



The Harvest Report

WEEK 9

JANUARY 27, 2010

SPECIAL POINTS OF INTEREST

- **Indoor Market @ Benton Fairgrounds from 9 to 1 this Saturday!!!**
- **New items in your CSA box this week!**
 - Apples
 - Cauliflower
- **Recipes!!!**
 - Salad with Apples, Bacon and Turkey
 - Cod with Leeks, Tomatoes and Olives
- **Please let us know if you have any questions**

Word from Farmer Anna

Hello everyone-

Thankfully the weather has been working with us and staying at warmer temperatures. As a result cauliflower will be in your box this week. We are still finding freeze injuries on several crops, aged and younger of all types. The broccoli and cauliflower has especially taken the damage in both the lower and upper fields.

I have been experimenting with Kohlrabi lately since it is one of the crops that has weathered quite well. I have especially grown fond of it roasted in the oven with other winter veggies or with chicken. Many other CSA members have said they enjoy it peeled and raw in a variety of ways...such as sliced or shredded on a salad, sliced with hummus, on a veggie platter with ranch and other dips, steamed, etc.

I was able to run our booth at the Corvallis Indoor Winter Market last weekend. There are

several vendors there with delicious baked goods, meat, veggies, jellies, etc. along with many hand-made crafts and goods. If you are interested in attending it runs from 9 to 1 every Saturday at the Benton Fairgrounds.

We have posted a registration form on our website for the Summer CSA Program. We have decided to extend the summer season from 22 weeks to 25 weeks. In addition, we will be including honey in our CSA boxes and are offering several add on options, such as:

Bread from Pacific Sourdough

Eggs from local free range farms

Goat cheese from Fraga Farm

Pork from Wood Family Farm

Beef from McK Ranch

Registration is currently open and is discounted until April 1st, they then will increase by \$25. We also will be offering a payment plan program similar to the Winter CSA.

Jim will be doing the CSA drop offs this week at the farm, Corvallis Hospital and the Lebanon Hospital while I will be doing the Saturday market drop off.

We look forward to seeing you and hope that you are having a great week!

- Anna

In your box this week...

Veggie Box:

- Hazelnut Sourdough
- Kohlrabi
- Cauliflower
- Large Green Onions
- Carnival Acorn Squash
- Apples

- Rainbow Chard
- Savoy Cabbage
- Leeks
- Kale
- Honey *monthly*

(You will not receive honey this week)

Add-Ons:

- Eggs *weekly*
- Meat *monthly*

(You will not receive meat this week)

Salad with Apples, Bacon & Turkey



INGREDIENTS

1 cup crumbled blue cheese
1/4 extra virgin olive oil
2 tbsp cider vinegar
8 slices bacon, chopped
2 romaine hearts, chopped
2 apples, cored and cut into 1/2" chunks
8 oz thick cut deli smoked turkey breast, cut into 1/2" pieces

DIRECTIONS

1. Whisk 1/2 cup cheese, oil, vinegar, 1/4 tsp salt and 1/4 tsp pepper in a large bowl until creamy and smooth
2. Cook the bacon in a large nonstick skillet over medium-high heat until crisp. Transfer to a paper towel lined plate
3. Add lettuce, apples, turkey, bacon and remaining cheese to a bowl with the dressing. Toss to combine. Season with salt and pepper

Recipe from: America's Test Kitchen

Cod with Leeks, Tomatoes & Olives

INGREDIENTS

2 tbsp extra virgin olive oil
3 medium leeks, white & light green parts only, halved lengthwise and sliced thin
3 garlic cloves, sliced thin
1 (14.5 oz) can diced tomatoes, drained
1 1/3 cup white wine
1/2 pitted kalamata olives, halved
2 tsp finely chopped fresh oregano
1 bay leaf
Salt and pepper
4 skinless cod fillets, 6-8 oz each and 1" thick

DIRECTIONS

- Heat oil in a large skillet over medium heat until shimmering. Cook leeks until beginning to soften. Stir in garlic and cook until fragrant. Add tomatoes, wine, olives, oregano, bay leaf, 1/4 tsp salt and 1/4 tsp pepper and simmer, covered, until leeks are completely tender (about 10 mins)
- Season fillets with salt and pepper. Nestle fillets into the sauce and simmer, covered, until fish is cooked through, about 10 mins. Discard bay leaf and serve.

Recipe from: America's Test Kitchen



We hope you enjoy these recipes. If you have a one that you would like to share, we'd love to post it for others to enjoy as well! Send it in to CSA.HeavenlyHarvest@hotmail.com

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