



# *Wolf Pine Farm*

*Community Supported Agriculture*  
259 Mouse Lane, Alfred, Maine 04002

**August 22, 2006**  
**WEEK 10**

## **WEEKLY NEWSLETTER**

### **Notes from the farm...**

The hot and humid days of July have finally given way to the warm dry August sunshine. The ever-present humming of crickets in our fields really reminds me of this point in the year and reminds me that we are headed into my most favorite months of the year in Maine. The warm days and cool nights have been kind to us here at the farm and even our most sun loving crops are still doing well.

We were grateful for the little blessing of rain this past weekend, giving all of our crops a good drink after a few weeks of dry weather. The rain on Sunday didn't deter some of our CSA members from making it to the potluck, and we want to thank all of you who made it out to the farm.

The rain is definitely helping our tomatoes plump up, and if you haven't already noticed from last weeks share, we are in the heart of tomato season. This is the point in the season where I start to look for some in-between time to do some canning and freezing. If you are feeling overwhelmed by the amount of tomatoes in your share, try and put some by for the winter. Store bought tomatoes in the middle of winter aren't even worth buying so try and take advantage of the abundance while it lasts. On the back of this newsletter are some good ideas for preserving your tomatoes. For those of you whose diets tend to steer away tomatoes we are going to try and keep the trade table well stocked with items to exchange with. If you are trading out a whole bag of tomatoes feel free to take a couple of items from the trade table in exchange.

Have a beautiful week -Adrienne

### **Share Contents**

- 1 patty pan squash or zucchini
- 1 summer squash
- 1 pint cherry tomatoes
- 3.3 # paste tomatoes
- 2 # slicing/heirloom tomatoes
- 0.25 # mesclun
- 1.00 # fresh onions
- 2 slicing cucumbers
- 2 pickling cucumbers
- 1 eggplant
- 1 purple pepper
- 1 green pepper
- 1 hot pepper
- 1 bunch parsley
- 1 bunch kale
- 1 watermelon
- 1 cantaloupe
- 1 bunch baby turnips

#### **WE NEED BAGS!**

We have almost run through our supply of extra bags for people to use in the share-room, so try to remember to bring your own and bring a few extra to share if you have them. Thanks!

#### **WE NEED BAGS!**

## Homemade Tomato Soup

Adapted by Amy, from The Gardeners' Community Cookbook, by Victoria Wise

### Ingredients:

4 tbsp. Butter  
1 large onion  
3 pounds fresh tomatoes seeded and coarsely chopped, including juice. This equals about 48 oz. of tomato puree.  
2 tbsp. fresh thyme leaves or 1 tbsp dried.  
1 tbsp. Fresh basil or 1tsp. dried  
1tsp. salt  
¼ tsp. black pepper  
4 cups vegetable broth  
¼ cup all-purpose flour  
1 cup heavy whipping cream (optional)  
1-2 pinches of sugar (optional)  
herbed croutons or toasted bread rubbed with garlic

Melt butter in heavy soup pot. Over medium heat cook the onion until soft. Add the tomatoes, thyme, basil, salt, and pepper and stir to mix. Bring to a boil and cook over medium heat until the tomatoes have collapsed, 6-9 minutes.

While the tomatoes cook, heat ½ cup broth until it begins to boil. Whisk in the flour to make a smooth paste. Add the flour paste to the remaining broth to the pot and bring to a boil. Simmer for 5 minutes, stirring frequently, until the flour is cooked. Remove and cool enough to handle.

Puree the mixture in a food processor or food mill. Return to the soup pot and stir in the cream and sugar. Heat the soup without boiling and serve right away, garnish with croutons or garlic toast.

Tip! To seed tomatoes cut in half horizontally (stem side up), seeds should fall out if you give the tomato a gentle squeeze, do over fine strainer to save the juice.

### Remember!

**You can always freeze whole tomatoes, or tomato puree to later can when you have a little more time!**

## Tabouli

-from 1,000 Vegetarian Recipes by Carol Gelles

1 cup water  
½ cup bulgur  
¾ cup chopped tomatoes  
¾ cup chopped cucumber  
1/3 cup chopped fresh parsley  
¼ cup chopped fresh mint  
¼ cup chopped onions  
1 ½ tablespoons olive oil  
1 tablespoon fresh lemon juice  
1 teaspoon red wine vinegar  
¼ teaspoon salt, or to taste  
1/8 teaspoon pepper

### Cooking instructions:

1. In a one-quart saucepan, bring water to boil. Add the bulgur and return to a boil. Reduce heat and simmer, cover 20 minutes or until the water is absorbed. Let cool.
2. In a large bowl, toss the bulgur, tomatoes, cucumber, parsley, mint and onions until combined.
3. In a small bowl, stir together the oil, lemon juice, vinegar, salt and pepper to taste. Pour over the salad and toss to combine.

### Tips for Preserving Tomatoes:

If you are having a hard time getting through all of your tomatoes in a week here are a few tips from Amy for preserving them for later months.

*Salsa-* Salsa freezes pretty well, so you can just put it in a container and stick it in the freezer for later. Also check out recipes for canned salsa.

*Tomato Puree-* Toss the tomatoes in a blender or food processor, put in a bag or container and freeze. Puree is a great soup base, or you can cook it down for sauce.

*Freeze the whole tomato-* Although this may take up a fair amount of space in your freezer, you can take off the stems of the tomatoes and stick them in a bag in the freezer. I like to chop them up a little bit so that they thaw out quicker. When you take them out of the freezer, they may be a little watery but you can pour the water off.

*Canned tomatoes, tomato puree or sauce-* A little labor intensive, take some time and get out some canning recipes and have fun!