



Rosasharn Farm CSA Newsletter 8/24/10

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Last Weeks of Summer

Summer seems to have evaporated in this cold mist of late. The summer vegetables such as squash and cucumbers, which have been so productive and steady are coming to an end. The cool-season crops are being planted and tended and next week is our last CSA pickup for the summer season. If you are continuing with us into the fall we look forward to another 3 months of our vegetable partnership. If you are not continuing into the fall we want to say thank you, it has been a true pleasure growing food for you and your family. Our gardens have been our art and passion this summer and it has been wonderful to have such appreciative customers who value our labors. Thank you again and we will be in touch about next season.



Meat Chickens (again!)

We have a new batch of (tasty!) meat chickens that will be ready at the beginning of October. You can reserve yours for \$5. They are \$4/lb and weigh about 5 lbs.

Cheese Workshop

Sunday, Aug 29 1PM-5. Cost is \$65 per participant. Anne will lead this workshop that will cover the basics of making farmstead cheese and other cultured milk products in your own kitchen. We will use fresh Rosasharn goat milk and store-bought cows milk to make (and taste) several delicious cheeses and discuss making yogurt and Keifer. The course includes a supply catalog, materials list and your own culture and cheese-cloth to take with you. Space is limited to 6 participant. Please RSVP.

Recipes



Roasted Root Vegetables

Wash and cube 3 beets, 3 carrots, 3 turnips, 3 potatoes, and slice 1 leek into 1" pieces. Drizzle ¼ c olive oil, 1 tsp salt, ½ tsp black pepper, ¼ tsp Italian seasonings and 2 cloves crushed garlic over vegetables and mix. Lay in a baking pan and bake at 400 F until vegetables are soft (about 30-45 minutes). If you are roasting a chicken, add vegetables to roasting pan about 45 minutes before the chicken is done and roast along side.

Edamame

Place pods in pot with lid. Add ½" water and steam for 5 minutes or until tender. Serve with salt (eat bean out of the pod)