

CSA Newsletter

The State of the CSA Address

We have now passed the mid-point of the CSA and we thought we would take this opportunity to share with you some of the behind the scenes things that have been going on as well as an outlook for the rest of the season.



We hope you have enjoyed the variety of produce you have received so far this season. There have been 17 farms and producers represented so far in your CSA bags. The producers have all been very excited

about how the CSA has gone. There has been great collaboration on the part of the farmers to make sure your bags are filled every week.

The biggest challenge we have had this year is the large amount of rain. The rain has slowed down harvest on more than one occasion and completely flooded out some of our growers, ending their season early.

Every week things always seem to work out and we have enough to fill the bags.

The final 10 weeks of the CSA are looking to be great. Among the upcoming offerings are:

- Watermelon
- Cantaloupe
- Sweet corn
- Pie pumpkins
- Squash

What to do with Beets!

Many of you have been coming to us with questions about what exactly to do with your fresh beets.

Beets, like most vegetables, can be eaten both cooked and raw. There are a variety of salads you can make with the raw beets (see page 3 recipe).

If you think you prefer to eat your beets cooked, here are a few suggestions:

- Be gentle when washing beets. You want the thin skin to

remain intact for cooking.

- More often than not, beets are boiled, baked, steamed, fried, grilled or otherwise cooked before eating.

- Choose beets of uniform size to promote even cooking.

- To retain nutrients and color, boil, bake or steam without peeling first. The skin will easily rub off under cold running water after they are cooked.

- Zucchini
- Cucumbers
- Peppers
- Onions
- Gourds
- And much more.....

We would really like to hear from you as well. Your input will help us to determine what you enjoyed about the CSA and how we can make it better next year. We have been learning right along with you and cannot tell you what a joy you all have been to work with.

Thank you for your patience and we look forward to hearing from you.

Please send all of your comments to:

jody@tomatotomato.org.

Thanks!

- When trimming, leave at least an inch of the leaf stems attached and do not remove the root. The stem and root are removed after cooking.

- If you must peel before cooking, a swivel vegetable peeler works better than a paring knife.

- For best flavor, bake beets instead of boiling or steaming. Wrap them in foil to avoid staining.

Top Five most famous Vegetables

1. Bob the Tomato
2. Frankencelery
3. Larry the Cucumber
4. Archibald Asparagus
5. Jerry Gourd



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Nebraska Produce Availability Chart

This chart is based on the average harvest seasons of locally grown produce.

	April	May	June	July	August	Sept.	October
Fruit							
Apples							
Grapes							
Blackberries							
Raspberries							
Strawberries							
Vegetables							
Asparagus							
Beets							
broccoli							
Cabbage							
Carrots							
Cucumbers							
Eggplant							
Garlic							
Green Beans							
Gourds							
Herbs							
Lettuce							
Muskmelon							
Onions							
Peas							
Peppers							
Potatoes							
Pumpkins							
Rhubarb							
Spinach							
Squash							
Sweet corn							
Tomatoes							
Tumips							
Radishes							
Watermelon							
Zucchini							

Garlic Basil Shrimp

- 2 Tablespoons olive oil
- 1 1/4 pounds large shrimp (20 to 25 per pound) peeled and deveined.
- 3 garlic cloves, minced
- 1/8 tsp red pepper flakes, or more to taste
- 3/4 cup dry white wine
- 1/4 cup finely chopped fresh basil leaves
- 1 1/2 cups grape tomatoes, halved
- Salt and freshly ground black pepper.

Directions

Heat oil in a large heavy skillet over moderately high heat until hot, but not smoking. Then sauté shrimp, turning over once, until just cooked through, about 2 minutes. Transfer with a slotted spoon to a large bowl.

Add garlic and red pepper flakes to the oil remaining in the skillet and cook until fragrant, 30 seconds. Add wine and cook over high heat, stirring occasionally, for 3 minutes. Stir in basil and tomatoes and season the sauce with salt and freshly ground black pepper, to taste. Return the shrimp to pan and cook just until heated through.



