

Middleton Farm CSA

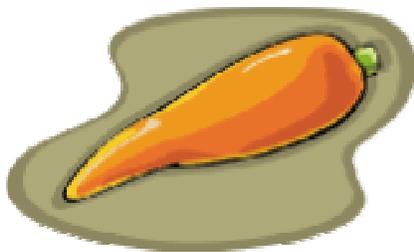
Newsletter

What you can expect in this weeks share

This week you will find the last of the tomatoes, summer squash, jalapeño peppers, green peppers, Serrano peppers, onions, cabbage, winter squash, tomatillos and herbs (basil, cilantro, parsley). Peaches, apples, and pears may be included.

There will be sightings of watermelon and muskmelon, and few potatoes may be left.

Please wash all produce before consuming!



Spotlight: Carrots

As we step into September, autumn veggies are being used more for decoration than for nutrition. One normally wouldn't think of decorating with carrots, but it is more common than you think.

Carrots are one of the few plants in which the entire plant can be of use. The root is the most familiar part found in the American diet, but the leaves can also be eaten. However, the first use of carrots was for the aroma of the leaves and seeds and not for the root! While the greens are light in scent, the seeds are usually dried and their oil is extracted for use in perfumes.

Carrot flowers, with their white compound blossoms, have made their way to some florist shops. However, its cousin, the Queen Anne's lace, is the more common flower of the carrot family.

Decorating with carrots continued in the 1600s when ladies they used them to decorate their hats in place of the more expensive flowers or feathers!

So while we think of cutting the root into rosettes or those fancy flat zigzags found in Sweet and Sour Chicken, consider the rest of the carrot and let your creativity flow!

You may have wondered...

Where did all this food come from?

You might be interested to know where a lot of our harvest share veggies are not native to the United States! Some took some long journeys to come here but, interestingly enough, most didn't need airfare!

Tomatoes, potatoes, green beans, corn and bell peppers are all native to Mesoamerica (A region of lower Mexico and northern Central America) and the Andes. It was during the Spanish colonization of the Americas that these foods got moved into European diets. In most cases, the original plants look and taste nothing like the ones familiar to today.

For example, all squash came from the Americas originally; however, the current zucchini squash was developed in Italy. When the zucchini was introduced to Mexico, the flower of the zucchini was preferred to the fruit and is used in soups.

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Cabbage is a plant from the Mediterranean area. Interestingly enough, the cabbage, which gives rise to broccoli, cauliflower, Brussels sprouts, kale, collard greens and kohlrabi, was itself derived from wild mustard plants.

Watermelon has its roots in Africa; however, a mystery surrounds its introduction into the United States. Some claim that Africans introduced it to the south. Another story tells of how French explorers found watermelon growing along the Mississippi cultivated by Native Americans. And yet another story tells of a watermelon sighting in Massachusetts!

Muskmelon is native to Persia and has many variants around the world. It is highly sought after in Japan. So much so that one melon is often purchased as a high priced gift!

Luckily, we get them in our own harvest share so we can pocket the 70 bucks while still enjoying a slice with our breakfast!

Yes! We have no...

...carrots. Oddly enough, this newsletter focused mainly on the carrot and all its wonderful uses, however, the carrot crop did not come to fruition this year.

The cause is unknown as there were many factors this year (weather problems, late start, different seeds) but hopefully the information found in this periodical can be put to use in other areas of your life!

Coming back for more?

As the growing season is coming to an end, the farm needs to know how many members plan on rejoining next year.

It is understandable that CSAs are not for everyone and some members joined this year only to see if the concept fit for their needs. If it did, great! If it didn't, that is fine too!

So let us know this week if you wish to partake in the CSA next year or if you would rather see us next year as a farmer's market patron!

Candied Carrot strips

Use these to top your carrot cupcakes!

Ingredients:

1 Lg Carrot or 2 med
1 c Sugar
1 c Water

Using a peeler, start peeling the carrot until you get wide strips.

Mix sugar and water together in a saucepan until dissolved. Add carrot strips and simmer for 15 min. Strain mixture through a sieve and let the carrots sit for 15 minutes. (Discard syrup) Preheat oven to 225°

Next, separate and place strips on parchment lined baking sheet making one layer. Bake for 30 minutes or until carrots are dry but flexible.

Wind the strip around the handle of a wooden spoon or chopstick and place on parchment seam side down. Return curls to oven and bake for an additional 30 - 45 min. Cool completely then place in airtight container for up to five days. If needed, re-crisp in a 250° oven for 10 min.

Recipe from Epicurious.com