

Victory Garden Initiative

CSA Newsletter

2019

Week 12 -- August 27th

What's in your box?

- Cured Garlic
- Celery
- Lacinato Kale
- Cherry Tomatoes
- New Potatoes (uncured)
- Parsley
- Zucchini/Yellow Summer Squash

Farm Fresh Facts

Cooking with Fresh vs Dried Herbs

You can be honest...do you sometimes struggle to use the herbs we put in your box? It's okay. We LOVE cooking with fresh herbs! While less potent than dried herbs, they lend a fresh, delicate touch to many dishes. Plus, lots of evidence shows that nutrients are lost when dried.

When cooking with fresh herbs, add the robust woody herbs (rosemary, thyme, sage, etc) to simmering dishes and add delicate herbs (basil, mint, cilantro, etc) to your dishes either raw or near the end of cooking. Some common pairings:

Basil - goes well with Italian inspired dishes such as pizza, pasta, chicken etc.

Cilantro - great for spicy dishes, curries, salsas, vinaigrette, and Mexican dishes

Mint - good with pork or lamb, jellies and sauces, dressings for fruity salads, etc.

Parsley - fish, veggies, salad, rice, soup, pesto, marinades, and more!

Rosemary - roasted veggies, stews, poultry dishes, deserts etc.

Sage - stews, soups, risotto and other simmering dishes, sausage & stuffing.

Thyme- lamb, tomatoes, eggs, custard, and seafood.

Field Report

Somehow we made it to the end of summer with barely any red slicing tomatoes, and that is majorly disappointing! We are swimming on juicy cherry tomatoes, but our beefsteaks and romas just did not do well. First there was all that rain and cold temps in early June that kept our tomato plants from flourishing right away. Then came the slugs! They love dark, damp conditions and we were so preoccupied with keeping the farm from flooding or drowning our seedlings that we totally forgot to do some preventative slug control once the rain stopped and we were able to get in our rows. They are the main reason we don't have nice tomatoes in your boxes already as they have been chewing them all up! Time to lay some traps!



In other news, our potatoes are ready! Potato harvest is one of the messiest and rewarding things to do in the garden. There is something wildly satisfying about getting on your hands and knees and digging through the soil to pull out a big, beautiful Yukon Gold! And you get a surprising amount out of a little space, with very little effort over the season.

This is a crop I definitely recommend people try at home! We got a pretty good harvest, so you'll see potatoes in your box the next slicing/dicing ones and baby fingerling size ones.



With only 4 weeks left in the season, you will still see some great new crops coming in! Hopefully those darn slicing tomatoes will be ready. Then there will also be some amazing Asian pears for baking some sweet deserts, as well as tomatillos for great Mexican inspired dishes! Hoping for a few other surprises too :)

-Christine

Weekly Recipe

Creamy Celery Soup

Ingredients

- 2 tbsp butter
- 1 tbsp olive oil
- 2 cloves garlic, minced
- 1 1/2 cup chopped celery (mostly stem, but can use a mixture of the leaves as well)
- 1 medium onion, diced
- 1 large potato, diced
- 3 cups chicken broth
- salt/pepper to taste
- 1 cup heavy cream (or whole milk)

Directions

- In the bottom of your soup pot, add the butter and oil and warm. Stew the celery and onion gently in this mixture until soft. Don't let them brown! Add the minced garlic towards the end.
- Add the stock and potatoes then bring to a boil. Reduce to a gentle simmer until the celery and potatoes are very tender.
- Use a stick/immersion blender (if you don't have one, buy one! kidding, you can use a regular blender. But immersion blenders are my fav kitchen tool because I make a lot of creamy soups and sauces!) to cream the soup.
- Add the heavy cream or milk and blend.
- Taste the soup and add salt and pepper as needed.
- Optional: add a little crumbled feta or blue cheese when serving and garnish with some fresh celery leaves.
- Serve with crusty bread, open faced grilled cheese, or pita!



Community Corner

Roadside Farmstand

Don't forget to drop by the Pay-What-You-Can Farmstand some time to pick up extra veggies! We often have things on the stand that aren't in the boxes!

Tuesdays, 4-6pm

240 E. Concordia Avenue

Farmraiser

Every September we host an end of the season community party on our farm! This year there will be music by Sista Strings and DJ Loop, poetry by Sam Alford, a free yoga class by Siddhi Yoga, food by Caroline Carter, kids activities, and many community tables for free resources! Thanks to our generous sponsors, the whole event, including food and drinks, is absolutely FREE! There will also be a \$1 raffle to win prizes such as signed Brewers balls, tickets to local attractions, VGI honey and more! Bring a friend and have fun!

September 28th, 4-8pm

220 E. Concordia Avenue



Hello! My name is Will, a grant writing intern this summer at VGI. In my role, I help VGI secure funding for infrastructure and programming-- everything from the Youth Education Program to the annual Great Milwaukee Victory Garden BLITZ. This fall I will be returning to the Twin Cities to finish my undergraduate degree in economics, sustainability, and Spanish at the University of Minnesota. Outside of work and school, I enjoy cooking, playing Frisbee, and curating Spotify playlists (my only musical talent).

I've thoroughly enjoyed my summer at VGI, as I have learned more about the intricacies of grant writing, connected with Milwaukee's food system, and met many of the wonderful people who make up the VGI community. Some of my favorite VGI memories include assisting with CSA harvests, running the weekly farm stand and, of course, getting that ever important grant money! After graduation, I hope to work on a farm before pursuing a career in environmental policy, where I will draw upon my VGI experience and its intersection with sustainable food systems.