

SPECIAL EVENTS:
STRATFORD GARLIC FESTIVAL
SEPTEMBER 10 & 11, 2011

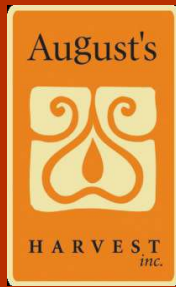
**POSSIBLE
ITEMS IN
YOUR BIN
THIS
WEEK:**

- Garlic
- Yellow Potatoes
- Beans
- Sierra Lettuce
- Butter Lettuce
- Carrots
- Cilantro
- Cucumbers
- Peppers
- Tomatoes
- Musk Melon
- Corn
- Cabbage

• Please note: depending on harvesting, you may not receive all these items in your bin this week.

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Community Shared Agriculture Newsletter

WWW.CSAAUGUSTHARVEST.COM * WEEK 9 * AUGUST 2011

THANK YOU FOR BUYING LOCAL BUYING FRESH!!!

Wow we are half way through the harvest season already, I hope you are enjoying all the local, organic produce so far. I saw fresh Ontario peaches in the grocery store today, and it reminded me of my desperate search last year to find organic Ontario peaches for the CSA members. I called several organic suppliers and other organic box programs to see if anyone knew of an orchard in Ontario who grew organic peaches. Although the Niagara Region is widely know for their peaches, it appears that they nor any other orchard are growing any peaches organically. California with its ideal growing conditions and health conscious consumers seems to be leading the way in most of the organic farming including peaches. My hope is that in time, the demand for locally grown organic fruits and vegetables will continue to grow and we will begin to see a larger variety of fruits and vegetables grown organically here at home.

Potatoes are the number one vegetable eaten in the American diet. They get a bad rap mainly because the most common way they are eaten is in the form of french fries. Recent studies have shown that potatoes help to fight inflammation! The key is in the way you cook them. Fried and even roasting potatoes can cause the formation of acrylamide, a cancer causing compound. The best way to cook these spuds is to boil them, check out the recipe on the back for an exciting variation on the every day potatoes.



If you haven't been eating up all the cilantro that we have been sending you, here are some reasons why you are going to want to use up all of this healthy herb. Cilantro leaves are rich in vitamin C, they contain antibacterial properties and can be used as a fungicide. They aid the digestive system by simulating the secretion of gastric juices. Cilantro is an excellent blood and lymphatic cleanser. Most importantly they have been shown to help remove mercury, lead and aluminum from the bones, brain and nervous system. Mercury can be found in some of the fish we eat, in some dental fillings, and in some of the products we use. By eating a minimum of 1 tsp a day we can help to detoxify these metals from our system. Check out the back page for some ideas on how get eating more cilantro!

We now have farm fresh eggs from August's Harvests free range chickens available at the great price of \$2.50/dozen, limited quantities available. Our meat birds are also available for purchase, see the extras list for pricing.

Crushed Heirloom Potatoes

From epicurious.com

Ingredients

- 2 pounds unpeeled whole heirloom potatoes
- 3 ounces crumbled Gorgonzola cheese or blue cheese
- ½ cup pecans, toasted, chopped
- ¼ cup extra-virgin olive oil
- 2 cups baby arugula or substitute butter lettuce for a lighter flavour



Directions

Place potatoes in large pot. Pour enough cold water over to cover; salt generously. Bring to boil. Reduce heat and simmer until potatoes are just

tender, 20 to 40 minutes. Drain. Return potatoes to pot. Using large wooden spoon, coarsely crush potatoes in pot. Add cheese, nuts, and oil. Stir in arugula and toss to blend. Season to taste with salt and pepper. Transfer to bowl and serve.

