

Victory Garden Initiative

CSA Newsletter

2019

Week 13 -- September 3rd

What's in your box?

- Young Potatoes
- Early Asian Pears (baking)
- Sage & Lavender
- Collard Greens
- Beets
- Carrots
- Summer Squash

Farm Fresh Facts

Cooking with Fresh vs Dried Herbs

Hold onto the taste of summer by preserving your herbs! Most herbs can be dried simply by bundling them and hanging them upside down in a cool, dry place. Make sure there is air flow and that the herbs aren't packed too closely together, or you'll get some mold. A garage or dry basement works well, but I've also done small batches in closets! These dried herbs can then be used for all your cooking needs, just like dried ones you buy in the store!

If you find your space isn't fully drying your herbs, pop them on a cooking sheet in the oven on 150 for 2-5 minutes to finish them off!

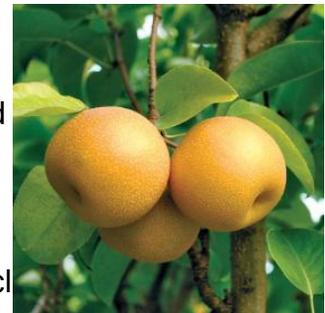
These week, we gave you sage which is a perfect herb for drying in this method! A few dried sage leaves in your pot adds so much flavor to your soups, stews, rices, and lentils!

We've also included lavender, which is excellent fresh or dried in baked goods or for making a simple syrup to put in hot drinks!

Field Report

I'm probably gonna eat my words later, but we've made it to Week 13 without having to harvest in the rain and that is more exciting than you can possibly know! When you are a farmer of any kind, you don't have the luxury of avoiding the weather. I remember my first Worker Share with a CSA. I was an undergrad student and my Worker Share was how I could afford the produce and was also part of my research for a summer extracurricular class. I spent the first week on the job harvesting lettuce in the snow in June and I was so confused and cold. But this was Week 1 of the CSA and no way were those boxes not getting out that day! Even though I grew up in Central Wisconsin farm country, that was my first time every *really* thinking about how tough farming can be. Last year, I harvested the VGI boxes in the rain 4 times. At first, it is a fun novelty and the interns all laugh and play. But by that 4th time, you dread getting out of bed when you wake up and hear the rain! Plus, your muck boots just stink.

Today, we get the novelty of Asian Pear in the boxes! Asian Pears are very different from their common European Pear cousin that you are most likely used to. For a start, Asian Pears must be ripened on the tree which means they take longer to ripen. You can't pull them off and expect them to sweeten up like an apple or common pear would. They will stay hard as a rock! So you have to wait. These pears are also never as soft, juicy, and sweet as a European Pear and are best used cooked or dried, or eaten raw without the mindset of a normal pear. It is super crunchy and delicately sweet, but a lot of people think they are flavorless raw. So I've included a honey pear galette recipe! This recipe works well with any fruit, but honey and pears are just divine together!



These pears in your boxes will be best cooked. These are the pears from thinning the trees so the branches don't break and are not fully ripe yet. But still crunchy and will bake well!
--Christine

Weekly Recipe

Christine's Asian Pear Galette

Ingredients

- Favorite pie crust or puff pastry (from scratch or store bought)
- 2-3 pears, cored and sliced thinly
- 2 tsp cinnamon
- 2 tbsp honey
- 1/2 tsp vanilla extract
- pinch of salt
- 1/4 cup granulated sugar
- 1 tbsp all-purpose flour
- 1 egg white
- 1 tbsp water
- decorator's sugar (optional)



Directions

- Roll your pie crust/pastry crust out flat, either in a large round shape or wide rectangular shape. The dough should be about 1/4 inch thick.
- In a large mixing bowl, mix together the granulated sugar, flour, honey, vanilla, cinnamon, and salt. Add pears and toss.
- To assemble the galette, arrange the pears in the center of the dough, leaving a 2 inch border along the edge. Pour excess juice from mixture over top. Cut several dashes along the 2 inch edge of dough and fold partially over the pears, pinching to close and keep pears from leaking out.
- In a separate bowl, mix the egg white and water. Brush this egg wash over all the dough edges of the galette and then sprinkle with decorator's sugar if using. This will give you a nice brown dough! Bake for 40 min at 375F until golden brown.

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

Join me in welcoming Jay Johnson, a Black, trans-masculine educator in Milwaukee who joined us today as the new Youth Programs Coordinator!

Originally from the suburbs of Chicago, Jay relocated to Milwaukee for a year of service with City Year. He received his BS in geology from Wheaton College, but loves all things earth and environmental science. During his time at Wheaton, Jay held an internship geared towards empowering scientists of color and spent time working with a native tribe on preserving wild rice, a sacred crop. This is where he developed his passion to increase the number of people of color and queer people in the earth sciences.

Jay is a big fan of old school r&b and has curated an extensive record collection. In addition, he loves percussion instruments and enjoys spending an afternoon in a hammock.

