



Community Shared Agriculture Newsletter



Week 6

July 27 & 28, 2011

Although the warm weather has made it very difficult to be in the fields for any extended period of time, it has helped to bring the crops along quickly this week. Several of the crops that just weren't quite there are finally ready. Melons are now in season, you will be seeing either honeydew or muskmelon in your bin this week. The best way to tell if these melons are ripe is to smell them, if they smell sweet - get ready to eat! Also appearing in the bins this week are broccoli and beets. Be sure to put the beet leaf tops to good use by trying out the Beet Leaf Rolls - see the recipe on back page. The regular and large bins will see the first of the winter squash - Acorn Squash.

The heat has caused some of the lettuce crop to bolt. Up until last year I had never seen or realized that lettuce did this. The photo beside show the image of bolting lettuce, with a normal lettuce in the foreground. Don't worry, there is still lots of lettuce on the fields for you to enjoy in your bins.



Every year August's Harvest is part of The Stratford Garlic Festival. This year it is a 2 day event being held on Saturday September 10th & Sunday September 11th. Don't miss out on the cooking demonstrations, presentations, garlic inspired vendors and food court. Also catch the garlic chef competition and be sure to get tickets for the gourmet garlic dinner. Save the date for this exciting event!



Britney was a stunning bride on Saturday! Arriving up the winding laneway in a horse and carriage. The day turned out beautifully and everyone in attendance had a wonderful time. Congratulations Britney, we look forward to you returning to work the first week of August as a married women.

House Keeping: As previously requested you have sent us a great deal of produce packaging you had at home. Thank you for your recycling efforts. From now on if you could please just send us the reusable packaging we have sent you in the bins.



Meet The Team

Lindsay Bell
Administrative

Lindsay is new to the August's Harvest Team this season and has joined us to assist with the day to day operations. Her educational background is Business Admin. and Accounting with a wide range of experiences. We are delighted to have her with us! Born and raised just South of Gadshill, she now resides in Shakespeare with her 8 year old son Joey. Coming from a farming family herself, Lindsay enjoys the outdoors and loves the variety between office work and field work! Purchasing foods from local farmers has been an important part of Lindsay's life for some time. She believes it is not only essential to feed our bodies high quality meats and produce, but it is also extremely important to give back to our local farmers and their families! She is looking forward to busy harvesting months ahead at August Harvest.



Beet Rolls With Dill Sauce

Ingredients

- 1 lb. frozen, unbaked bread dough
- beet leaves

Dill Sauce

- 1/2 cup butter
- 2 cups cream
- 8 chopped green onions
- 1 cup chopped fresh dill
- 2 cloves minced garlic

1. Thaw the frozen bread dough completely, according to the instructions on the package. Place the dough in a greased bowl, cover it with a towel and set it in a warm place to rise until doubled.
2. Clean the beet leaves while the dough is rising. Trim the leaves away from their stalks and rinse the sand and dirt gently from the surface. Dry them thoroughly.
3. Punch down the doubled dough and pinch off pieces that are about the size and shape of a walnut. Place a piece of dough in the center of one end of a leaf, then roll the beet leaf loosely around the dough. Make sure the dough has room to expand in the leaf. Repeat until all dough and leaves have been used.
4. Lightly grease a baking dish with butter and line up the beet rolls in a single layer in the dish. Cover, place in a warm area and allow the dough to rise until doubled again.
5. Cover the dish with aluminum foil and bake at 350 degrees Fahrenheit for at least 30 minutes. Check the rolls at that time; they may need to go for another 15 to 30 minutes. The beet rolls should be puffy and firm, and any exposed bread should be lightly golden.
6. Melt the 1/2 cup of butter in a medium saucepan, then add the cream, green onions, dill and garlic. Bring the sauce to a boil over medium heat, then drop the heat to low until serving. Ladle the dill sauce over the rolls right before consuming.

Thank you to Jennifer Johnson (Member) who gave us the lead on this tasty recipe.

I made a version of this recipe on the weekend which I am going to term the "Busy Mom's Beet Rolls", although I am sure the real version is better, it was very tasty.

- 1 package Pillsbury crescent rolls
- beet leaves
- tzatziki or favourite vegetable dipping sauce

Pinch off pieces of the Pillsbury crescent rolls, wrap with beet leaves and cook, it took just under 30 min at 350, check for firm dough with lightly golden tips.



Ukrainian Red Borscht Soup

By: Patti (allrecipes.com)

- 1 (16 oz) package pork sausage
- 3 medium beets, peeled and shredded
- 3 carrots, peeled and shredded
- 3 potatoes, peeled and cubed
- 1 tbsp vegetable oil
- 1 medium onion, chopped
- 1 (6 oz) can tomato paste
- 1/2 medium head cabbage, cored and shredded (substitute Kohlrabi)
- 1 (8 oz) can diced tomatoes, drained
- 3 cloves garlic, minced
- salt and pepper to taste
- 1 teaspoon white sugar, or to taste
- 1/2 cup sour cream, for topping
- 1 tbsp chopped fresh parsley
- 3/4 cup water

Directions

1. Crumble the sausage into a skillet over medium-high heat. Cook and stir until no longer pink. Remove from the heat and set aside.
2. Fill a large pot halfway with water (about 2 quarts), and bring to a boil. Add the sausage, and cover the pot. Return to a boil. Add the beets, and cook until they have lost their color. Add the carrots and potatoes, and cook until tender, about 15 minutes. Add the cabbage (Kohlrabi), and the can of diced tomatoes.
3. Heat the oil in a skillet over medium heat. Add the onion, and cook until tender. Stir in the tomato paste and water until well blended. Transfer to the pot. Add the raw garlic to the soup, cover and turn off the heat. Let stand for 5 minutes. Taste, and season with salt, pepper and sugar.
4. Ladle into serving bowls, and garnish with sour cream and fresh parsley.



Acorn Squash

Ingredients

- 1 medium acorn squash, halved and seeded
- 1 tablespoon butter
- 2 tablespoons brown sugar

Directions

1. Turn acorn squash upside down onto a cookie sheet. Bake in a 350 degrees F until it begins to soften, approximately 30 to 45 minutes.
2. Remove squash from the oven and turn onto a plate so that the flesh is facing upwards. Place butter and brown sugar into the squash, and place remaining squash over the other piece. Place squash in a baking dish bake another 30 minutes.