

## Harvest Report

Your share this week includes:

### **WHRI Farm:**

- ◆ Collard greens
- ◆ potatoes
- ◆ squash
- ◆ Kale
- ◆ Swiss chard
- ◆ Broccoli or green onions
- ◆ Basil
- ◆ Carrots

### **Piper Center:**

- ◆ Collard greens
- ◆ Kale
- ◆ Swiss chard
- ◆ Broccoli
- ◆ Basil or peppers
- ◆ Squash
- ◆ Carrots
- ◆ Potatoes

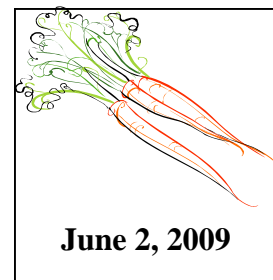
### **Central Pres**

- ◆ Collard greens
- ◆ Kale
- ◆ Swiss chard
- ◆ Broccoli or green beans
- ◆ Squash
- ◆ Carrots
- ◆ Potatoes

A total of **40.2** pounds of vegetables were donated to Caritas of Waco this week, representing 10% of our total harvest. Thank you!



# World Hunger Relief CSA Newsletter



June 2, 2009

Greetings once again CSA members, and thanks for your continued commitment to sustainable agriculture and healthy food! We continue to be blessed by an influx of summer live-in volunteers. Come out to the farm and meet some of them, help with a harvest, or shop at our fair trade store.

Our new summer vegetable this week is the new potato. New potatoes are a little different from the cured, thick skin, starchy potatoes you might typically buy. New potatoes are tastier, thin skinned (don't need to be peeled for most recipes), and are best stored at in the fridge. They won't last as long in the pantry as older potatoes will. Basil, as we've said, should not be stored in the fridge, but at room temperature with the stems in some water.

Garlic has been curing nicely for some weeks now, and should be ready for your shares some time soon. We'll probably have one more harvest of carrots, but the summer vegetables should come out in full force next week—tomatoes, peppers, squash, and more.

For the potatoes this week, we recommend a summery potato salad, but don't forget about mashed potatoes, fried potatoes, and potato soup with kale and sausage—recipes for these can be found in many cookbooks. What a versatile vegetable!

### **Lebanese potato salad**

*Toss together:*

- 4 large potatoes, cooked, peeled, and cubed
- 1/2 c. fresh parsley, snipped or chopped
- 1/4 cup green onions, finely chopped
- 1/4 c. olive oil
- 1/4 cup lemon juice
- 1 tsp. salt
- Dash of garlic powder or minced garlic clove
- Dash of pepper

Chill several hours before serving

Here's a recipe for your share of squash this week. You can substitute any kind of summer squash for another. Also try your squash lightly sautéed with garlic and oil and tossed with some pasta and parmesan cheese. Yum.

### **Susan Mayer's Curried Summer Squash Soup**

- 2 lb yellow squash (or other summer squash)
- 3 TBS butter
- 1 cup chopped onions
- 1 tsp curry powder
- 4-5 cups chicken broth
- Sour cream (optional)

1. Coarsely grate or chop squash.
2. Heat the butter and cook the onions until wilted and lightly golden. Stir in curry powder, and cook 30 seconds. Add squash and stir until coated with butter and wilted.
3. Add 4 cups of broth. Bring the broth to a boil, reduce heat and cook gently, uncovered, until squash is tender. Puree in blender. Add additional broth if you like a thinner consistency.
4. Serve either hot or cold with a garnish of sour cream.

### **Reminders:**

- If you are unable to pick up your vegetables, let someone else pick it up for you or let us know.
- Please do not forget to bring the rubber bands back when you go to pick up vegetables.
- Any CSA member is welcome to come during the week to help out with weeding or any work at the vegetable garden.

Thank you and God bless you r week.

Shalom

Melody Kakunim [CSA Intern]