Cilantro Pesto

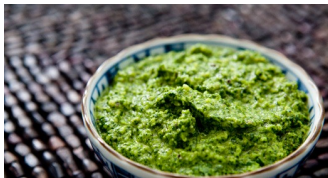
simplyrecipes.com

Ingredients

- 2 cups, packed, of cilantro, stems removed
- ½ cup blanched almonds
- ¼ cup chopped red onion (shallots)
- ½ teaspoon chopped, seeded chile pepper
- 1 teaspoon Kosher salt
- ¼ cup olive oil
- I would add 1 clove garlic

Method

In a food processor, pulse the cilantro, almonds, onion, chile, garlic and salt until well blended. With the food processor running, slowly add the olive oil in a steady stream. Add more oil as needed for your use. Whatever you don't use, you can freeze.



Cilantro Salad

- 1/4 cup olive oil
- 2 tbsp. fresh lime juice
- 1 tbsp. grated peeled fresh ginger
- 3 heads lettuce hearts, chopped
- 1/2 cup chopped fresh cilantro

Whisk first 3 ingredients in small bowl to blend. Season dressing to taste with salt and pepper. Combine mixed greens and cilantro in large bowl. Toss salad with enough dressing to coat. Season to taste with salt and pepper.

Butter Lettuce with Shallot Dressing

From recipewiki.com

Ingredients

- 1 head butter lettuce
- 2 tbsp wine vinegar
- 1 tbsp Dijon mustard
- 2 tbsp minced shallots
- ¼ tbsp salt
- 7 tbsp oil
- ½ head Sierra lettuce

Directions

1. Arrange 3 to 4 Sierra lettuce leaves on each plate.
2. Separate butter lettuce into individual leaves and distribute on each plate.
3. Mix vinegar, mustard, shallots, salt and oil. Blend well. Spoon dressing equally over each salad.

Feature on Cilantro

For this amazingly healthy herb try adding it to your smoothies, salads, topped on nearly any dish or for the brave try cilantro tea.



Cilantro Slaw

from marquitafarms.com

- 5 cups shredded cabbage
- 1 cup cilantro leaves minced
- ½ cup lime juice
- 1 tbsp. each water and honey
- ½ tsp cumin seeds
- salt and pepper to taste

BOB'S FABULOUS YUMMY MARINADE

from marquitafarms.com

(For tofu, meats, noodles or rice, salad dressing)

- 5 tbsp. vegetable oil
- 1/3 cup packed cilantro with stems
- 1/4 cup fresh lime juice
- 1/4 cup tamari soy sauce
- 1 oz. fresh ginger
- 6 lg. cloves garlic
- 1 ½ tbsp. ground cumin
- jalepeno or other chile optional

Combine and blend all ingredients together in a food processor or blender until the chile, garlic, ginger and cilantro are finely chopped.

In a bowl, mix all ingredients together.

Lime Cilantro Butter

(great on fish, corn or anywhere you use butter)

Ingredients

- 1 cup unsalted butter
- ¼ cup chopped fresh cilantro
- 1 ½ tablespoons lime juice
- 1/2 teaspoon crushed red pepper flakes
- salt to taste

In a mixing bowl, cream butter. Mix in cilantro, lime juice, and red pepper flakes. Season with salt to taste. Cover, and chill for at least 1 hour.



Black Beans with Garlic, Cumin & Cilantro

- 1 can black beans (16 to 19 oz.)
- 2 cloves garlic
- 1 tsp. ground cumin
- 2 tbsp. olive oil
- 1/3 cup tomato juice or water
- 3/4 tsp. salt
- 2 tbsp. chopped fresh cilantro

Rinse black beans and drain. Chop garlic. In a nonstick skillet cook garlic and cumin in oil over moderate heat, stirring, until fragrant. Add black beans, juice or water, and salt and cook, stirring, until beans are heated through. Stir in cilantro.

Carrot Salad with Lime Cilantro

from marquitafarms.com

- 4 med. carrots
 - 1 tbsp. fresh lime juice
 - 1/8 tsp. cilantro leaves chopped
 - 2 tbsp. vegetable oil
 - 1 tsp. cilantro sprigs
- Finely shred carrots and toss together with remaining ingredients, salt and pepper to taste. Garnished with cilantro.