

Fisher Farm
177 Coles Corner Rd
Winterport, Maine 04496
207-478-4803
www.fisherfarmcsa.com

September 30, 2008

Hi Everybody!

Welcome to the last CSA pickup of September. There are four more CSA pickups left in the season, not counting this one. We've been dodging rainstorms and putting fields to bed for the winter over the past week. The tomatoes were cleaned out of the hoop house yesterday. There are still a few pickings left on some of our summer crops, such as peppers and tomatillos, despite the frosts during Common Ground Fair week. Others, like the field tomatoes and zucchini, are gone for good, tilled under and cover cropped with winter rye. The autumn crops, like squash and kale, are coming into their glory now. Fall work gives us a nice sense of completion, and frees some time for other activities like hiking and fishing. Dennis and Beth helped Gene and Mary Margaret move to their new house; it looks good.

We've put together one more bouquet for you. I'm not sure there will be another fresh one this year. They vary a bit, but most have a dahlia, a calendula, 'Gruppenblau' salvia, 'Autumn Joy' sedum, Verbena bonariensis, malva and 'Colorado' yarrow. The Savoy cabbage in today's share is 'Melissa', a medium-small early variety that gets tastier with cold weather. Shred it for cole slaw, steam it with chicken broth and caraway seeds or make it into a soup.

Thai Slaw

1 small cabbage, shredded
3 carrots, grated
1 small red pepper, sliced
1 small onion, diced
1 bunch cilantro, chopped
1 tablespoon toasted sesame seeds

Dressing:

½ teaspoon crushed red pepper flakes
1 garlic clove, minced
¼ cup rice vinegar
2 tablespoons honey
1 tablespoon soy sauce
2 tablespoons olive oil
1 teaspoon sesame oil



Combine veggies in a bowl. Combine dressing ingredients in a small jar and shake well. Drizzle sauce over veggies and toss to coat evenly. Let stand 10 minutes and re toss before serving and garnish with toasted sesame seeds.

Cilantro pesto: in an electric food processor or blender, blend 1 bunch cilantro, 2-3 cloves garlic, 1 Tbs white wine vinegar, ¼ cup grated Parmesan cheese, ¼ tsp cayenne pepper, ¼ cup walnuts, and salt. Add ¼ cup olive oil, and blend the pesto. Add more olive oil until the pesto reaches your desired consistency. Serve over pasta.

Joe