

Newsletter

Wilber's Northside Market

Date: September 8, 2009

Issue Number 13



What's in the Box

Onions
Cabbage
Hot Peppers
Banana Peppers
Bell Peppers
Tomatoes
Cantaloupe
Sweet Corn
Zucchini ???
Cucumbers
Green Beans ???
Squash
Carrots ????

We have plenty of white and yellow onions and I just love them. Like to put them on salads and sandwiches and pizza and grill them and just eat them!! I'm doing cherry bombs and jalapeños this week. We had them on the grill this weekend stuffed with cream cheese and wrapped in bacon and they were awesome. I usually don't like hot but I had to try it.

All of the pepper plants are getting new growth and making more blooms....WOW!!

Tomatoes will be the same small Rutgers or Romas. It's nice to have cucumbers again from one late row that is producing right now. Scott thinks the Butternut Squash might be ready so we will have that or Acorn Squash again.

Recipes

Bacon Cabbage Stir-Fry

6 bacon strips, diced
1 small head cabbage, chopped
1 teaspoon garlic powder
3/4 teaspoon salt
1/2 teaspoon ground mustard

In a large skillet, cook bacon over medium heat until crisp. Remove to paper towels; drain, reserving 1 tablespoon drippings. Stir-fry cabbage in drippings for 5 minutes. Add garlic powder, salt, mustard and bacon; cook and stir until heated through.

Grilled Cabbage

1 small head cabbage, cored
1/4 cup butter, cut into pieces
1 teaspoon minced garlic
1 ice cube
salt and pepper to taste

Preheat an outdoor grill for medium-high heat. Slice the top off of the head of cabbage so that it will sit flat with the cored side up. Place the butter, ice cube and garlic into the hole where the core used to be. Season with salt and pepper. Wrap tightly with foil, sealing at the top of the head. Place wrapped cabbage core side down directly on the grate. Let cook for 25 to 30 minutes, or until tender. Slice into wedges, and serve.

What's going on at the farm.

We have a good crop of grasshoppers right now!! Every time I drive out to the field to harvest they jump all over me....surprised I have not gotten in an accident yet!

We spent a lot of time this weekend at Don Williams visiting my parents camping and Scott fell on the steps last night coming out of the camper and hurt his ankle so should be an interesting day tomorrow. He has stayed off of it most of the day today so should be better.

Tomorrow we are going to the Farm Bureau Annual Picnic at McHose park for supper. It is from 5:30 to 7:30 so we will try to leave here around 5:45. If you have not come yet by the time we leave we will put your bag on the table inside our "shop" with your name on it.

We checked our next field of sweet corn that is coming on and it should be ready in a few days and no sign of frost in the 10 day forecast!! ☺