

# LaVista CSA Newsletter

8-7-2017

What? More tomatoes, turnips, potatoes, kale, and summer squash? Doesn't the farmer think I want to eat anything else?

Part of eating locally is eating what is growing in the area at the time. We are harvesting crops that are growing locally. If people are purchasing other foods at farmers' markets at this time, they might consider whether it is possible that those foods are actually being shipped in, and may be neither local nor organic.

Getting the same foods for weeks at a time gives one the opportunity to try out different recipes for those foods. It also may be incentive to try some of those things that you didn't want to take at the beginning because you weren't sure you would like them.

Here are some suggestions:

- Freeze, dry, or can your fresh vegetables to eat later. You can get a burst of summer goodness in the middle of winter! See suggestions below.
- Trade vegetables with a friend who is purchasing organic vegetables that have been shipped in. Both of you can benefit from local foods and get a variety
- If you have been "passing" on vegetables that you don't normally eat, here's your opportunity to try something new. You paid for it - you might as well eat it!

Suggestions for preserving foods:

- Tomatoes can be put whole in Ziplocs and frozen. Bonus: When you thaw them, the skin will peel right off.
- Tomatoes can be sliced and dried or made into a "leather" that can be rehydrated later. Dried cherry tomatoes can often be substituted in recipes for dried raisins, cranberries, or cherries
- And of course tomatoes can be made into a wide variety of canned products
- Jalapeno peppers can be frozen whole. When thawed, they still have most of their punch.
- Green peppers can be sliced and frozen. Thaw them in home-made soups or stews
- Kale can be deveined and frozen. Thaw in delicious soups and stews or add to a smoothie
- Almost anything can be pickled. If you are wondering about a specific vegetable, Google will tell you whether it can be pickled!

Tomato Fest is Sunday Aug 13 at LaVista CSA farm. Join us from 2-5pm for free family fun and eating. Tomato recipe contest. Pot luck lunch served. Please bring your own table service.