

# LaVista CSA Newsletter

*8-14-2017*

The seasons are starting to change and you will start to see a change in your vegetable choices as well. The garlic has been curing for several weeks and makes its' appearance with other favorites.

Potatoes      Summer Squash      Peppers      Tomatoes      Cucumber      Kale      Radishes

Carrots      Garlic      Butternut squash

You pick includes: Cherry tomatoes      Sage      Basil      Okra

## **Kale, Kale All Around and I Am Supposed to Take Only a Few Ounces. Why?**

Even though the bins in the share room may be very full when you get there, you may find that you are asked to take only a small amount of the produce. What happens to the rest?

1. The produce is used for other shares the next day. Shares are sent to shareholders in St. Louis every Saturday and every other Wednesday.
2. Some produce is held in cold storage and distributed on successive weeks. That way, you do not need to store large amounts of, say, potatoes all summer. This also helps ensure that you are getting a good amount of produce every week.

## **Have you been avoiding okra because you don't know what to do with it?**

Pick some fresh, delicious okra (see picking guidelines below). Slice cross-wise into rounds. Discard long skinny end and stem end. Beat an egg with a little milk. Season some flour or cornmeal with salt and pepper. Soak the okra rounds in the egg mixture for a few minutes, then remove with a strainer and allow excess to drip off. Dredge moistened okra rounds in seasoned flour or cornmeal. Heat some oil in a heavy frying pan. Fry okra until golden brown. Serve with ketchup.

Picking okra: Like many vegetables, size of okra is not an indicator of taste. Larger okra do not taste better than small okra. Look for okra that is 3-4 inches long. Larger okra, up to 6 - 8 inches, may still be fine for eating. Check the stem: if the stem is tough, the okra will be too. If the stem cuts easily, the okra will be tender. Harvest okra by cutting the stem with a sharp knife or clipper. Tearing the okra off may damage the stem. If you see okra that is too large to eat, please cut it off the plant. Okra pods that continue to mature rob the plant of nutrients and slow down production of new pods.

**Caution:** Many people experience skin irritation when working around okra. Consider wearing gloves, long pants and sleeves.