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# BURR OAK GARDENS, LLC

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To forget how to dig the earth and to tend the soil is to forget ourselves- Mohondas Gandhi

## This Week on the Farm

Well, we have hit week ten of our twenty weeks season. I would like to take a moment to thank Dante, a longtime employee, who will be going back to college later this week and to thank Alex, who has been with us since April and who will be moving back to Maine later this month. Without all of their help this season we would not have been able to get all of the work done and we are very grateful for all of the work that they accomplished this season.

We would also like to thank our summer flex workshare members who are done working this week. We hope to see you all again next year and we hope you had fun on the farm!

Onto farm news. Our main season crops are starting to take off. The tomatoes should be starting to produce in quantity in the next two weeks as we have just started to see the first cherry tomatoes turn red. The tomato plants are loaded with blossoms (you can hear the bees buzzing if you stand still in that field), so it looks like it will be a good year, despite being slightly later than usual.

The peppers are coming on nicely, as are the eggplants. We got the eggplants weeded last week and I want to go through the peppers with the weed whacker one more time. I am just waiting to get the string trimmer attachment back from a friend of ours who borrowed it earlier this month.



This is the first week where we will have some eggplants in the boxes for some of our members. We were not sure if we would have enough since this is the first week, so we have paired that item with carrots. The carrots are a partial item because we did not have time to get the entire block weeded this spring. With the wet weather delaying us from getting some field work done, the carrots took a back seat to getting other crops in the ground. If you receive carrots it is because we did not have enough eggplants to go around. The Japanese style eggplant tend to be our big producers, so you will probably see more of those in your box in the weeks to come than the

traditional Italian style. They taste about the same, though.

Our last planting of beans (despite deer munching) are putting on beans, and we may have beans in your box again soon. It remains to be seen how much damage they have done and what the yields will be like. We weren't sure if the older plantings were going to put on blossoms again due to the deer damage, but when the kids and I took a walk this morning the Red Swan beans were blooming heavily again and the Italian flat beans were just starting to blossom. Keep your fingers crossed that those pesky deer haven't eaten too much.

The fall carrots, dill, rutabagas, and radishes have germinated and we got those crops hoed today. The second planting of sweet corn just started tasseling. The zucchini and cucumbers are still producing and if we get some rain are healthy enough to keep producing for the next couple of weeks.

We have harvested all of the Dark Red Norland potatoes. On the last pass through that field I managed to break the wooden tongue that connects the digger to the tractor. In my defense the wood is about forty years old and was super brittle. Tyler will have to repair that on Wednesday so we can start getting the Peter Wilcox and the Russets in from the field. This is the last week where we have our full summer crew, so we are trying to get as much field work done as possible.

We got a large planting of head lettuce in last week as well as our fall planting of kale and collards and some of our broccoli and cauliflower. We need to switch out our planter on the tractor to get the last of the broccoli and cauliflower in the ground. Since we ran out of our standard tray size when we were seeding the broccoli and cauliflower, we had to plant part of that planting in some older trays. The plug size doesn't fit in our turret style transplanter, which we had been using to plant the lettuce, collards, and the kale, so we need to hook on the finger style transplanter. I am hoping to get those plants in the ground either Wednesday or Thursday.

We also direct seeded more carrots, turnips, and daikon radishes. We put up temporary electric fencing around that field to try to keep the deer damage to a minimum. The lines are all strung, and Tyler will have time on Wednesday to get the electricity connected. I am not about to willingly feed several thousand heads of lettuce to the deer.

Still to transplant for this fall is the Swiss chard, more head lettuce, beets, pac choy and looseleaf lettuce. Direct seeding we have our Schwarzer runder radish (a black storage radish), mustards, arugula, round radishes, beets, and eventually our garlic for next year's harvest. I am keeping my fingers crossed for a little bit of rain. While we have irrigation lines on a lot of the crops, it is so much easier if



Mother Nature does the watering for us.

If you are near the farm in the next two weeks, keep an eye out for our sunflower planting along the road. The sunflowers have just started to open and the next couple of weeks it will be a very pretty view!

## *Your Box This Week*

**Zucchini-**Wrap zucchini in a dry paper towel and place in a plastic bag in the fridge.

**Cucumber-** Same as zucchini.

**Dark Red Norland Potatoes-** Store in a cool, dark place.

**Garlic-** Same as potatoes.

**Jalapeño Peppers-** Store in a paper bag in the fridge.

**Bell Pepper-** Same as jalapeños.

**Parsley-** Place in a jar with an inch of water on the bottom. Store on the counter.

**Cabbage-** Store in the fridge.

**Eggplant or Carrots-** Store eggplant on the counter top. Store carrots in a bag in the fridge.

## Waffled Zucchini-Parmesan Fritters

**2 cups shredded zucchini (roughly 2 medium zucchini)**

**1 large egg**

**1/4 cup milk**

**1/2 cup grated Parmesan**

**1/2 cup all-purpose flour**

**Neutral oil or nonstick cooking spray**

**Salt**

**Black pepper**

Place the shredded zucchini in a colander and sprinkle with about 1/4 teaspoon salt. Let the salted zucchini sit for about 30 minutes. Then rinse well with cold water and press out as much of the water as possible. Blot dry with a lint-free towel or paper towels.