Fresh Green Bean and Tomato Salad

- 1/2 fresh green beans trimmed
- 1/2 cup fresh or frozen green peas
- 2 tomatoes, seeded and cut into quarters
- 2 hard-boiled eggs, cut into quarters
- 1 can of water chestnuts, drained and sliced
- Several green onions sliced
- Salt and pepper
- 1/2 cup mayonnaise
- Dash of lemon juice
- 1 large head romaine or red lettuce, washed and dried thoroughly

Directions

Blanch beans in large pot of boiling, salted water until tender, about 5 minutes. Remove to an ice water bath to stop the cooking. Drain beans and set aside.

In the same pot of boiling water blanch peas until lightly tender, about 30 seconds to 1 minute. Remove peas to ice water bath; drain and set aside. Place beans, peas, tomatoes, eggs, water chestnuts and green onions in large bowl and season with salt and pepper. Add mayonnaise and lemon juice and stir to combine. Serve over lettuce leaves.

“There were three tomatoes a mom, dad and a son. The son lagged behind and fell splat on the floor. His dad yelled to him “Ketchup son!”.”



Beet Salad

- 2 medium beets
- 1/2 cup feta cheese
- 2 tablespoons of balsamic vinegar

Directions

Slice up beets on a plate, 5 slices per plate. Sprinkle feta cheese to taste. Drizzle balsamic vinegar to taste.

Pickled Beet Salad

- 2 pounds medium fresh beets (about 2 bunches with tops)
- 1 medium red onion, halved and sliced
- 1/3 cup sugar
- 1 cup white wine, tarragon, or cider vinegar
- 1/3 cup water
- 2 teaspoons Kosher salt

Directions

Cut off the leaves from the beets leaving 1 inch of the stem attached. Do not trim the taproot. Scrub the beets to remove any dirt. Put them in a

large sauce pan and cover with cold water (about 2 inches of water). Bring to a boil, lower the heat, cover, and simmer until fork tender, about 25-30 minutes. Drain.

When cool enough to handle, trim, and peel the beets. Slice into rounds and toss in a medium bowl with the onion.

In a small saucepan bring the sugar, vinegar, water and salt to a boil. Stir to dissolve the sugar and salt and immediately pour over the beets and onions. Refrigerate overnight before serving.



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Once again we would like to thank you all for your participation in the CSA this year. We are so excited you have decided to go on this food journey though the seasons with us.

We are looking forward to not only bringing you more wonderful food, but also introducing you to more of the area's local farmers and producers.

They are very important to our local economy and your participation in the CSA is a wonderful way to support them.

Thanks again!

Tomāto Tomāto

Omaha's indoor
farmers market



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Garlic, More than a Vampire Repellent

Used medicinally for 5000 years, garlic has many well-researched effects.

Garlic is antibacterial, antifungal, antiviral and anti-inflammatory. Garlic boosts immune function, garlic helps digestion and garlic has also been shown to have anti-cancer effects. Garlic reduces cholesterol, blood pressure, blood clotting, and garlic limits free radical damage.

Garlic (*Allium sativum*) is mentioned for its curative powers as far back as the Bible and the Talmud, as well as references to garlic in writings by many Roman and Greek historian/

philosophers, including Hippocrates and Pliny the Elder.

The active component of garlic is a sulfur compound called allicin, which is produced when the garlic clove is broken.

Garlic can also be used as a natural hair loss remedy. It's not just good for our bodies, but also our hair. Garlic extract can remove and destroy harmful toxins and stimulate blood circulation. Garlic prevents hair-loss and is important for helping with growth. Addition of garlic extract in shampoo helps to keep hair strong, preventing breakage

while adding significant body and shine.

This would also explain why Dracula has a widow's peak and thinning hair. You have been warned.

