
- Olive oil (optional)
- Salt and pepper

Pre-heat oven to 375° F.

Fit the dough into the tart pan, trimming off unnecessary pieces. Then brush bottom of crust with Dijon mustard. Cover with shredded mozzarella and then make a layer of tomatoes on the top. You may drizzle with olive oil

if wanted and season with salt and pepper. Place in a 400° F oven until cheese is melted and tomatoes are lightly browned but still tender. (Approx. 30 min)

Garnish with fresh basil and serve warm.

(Garlic spread can be substituted for the Dijon mustard.)

Word Search

See if you can find the listed words. They can be backward, forward, up, down and diagonal. Good luck!

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N H Z K P B Y C C S Q T X B H
O B J T R O X T T O T I U R F
L J F Y I B R R I U L O E V J
E P C T I M A K K N R E C R I
M E O W E W E A N E U W M L H
K S E L B A T E G E V M O A N
S S B E F H S A A R D C M X N
U E R F C G N J X O C R X O Z
M R N E G O A T U O H T A E C
Y S R E P P E P R T A U B G D
R A O B E U M B H A R R T Q A
F A R M X R N O U T V K G R S
R V C A B B A G E O E E M Y K
R A D I S H L H H P S Y N O N
W B R N G R M C S Q T P W V X
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BEEF
BRYCE
COLEMAN
EGGS
FRUIT
HARVEST
OREGANO
PORK
RADISH
SHARE
TIMEEA
VEGETABLES

BROCCOLI
CABBAGE
COMMUNITY
FARM
GARDEN
MUSKMELON
PEPPERS
POTATO
ROOT
STRAWBERRY
TURKEY