



## In the Share

Cherry Tomatoes, members 96 - 107  
PLUS whoever missed them earlier

Salsa Basket, 1 bag

Eggplant, 1 large & 1 small

Beets, 1 bunch

Scallions, 1 bunch

Italian Red Peppers, 4 long pieces

Lipstick or Bell Peppers, TBA

Roma Tomatoes, 1 bag

Summer Squash, 3 pieces

Choice of Herb, 1 bunch

Garlic, 1 head

Tomatoes, TBA

The highlight of this week is definitely the tomatoes. They are bountiful and flavorful today, but will likely be gone within a week or possibly two. We did our best to get you as many today as we could, knowing the dearth that is soon to come. Take a look at Laurel's tomato suggestions on the back for ways to enjoy them while they last.

Though the tomatoes are on their way out, the red peppers are certainly on their way in. We had a huge pepper harvest this week, as is represented in your share. The long peppers are Italian frying peppers and are good for everything from fresh eating to sautéing to roasting. The smaller lipsticks are excellent for eating fresh, as are the bells. This sweet and delicious vegetable is certainly a favorite of mine!

While the beets themselves are quite good this week, you will see that the greens are not holding up so well. Next time you see beets in your share, they will likely be in a bag.

Summer squash and eggplant are waning, but fall leeks and winter squashes will be ready soon. We are just entering the summer to fall transition...

## Claire's Comments

### Late Blight

The late blight was finally identified on our farm on Friday of last week. Our second year intern Gini Knight had been doing some research and found some photos of afflicted plants on the web earlier in the week. With those photos fresh in her mind, she was pretty sure she spotted the disease on our plants while harvesting. Though we were reluctant to believe it, it did not take her long to convince Jake and myself that she was right. We talked about our options while finishing the tomato pack out and did not come up with any good ideas.

I lost a lot of sleep thinking about it over the weekend. I checked the plants on both Saturday and Sunday and saw that the disease was progressing more slowly than I expected. I knew there was no way to keep any of our plants healthy, given how fast and far the disease spores spread, so I accepted that the harvest would be severely curtailed for this season. Then I began to worry about next season.

From what I have read, late blight needs living tissue to survive. It will not spread into 2010 from our trellis materials or from the soil, but it will live on infected potato tubers or possibly even on tomato seeds. Needless to say our tomato field is full of fallen fruit, which in turn is full of tomato seeds. And anyone who has harvested potatoes can tell you that it is practically impossible to find each and every tuber under the soil. We will have seeds of both of these crops survive the winter in our soil. And some of those seeds will be infected.

The real problem comes in when those infected seeds grow into infected plants. Every year, every gardener or farmer gets a few "volunteers" from the year before. It is always sort of sweet to see the potato or tomato that pokes up out of the soil in the place where it planted its own self at the end of the season. There will be no such sweetness attached to these discoveries next year, but rather fear. I am already imaging the speech I will have to give to interns, worker shares, and volunteers explaining why it is so imperative that they report the discovery of any volunteer immediately. I envision myself inspecting the luckless volunteers and destroying them immediately thereafter, whether showing signs of disease or not. The life of no volunteer is worth the risk of infecting another entire crop of tomatoes.

Not to mention potatoes. Over the weekend I hatched the plan to cover all our potato plants in an effort to keep the crop clean. By planting late we completely escaped the potato beetles and the plants are looking better than they ever have. As we were laying out the covers first thing on Monday morning, Kelty quickly discovered a diseased potato leaf. It was too late. But our potato tubers are still so small. We decided to go ahead with the plan and hope that the potatoes size quickly. We will keep an eye on them and likely mow them down in a week or two to prevent the disease from spreading from the foliage to the tubers.

While I am still not sure exactly how the details will play out, I am sure that you will not be seeing many (if any) more tomatoes or potatoes in your share this year. All my thoughts now are on next year.

## Tomatoes

Who can resist a locally grown, organic tomato in the peak of the season? Just about anything you prepare with these beauties is bound to be delicious.

