

# Community Supported Garden at La Vista

## NEWSLETTER

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### FAREWELL TO AUGUST

**The end of August** comes with bittersweet feelings. On the one hand, as a farmer, you feel a sense of relief. August is the last month you can reasonably expect extreme weather. You don't know what to expect, but you know it could be rough. Once it's over you can relax a little, but only a little.

**On the other hand, it's sad** to see August go, because August is the last full month of summer, and the peak of the warm season is coming to an end. Summer can be exhilarating, with new flavors coming from every corner of the field, from heirloom tomatoes to basil, sweet peppers to garlic, and from fresh potatoes to eggplant. You can't beat August for flavor.

**On the other hand, August is** one of the busiest months of the farm year. This year was especially busy. Harvests in August are relentless, which is great. We spend a great deal of time each week walking up and down aisles, filling buckets with all your summer fruits, or digging out carrots, potatoes and beets. And August is one of our busiest weeding months. The weeds continue to be an extra nuisance this year. We keep plugging away, but they keep coming back like never before. The weeding workload has been exceptional.

**August is also our last** really important planting and sowing month, when we plant or sow nearly every crop that we'll harvest throughout fall. It gets frantic at times, because even though it's the heat of summer, the planting season ends fast. Day length shortens every day. We're only a few weeks from the Autumn



equinox, after which point night exceeds light, and the growing season comes to a slow end. Conditions are hot and often dry (or too wet), which only complicates matters, but you keep planting until crops are established and the fall season is set.

**Besides planting and weeding** our normal share of produce, this year we're trialing an end-of-the-season sale of winter roots. We hope to let you know by the Annual Meeting in October about opportunities to purchase extra produce at the very end of the season. Right now, we can't promise anything specific, but we're busy getting these roots weeded and thinned, while hoping September stays warm enough to grow them all well. In any event, we'll have made great strides towards extending our harvest season into the cold months.

**So here's to late summer** and the coming of fall!

### UPCOMING EVENTS

- Next Farm Work Day Saturday, Sept 6 at 8:00 AM
- Shareholder Gathering, Sunday, Sept 7 5:00 - 7:00 PM

### LOOKING AHEAD

Summer crops will continue, while greens, starting

### WHAT'S IN YOUR SHARE?



- Celery
- Eggplant
- Basil
- Garlic
- Cucumbers
- Salad Mix
- Sweet Peppers
- Potatoes
- Summer Squash
- Leeks
- Tomatoes
- Onions
- Carrots

### WHAT'S FOR DINNER?

**Pasta with Eggplant, Tomato, Olives and Capers**  
(Janet Fletcher, *Fresh From The Farmers Market*)

- 1 lb. eggplant
- ¼ cup extra virgin olive oil
- ½ large onion, minced
- 1 carrot, diced
- 1 celery rib, diced
- pinch hot red pepper flakes
- 4 cloves garlic, minced
- 1 Tbsp chopped Italian parsley
- 1 ½ lbs. plum tomatoes, diced
- salt
- pinch sugar, optional
- 1 dozen fresh basil leaves
- 1 Tbsp capers
- ¼ cup coarsely chopped imported black olives
- 1 ½ lbs. dried gemelli, fusilli, or penne (or any pasta)
- freshly grated romano or parmesan cheese



Preheat oven to 425 F. Prick eggplant in several places with a sharp knife, then arrange on a heavy baking sheet. Bake until completely soft, about 50 minutes. When cool, cut in half length-wise. Scrape out the flesh and discard the skins. Chop the flesh very fine. Heat olive oil in a 12-inch skillet over moderate heat. Add onion, carrot and celery and sauté until very soft, about 15 minutes. Add hot-pepper flakes, garlic and parsley and sauté 1 minute. Add tomatoes and salt to taste and cook, stirring often, until tomatoes collapse and form a thick and tasty sauce, about 20 minutes. Add water as needed to keep sauce from becoming too thick. Add sugar if desired. Pass tomato sauce through a food mill and return to skillet. Stir in eggplant and basil. Simmer, stirring often, until flavors are well blended and sauce is tasty, about 5 minutes, adding water as needed to keep sauce from drying out. Stir in capers and olives. Bring a large pot of salted water to boil over high heat. Add pasta and cook until al dente. Drain, reserving about 1 cup of the cooking water. Return pasta to pot and add the sauce. Toss well, adding a little of the reserved water if needed to thin the sauce. Add grated cheese on top.

### DISTRIBUTION DAY



broccoli raab, come back in full.



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