

Harvest Report

Your share this week includes:

WHRI Farm:

- ◆ Collard greens
- ◆ potatoes
- ◆ squash
- ◆ Corn
- ◆ Basil or peppers
- ◆ Carrots
- ◆ Tomatoes

Piper Center:

- ◆ Collard greens
- ◆ Basil
- ◆ Corn
- ◆ Squash
- ◆ Carrots
- ◆ Potatoes
- ◆ Cucumbers

Central Pres

- ◆ Collard greens
- ◆ Squash
- ◆ Carrots
- ◆ Potatoes
- ◆ Basil
- ◆ Peppers
- ◆ Cucumbers
- ◆ Corn or tomatoes

A total **484** 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 9, 2009



Summer vegetables are here, CSA members! The collard greens just won't give up, and the carrots are still hanging on, but otherwise, the new season has arrived. Your share includes, once again new potatoes and summer squash, and we had enough cucumbers, corn, and tomatoes to divide between the pick-up sites. If you didn't get one of these this week, your share will include it next week.

So, for those of you who did get corn, eat it today if possible. Fresh sweet corn tastes good raw up to a couple of hours after harvesting, but even by this evening, after it's had some time to develop some starch, it should only need a couple of minutes in boiling water—don't overcook it and lose its fresh taste.

Some of your tomatoes are still green, but don't worry—they will ripen just as well on your counter or window sill as they would out here on the vine. Once they start to show signs of ripening, they don't need to be attached to the vine to have that fresh vine-ripened taste. Once they have fully ripened, you might want to put them in the fridge so they will keep a bit longer.

Tomatoes have natural flavor affinities with basil, so toss them together with some fresh vinaigrette and some cucumbers for a quick summer salad. You could also start making *bruschetta* by tossing chopped tomatoes with oil, chopped basil, and a little balsamic vinegar, and placing on toasted fresh bread. Here's a few other recipes you might be interested in.

Grilled Sweet Corn with Chili Lime Butter

4 ears of corn

Chili Lime Butter:

1 stick of butter, softened

Zest of one lime

Zest of one lemon

1/4 tsp. salt

1/4 tsp. black pepper

1 tsp. chili powder

Pinch of cayenne pepper

Directions cont...

Grilled corn cont...

1. Place the softened butter in a bowl, add the rest of the ingredients (except corn) and mix until incorporated.
2. Place peeled and cleaned corn on the grill when fire has burned down to white coals. Turn the corn frequently. Cook until nicely browned.
3. Slather hot grilled corn with chili lime butter and serve immediately.

Potatoes and basil also go well together. You could put some basil in with potato boiling water to flavor them for mashed potatoes; you could also substitute basil for the dill in the following recipe:

Onion and Dill New Potatoes

1 3/4 lbs. small new potatoes, quartered

Water

1/4 c. finely chopped onion

3 TBS butter

1 TBS chopped fresh dill (or other herb like basil, rosemary, sage)

1/4 tsp. salt

1/4 tsp. pepper

1. Boil potatoes until tender. Drain.
2. Return potatoes to the pan. In a small bowl, stir together remaining ingredients; pour over potatoes.
3. Cook over medium heat until heated through.

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.
- Please send in your bill for May!

Thank you and God bless you r week. Shalom
Melody Kakunim [CSA Intern]