**How to Store:** at room temperature. Refrigeration will alter their texture, making them grainy, and deteriorating their flavor. To prolong their use, they can be canned, dried, or individually frozen (to use for cooking or pureeing only).

**To prepare:** eat them roasted, sautéed, stewed, broiled, grilled, dried, or fresh with kosher salt and fresh ground black pepper. They are great as a base for salsa, pico de gallo, gazpacho, or your favorite sauce.

- **Fresh Tomato Pasta:** cut cherry tomatoes in 1/2 or dice full-size tomatoes. Marinate in a bowl with olive oil, salt, pepper, minced garlic, and herbs of your choice for several hours, covered, at room temperature. Cook your favorite pasta al dente and toss with the fresh sauce and grated cheese.
- **Tomato Corn Salad:** cut cooked corn off the cob and combine with diced tomato, onion, herbs, olive oil, salt, and pepper. Use different acid and herb combinations for different flavors. Italian: basil, balsamic vinegar, red pepper flakes; Greek: oregano, lemon juice; Mexican: oregano or cilantro, lime juice, chili powder; Californian: apple cider vinegar, parsley, avocado
- **Savor the Summer Salad:** I made this last night to bring to a dinner party. Cook 1-2 cups lentils and quinoa (or your favorite bean/grain combo), sauté chopped green beans in olive oil and red pepper flakes, and roast seasoned, oiled diced eggplant, diced squash, and whole red peppers for 30 minutes at 350, stirring once. Cool all ingredients. Peel and core red peppers and dice. Stir all ingredients together with diced tomatoes, chopped basil, and balsamic vinaigrette (balsamic vinegar, olive oil, Dijon mustard, garlic, salt, and pepper).
- **Tomato Sorbet:** make a simple syrup by heating 1 cup water + 1 cup sugar, stirring to dissolve sugar. Add several whole sprigs of fresh mint or basil. You know it's done when you can see and smell the herb in the syrup. Remove from heat and cool. Remove the skins of about 2 lbs tomatoes by plunging in boiling water followed by ice water; core and remove seeds. Puree and combine with cooled, strained syrup and more minced herbs if you desire. Add lemon juice to taste. Freeze in an ice cream freezer or pour into a shallow baking dish, scraping every 30 minutes with a fork until ice crystals form.



Email me at [Laurel.Blomquist@gmail.com](mailto:Laurel.Blomquist@gmail.com)  
with your questions and suggestions.

*Our second-year farm intern Gini heard this recipe on NPR, tried it out, and loved it. Just the word "fritter" makes me think it must be good! You don't have to limit yourself to zucchini, any summer squash will do.*

## Zucchini Fritters

*from Forever Summer by Nigella Lawson*

4 zucchini or summer squash (approx. 1 lb.)  
5-6 scallions, finely chopped  
9 ounces feta cheese  
small bunch fresh parsley, chopped  
small bunch fresh mint, chopped, plus extra  
to sprinkle over at the end  
1 tablespoon dried mint  
1 teaspoon paprika  
scant 1 cup all-purpose flour  
salt and pepper  
3 eggs, beaten  
olive oil for frying  
3-4 limes

Coarsely grate the zucchini with either the grating blade in the food processor or by hand. Spread the little shards out on a tea towel and leave for about 20 minutes to get rid of any excess wetness.

Put the chopped scallions in a bowl and crumble in the feta. Stir in the chopped parsley and mint, along with the dried mint and paprika. Add the flour and season well with salt and pepper. Gradually add the beaten egg and mix thoroughly before stirring in the drained, grated zucchini. Don't be alarmed by the unflowing straggly lumpiness of this batter; it's meant to be this way.

Heat a few tablespoons of oil in a large frying pan and drop heaped dessertspoons of the mixture into the hot oil, flattening the cakes down with the back of the spoon as you go. Cook these little patties for about 2 minutes each side until golden, and then transfer to a couple of waiting plates. Makes about 25 fritters.

Chop up the limes and tumble them about the edges of the plates. Sprinkle over a little more chopped mint and eat them just as they are, spritzed with lime juice as you go.