



NEWSLETTER

SEPTEMBER 2, 2014

VOL.2 ISSUE 15

Introducing...
Our First Winter Vegetable
Spaghetti Squash



PREPARING GARLIC FOR CURING!



This Weeks CSA Harvest

Lettuce

Rhubarb Chard

Beans

Cilantro

Basil

Dill

Squash

Carrots

Parsley

Faint cursive text from a handwritten note or letter, partially obscured by the harvest list.

Veggie/Fruit of the Week
Sweet Basil

RECIPE

GRILLED PIZZA W/ PESTO, TOMATOES & FETA

INGREDIENTS

1 pound prepared pizza dough, preferably whole-wheat
1/2 cup prepared pesto
4 ripe plum tomatoes, thinly sliced
1/2 cup crumbled feta cheese
Freshly ground pepper, to taste
1/4 cup lightly packed fresh basil leaves, torn

PREPARATION

1. Heat grill to medium-high.
2. Meanwhile, place dough on a lightly floured surface. Divide into 4 pieces. Roll each piece into an 8-inch round crust, about 1/4 inch thick. Place crusts on a floured baking sheet. Carry crusts and toppings out to the grill.
3. Lay crusts on grill (they won't stay perfectly round). Cover grill and cook until crusts are lightly puffed and undersides are lightly browned, about 3 minutes.
4. Using tongs, flip crusts. Immediately spread pesto over crusts. Top with tomatoes. Sprinkle with feta and pepper. Cover grill and cook until the undersides are lightly browned, about 3 minutes more. Sprinkle with basil and serve immediately.



Sweet Basil is a very old herb that is known in Italy as a sign of love. This variety of basil has a bushy appearance and will grow 1 – 2 inches tall. It is a great choice for Italian sauces, soups and for making pesto!



FARMING! YOU CAN DO IT YOURSELF



D.I.Y. TIP #7

Harvesting

Harvesting is the act of picking fruits and vegetables off the plant when they are ripe and ready to eat!

You harvest different fruits and vegetables in different ways.

Leafy greens are cut, leaf by leaf, at the bottom of the plant with scissors.

Vegetables such as beans, peas, cucumber, tomatoes and squash can be harvested right off of the plant.

Before harvesting, make sure fruit is ripe and research how to properly harvest it!

2014 Sustainable Sponsors

