

Box Contents:

1 Acorn Squash
1 Globe Eggplant
1½ lb Red Onions
1 lb Sweet Peppers
1½ lbs Early Girl & Roma
Tomatoes
1½ lb Russian Banana
Fingerling Potatoes

Field Notes: Leeks, bunched greens such as collards and kale as well as loose spinach are on the horizon for harvest. You can expect to see these new crops in your veggie box in mid-October. Planted this week for late spring 2009 harvest: garlic cloves that will sprout and become a bulb of multiple cloves, onion seeds into nursery beds for transplanting before the winter rain, and bulbs went into the ground for harvest as spring onions. The allium (onion family) plants follow the cycle of a fall planting, overwintering through the cold, frosty months, and then rapid growth to maturity as the weather warms up in the late spring/early summer. As we continue to harvest the crops of summer, we are

planning ahead, looking out 6-8 months into next year, scheduling the contents of your veggie box well into the future. Thank you for your ongoing commitment to the farm as we cycle into a new season.

Box Notes: The Russian banana fingerling potatoes are delicious roasted or pan-fried. They make wonderful home fries with sweet peppers. Speaking of sweet peppers, they continue to be loaded with flavor, sweetness, and crunch. Slice the peppers into strips and dip in hummus (a blend of garbanzo beans, garlic, lemon and roasted sesame paste; see recipe below.) Eaten raw, the peppers make a very refreshing snack. Early Girl tomatoes have a concentrated flavor and sweetness that comes with the end of summer. Quarter the tomatoes and toss with a green salad. Roma tomatoes make wonderful sauce or roasted salsa. Like the Delicata squash, the Acorn squash can be halved, remove the seeds, and bake face down on an oiled glass baking dish for 30-40 minutes at 350 degrees until the squash is soft when poked with a knife or fork. Bon Appetit!

Hoes Down Harvest Festival: Saturday, October 4, 2008 from 11 am to 11 pm.

The 21st annual Hoes Down Harvest Festival at Full Belly Farm offers educational farm tours, a magical children's area, hands-on workshops, farm products and an abundance of organic food, live music and good times! For more information check out the event website: www.hoesdown.org.

Pumpkin Patch Party at Riverdog Farm! Sunday October 26, from 1 to 5 pm.

Come visit the farm and harvest jack-o-lanterns! Pumpkin pies, ice cream, drinks, and a hayride will be provided by the farm. Bring a potluck dish to share. Come see the pumpkin plants that many of you planted in the spring. Please RSVP by email and provide how many will be joining us! Directions will be provided in future newsletters.

Payment Reminder: The October payment is due by September 26, 2008.

The monthly payment for five **Wednesday / Thursday / Friday** deliveries in October is \$80.

If you wish to make payment for the fourth quarter, 12 deliveries beginning October through the third week in December, the total is \$192 and also due by September 26.

Please check the "Ordered-Through" column on the sign-out sheet. If the printed date in the column is earlier than the end of the month, your payment for the remainder of the current month is due by the printed date.

Bulk Early Girl Tomatoes: Order a 20 lb case of Early Girl tomatoes by Sunday for delivery next week. Each case of tomatoes is \$30. They're great for fresh eating, canning, or freezing! Please mail your payment to our P.O. Box when you place the order. Thank you!

Eggplant Curry from www.recipesource.com (recipe adapted by RDF)

Yield: 6 servings

4 lg Eggplants, peeled & cubed [Reduce quantity to 1 eggplant - RDF]
3 lg Potatoes, chopped [Or 1 lb Russian Banana Fingerling Potatoes - RDF]
1 large tomato, chopped [2 Romas - RDF]
2 tsp. Salt
2 garlic cloves, crushed
1 teaspoon. Cumin seeds, crushed
3 cardamom pods
½ teaspoon turmeric
1 teaspoon tomato paste
2 onions, chopped
4 tablespoon oil
1 teaspoon coriander
2 teaspoon ginger, grated
2 chili peppers, crushed

Sprinkle eggplant pieces with salt & set aside for 6 to 8 minutes. Meanwhile in a large skillet, sauté onions & garlic in the oil until golden, stirring & ensuring that it's not scorching.

Add all the spices & peppers & stir-fry a couple of minutes.

Squeeze eggplant pieces to get rid of excess moisture. Add the eggplant to the pot. Stir until the eggplant becomes limp & slightly golden.

Add more oil if necessary add the potatoes & let them brown on all sides.

When potatoes are somewhat tender, but still fork resistant, add tomatoes, paste & 1½ cups of water. Stir, bring to a boil, reduce heat & simmer until vegetables are tender but not mushy.

The sauce should be thick, like syrup. If too thin, simmer a little longer. Serve over rice.

Lentil Salad with Tomato and Dill from *Gourmet* | August 2005

Makes 4 to 6 side-dish servings.

1 cup dried lentils
1 teaspoon salt, or to taste
4 large scallions, thinly sliced (¾ cup) [Or substitute with red onions. -RDF]
¼ cup chopped fresh dill
3 tablespoons red-wine vinegar, or to taste
¼ teaspoon black pepper
1 large garlic clove, chopped
¾ lb tomatoes, diced (2 cups)
¼ cup thinly sliced fresh basil
¼ cup extra-virgin olive oil

Bring 4 cups water to a boil in a 2-quart heavy saucepan with lentils, garlic, and 1/2 teaspoon salt, then reduce heat and simmer, uncovered, until lentils are just tender, 15 to 25 minutes. Drain in a large sieve, then transfer to a large bowl.

Toss hot lentils with tomatoes, scallions, dill, basil, vinegar, oil, pepper, and remaining ½ teaspoon salt, or to taste.

Hummus Recipe from www.dedemed.com-a.googlepages.com/hummus

[Prepare this simple dish as a dip for your sliced sweet peppers and some pita bread. You can watch how to assemble this dish by going to the www.dedmed.com website. -RDF]

¼ cup yogurt
½ cup Tahini (Sesame Seed Paste)
2-3 cloves of garlic
2 tablespoons water if too thick
2 tablespoons fresh parsley for garnish
¼ cup olive oil
1 can garbanzo beans "Chick Peas"
½ cup lemon juice
½ tablespoon salt
3-4 fresh mint leaves
1 tablespoon of cayenne pepper or paprika

Mix first 9 ingredients and blend until smooth [in a food processor] and to desired consistency. Garnish with parsley, cayenne pepper and olive oil.