



CAMERON PLACE CSA

AUGUST 25 – AUGUST 31, 2008

Somewhere in the Middle

It is easy to see the relationship between food and cycles of our everyday lives. There is comfort food for when we aren't feeling well, cooking a special meal to celebrate, or eating foods that meet your body's specific needs. Just like the rest of life though, it seems that often times it is all or none. You have 20 lbs. of tomatoes at home one morning in the summer or none the third week in December. You may be eating as many greens as you can right now, but in less than 3 months it's back to the grocery store.

Luckily, there are many techniques to enjoy fresh produce throughout the year. We wanted to give you some thoughts on canning, freezing and dehydrating Cameron Place CSA veggies and fruit.

I decided to get started on preparing for the winter on Sunday and was able to can 14 quarts of tomatoes and 5 quarts of tomato sauce in one afternoon. My personal goal is to do that once a week throughout the season, so that my dependency on grocery store produce during winter would be significantly decreased.

There are a few items needed for both procedures, including equipment, jars, an area to spread out and a good dose of patience. There is nothing more satisfying than cooking, canning or preparing food with friends and family – especially when you get to eat local, organic produce year round.

Here are some ideas, recipes and informational charts that I am using to help meet my target.



Pictures of the farm in March and in August

THIS WEEK'S EXPECTED BOUNTY:

Veggies: LOOSE GREENS (choice of CHARD, KALE, MESCLUN, GSB, ARUGULA, or HEAD LETTUCE), CELERY, POTATOES, ONIONS, GARLIC, BEETS, PEPPERS (both sweet and chiles), GREEN BEANS, OKRA, CUCUMBERS, TOMATOES, CARROTS, TOMATILLOS, EGGPLANT, and of course MELONS!

Weekly Fruit Share : 2lbs. of your choice
PLUMS and/or PEACHES

Fruit Bounty: PLUMS

Pick your own: HERBS, CHERRY TOMATOES, FENNEL, GREEN BEANS, HABENEROS, and FLOWERS!

Canning Guideline Chart

Product	# Times Served	Amt. Needed For 1 person	Amt. Needed For 4 People
Tomatoes	7 per week/36 weeks	63 quarts	252 Quarts
Dark Green/Yellow Veggies	4 per week/36 weeks	18 quarts	72 quarts
Fruits	17 per week/36 weeks	76 quarts	306 quarts
Pickled Veggies	2 per week/52 weeks	13 pints	52 pints

RECIPES OF THE WEEK

Canned Mixed Veggies

7 cups sliced carrots 6 cups cubed zucchini
 7 cups cut corn 1 cup chopped red pepper
 7 cups lima beans

Combine vegetables in a large saucepot; add water to cover. Boil vegetables 5 minutes. Pack hot vegetables and liquid into hot jars, leaving 1-inch headspace. Remove air bubbles. Adjust two-piece caps. Process pints 55 minutes, quarts 1 hour and 25 minutes at 10 pounds pressure in a steam-pressure canner.

Honey-Spiced Peaches

8 lbs. small peaches 3 sticks cinnamon
 1 cup sugar 1 ½ tsp. allspice
 4 cups water ¾ tsp. whole cloves
 2 cups honey

Wash peaches; dip in boiling water for 30-60 seconds; immediately dip in cold water. Slip off peel, cut in half and scrape cavity to remove red fibers. Treat to prevent darkening. Combine sugar, water and honey in a large saucepot. Cook until sugar dissolves. Drain peaches. Cook peaches one layer at a time in syrup 3 minutes or until hot throughout. Pack hot peaches in hot jars, leaving ½ inch headspace. Remove air bubbles. Adjust two-piece caps. Process 25 minutes in a boiling water canner. Yield is about 3 quarts.

Dehydrating Fruits and Veggies

Temperature plays a key role in the drying process. Generally, vegetables are dried at 125 degrees, fruits at 135 degrees and meats at 145 degrees. Home canning jars are a good way to store the dehydrated food once preparation is complete.

Fruit

Apricots, peaches, and plums benefit from a technique called popping the backs. That is pushing the peel side inward to expose more of the pulp surface to dry. It may take up to 24 hrs. to dry fruit. Uniform cutting slices helps fruit to dry quicker. Fruits like bananas and strawberries are best when crisp, but other fruit may be rehydrated in boiling water to use for favorite recipes.

Veggies

Drying time varies from 4-14 hrs depending on the vegetables and should look crisp and brittle when ready. Rehydrating veggies in soups, broths, stews and casseroles is highly recommended. Consider dehydrating vegetables like kale, green beans, zucchini, turnips and peppers.

CSA staff

Thomas Cameron, owner Billi Davis, garden manager
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Email us with any questions, concerns or comments:

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Health and Happiness,
 Mitzi