Preheat the waffle iron to medium and the oven to its lowest setting.

In a large bowl, whisk together the egg, milk, and 1/4 cup of the grated Parmesan. In a small bowl, combine the flour with about 1/4 teaspoon salt and 1/4 teaspoon freshly ground black pepper. Mix the contents of the small bowl into the large bowl and then add the zucchini and toss until everything is well-combined.

Coat the waffle iron with nonstick spray or brush it with a neutral oil. Place rounded tablespoons of the batter on the waffle iron, leaving room for the fritters to spread slightly. Close the lid and cook until lightly browned, about 3 minutes. (You may need to turn your waffle iron up or down slightly, depending on how powerful it is.) Transfer finished fritters to the oven to keep warm while you cook the remaining fritters. Serve topped with the remaining 1/4 cup Parmesan. (From food52.com shared by BOG member J. Crawford)

## Cheesy Jalapeño Potato Poppers

**6 cups leftover mashed potatoes cold**

**1 beaten egg**

**1 1/4 cups shredded Monterey Jack or Pepper Jack cheese**

**3/4 cup flour**

**1 fresh jalapeño pepper stemmed then finely minced**

**4 green onions trimmed of the root ends and finely minced**

**2 to 3 inches of canola or peanut oil in a heavy**

**bottomed high-sided pan**

**salt for sprinkling after frying**

Mix together the mashed potatoes, beaten egg, grated cheese, flour, jalapeño pepper, and green onions until you have an even mixture. Set aside.

Heat the oil in the pan until shimmery or until it reaches 350°F on a deep-frying thermometer. Carefully drop spoonfuls or use a small cookie scoop to drop small rounds of the batter into the hot oil. Fry for 3 to 5 minutes, or until deep golden brown. Use a slotted spoon to transfer the Cheesy Jalapeño Potato Poppers to a paper towel lined plate to drain and immediately sprinkle with salt to taste.

Repeat with the remaining potato mixture in as many batches as needed.

Serve hot, or chill the leftover, fried Cheesy Jalapeño Potato Poppers on a sheet pan, then freeze until solid and transfer to a resealable zipper top bag.

To Reheat Frozen Cheesy Jalapeño Potato Poppers:

Place desired number of Cheesy Jalapeño Potato Poppers on a foil lined sheet pan in a preheated 400°F. Bake for 10 to 15 minutes, or until hot all the way through. (From foodiewithfamily.com)

## Roasted Eggplant & Feta Dip

**1 medium eggplant (about 1 pound)**

**2 tablespoons lemon juice**

**1/4 cup extra-virgin olive oil**

**1/2 cup crumbled feta cheese, preferably Greek**

**1/2 cup finely chopped red onion**

**1 small red bell pepper, finely chopped**

**1 small chile pepper, such as jalapeño, seeded and minced (optional)**

**2 tablespoons chopped fresh basil**

**1 tablespoon finely chopped flat-leaf parsley**

**1/4 teaspoon cayenne pepper, or to taste**

**1/4 teaspoon salt**

**Pinch of sugar (optional)**

Position oven rack about 6 inches from the heat source; preheat broiler. Line a baking pan with foil. Place eggplant in the pan and poke a few holes all over it to vent steam. Broil the eggplant, turning with tongs every 5 minutes, until the skin is charred and a knife inserted into the dense flesh near the stem goes in easily, 14 to 18 minutes. Transfer to a cutting board until cool enough to handle. Put lemon juice in a medium bowl. Cut the eggplant in half lengthwise and scrape the flesh into the bowl, tossing with the lemon juice to help prevent discoloring. Add oil and stir with a fork until the oil is absorbed. (It should be a little chunky.) Stir in feta, onion, bell pepper, chile pepper (if using), basil, parsley, cayenne and salt. Taste and add sugar if needed. (From eatingwell.com)

## Vegetable Tamale Casserole

**2 to 2 1/2 c. Cooked pinto beans with cumin (save liquid- see below)**

**2-3 c. Mixed veggies, slightly steamed (zucchini, yellow summer squash, red bell pepper, wax beans and butter beans).**

**1 c. Diced cheese**

**1/4 to 1/3 pkg. Jiffy Corn Muffin Mix**

**1/2 c. Water (or equivalent amount of liquid from cooking beans)**

**Seasonings:**

**1/4 c. Mrs Renfro's Green Salsa,**

**Juice of 1/2 lemon**

**1/4 c. "Matiz" Sofrito (or 4 T. tomato paste + garlic and onion)**

**Add to Taste: Ancho Chili Powder, Cumin, Basil, Sage, Thyme (may or may not need dash of salt)**

Combine all ingredients (except Jiffy Mix) in greased casserole dish. Sprinkle Jiffy Mix on top, and stir in slightly. Bake 30 to 40 minutes at 350 F or until bubbly and starting to brown (cover during first half of cooking only).

Could add Spanish Rice and/or fresh fruit as other side dishes...

Note: This is actually better the second day, as flavors have a chance to blend! (Shared by BOG member M. Peterson)