



Table of Contents

- 1) In Your Box this Week
- 2) Farm News
- 3) One-week CSA Break in August
- 4) CSA Member Special – Bulk Tomatoes!
- 5) Coffee from Texas Coffee Traders

- 6) Notes on Summer Veggie Nutrition
- 7) Vegetable Storage Tips
- 8) Recipes
- 9) Upcoming Events
- 10) Subscribe/Unsubscribe to Newsletter
- 11) Johnson's Backyard Garden Contact Information

We'd like your input for the newsletter! Please send related news articles, book reviews, recipes, etc to carolyn@johnsonsbayardgarden.com

We're on MySpace, [be our friend!](#)

1) In Your Box this Week

Early Girl Tomatoes

Cherry Tomatoes

Zucchini

Patty Pan Squash

Zephyr Squash

Yellow Straight Neck Squash

Cucumbers

Sweet Peppers

Hot Peppers

Ichiban Eggplant

Basil

Okra

Spaghetti Squash

Sugar Baby Watermelon – We will be harvesting all we have so this may or may not be enough to cover both Wed and Sat boxes. But more is on the way!

Zinnia or Sunflower bouquets – look for these in a bucket at your pickup site.

As the unexpected never fails to happen, keep in mind that this list is subject to change depending on availability and quality of crops on harvest day. You'll find the most accurate packing list on the homepage of our [website](#).

2) Farm News

- **Sunday June 29, 8am to Noon, U-PICK Tomatoes and Flowers** Cherry tomatoes, \$3/lb; Slicer tomatoes, \$2/lb; beautiful Zinnias, \$5 for 10 stems. Also available for sale: 20lb bulk tomato boxes \$40/box, and various winter squash varieties. This event is a great family activity and open to the public - tell your friends! Please, remember to leave your dogs at home.
- Come see us at the Austin Farmer's Market on Wednesday afternoons at the Triangle! Perhaps as early as this Wednesday...

- **Farmstand, Saturdays from 9am to 1pm.** Featuring veggies from our farm as well as local free-range eggs, coffee and goat's milk products. This is a great time to come out and see the farm; bring the whole family to enjoy the excitement of a Saturday morning harvest. Help us spread the word! [Click here](#) for a printable flyer.
- Any lawyers in the house? We're looking for someone who would be willing to offer legal advice to the farm in exchange for veggies....email us if you're interested or if you could recommend someone who may be interested. farm@johnsonsbackyardgarden.com
- Our focus this week has been on post-harvest handling infrastructure and process. Brenton and the interns have all been contributing to the research and we're all really excited about our new systems! We're already seeing an increase in the quality of our produce. We also finally got our tomato storage cooler hooked up so we no longer have to compete with tomatoes for the best spot in front of the computer.
- We just started picking melons - we hope that you are all enjoying them and that they won't break our truck!
- We're getting ready to build 15 narrow carts to use in moving things in and out of the coolers. This will be good for the veggies and good for our backs!
- We put our fall seed order in last week - nearly \$1,000 of seed! Let us know if you have an old fridge that could be used for seed storage - our current fridge is filled to the brim.

3) One-week CSA Break in August

Mark your calendars: we will be taking **August 14th – 21st** off! CSA subscriptions will be suspended for that week, resuming again the following Saturday, August 23.

4) CSA Member Special – Bulk Tomatoes!



We have 20 pound boxes of tomatoes available to CSA members at \$2.00/lb. Perfect for canning, freezing or drying! There is a limited quantity, first come first served. You can arrange for an on-farm pickup or you can arrange to pick them up with your CSA box at your usual time and location, this week only. Email us to reserve a box: farm@johnsonsbackyardgarden.com

Bulk boxes will be available for sale to the general public at the farm on Sunday June 29th from 8am to Noon during our U-Pick Tomato day.

5) Coffee from Texas Coffee Traders

Our coffee comes fresh roasted each week from Texas Coffee Traders. The company is a small family owned local business established in Austin in 1994, and the owners are returning CSA members from last year. Their beans are the freshest available; roasted daily to the peak of sweetness. The organic/fair trade blend we offer is a mixture of French and Vienna roasted coffees from Central and South America, creating a mellow and rich cup.<!--[if ! supportLineBreakNewLine]-->
<!--[endif]-->

CSA members are invited to stop by the Texas Coffee Traders warehouse on 1400 E. 4th for a complimentary coffee tour.

Organic/fair trade coffee can be added to your weekly CSA share for \$10.00 per pound, choose whole bean or ground. Store your coffee in an airtight container and freeze until use for best flavor.



We only sell organic/Certified Fair Trade to help improve the lives of coffee farmers and their families. For more info on why fair trade? Checkout this link: www.globalexchange.org/campaigns/fairtrade/coffee

5) Notes on Summer Veggie Nutrition
-by Intern Carolyn

We are awash with summer squash right now, I for one have 2 drawers full in my fridge – a reality I’m sure some of you CSA members can relate to. Turning to Carla Emory’s tome of knowledge, *An Encyclopedia of Country Living*

1977 edition, I find a lot of sympathy for this squash overload. Of summer squash she says: “Summer squash are prolific! Even for small children it will grow and without fail it will bloom abundantly and produce abundantly.... they can embarrass you with that abundance.” Well then, I guess we shouldn’t look to our squash production as evidence of our farming prowess. She suggests that if you get overwhelmed by the production of your squash plants, there are three options: “you could quit watering them, or let them grow the last fruits for a seed crop or attack the plants with an ax screaming.” That third option is starting to sound mighty good.

This spring when greens were in similar abundance I was always able to eat them by telling myself that they’re at least really good for me. But squash? Well they seem to be mostly just water and fiber. Sure enough, Carla says “Summer squash is a ‘low-calorie’ vegetable and to me that means it’s kind of an interesting extra to serve but not a staple that I could depend on to keep my family from starving.” In terms of vitamin content, squash contain significant amounts of vitamins A, C, B6 and riboflavin as well as some calcium and potassium. They serve well as a base or an extender of foods with higher nutrient content, as do eggplants.

Other summer veggies are similar – tomatoes, cucumbers, eggplants, all of these are mostly, well, water with some vitamins floating around in there too:

- **Tomatoes** boast the presence of the antioxidant lycopene, which research suggests can aid in cell regeneration and cancer prevention. Cooking tomatoes increases the amount of lycopene available.
- **Cucumbers** provide vitamins E, K, A and C.
- **Eggplants** have a lot of fiber, and not much else. But they’re purple, which is fun, not many vegetables are purple – at least they’ve got that going for them.
- **Melons** contain vitamins A and C.
- **Okra** is an unsuspecting powerhouse of nutrients, containing vitamins A, B6, C, K, thiamin, and folate, as well as calcium, iron and fiber.

6) Vegetable Storage Tips

We aim to grow and package our vegetables to maintain the highest taste and nutritional quality possible. However, once they've left the farm it's up to you to keep them fresh and nutritious. There's no refrigeration at the CSA drop points so it's good to pick up your box as early as possible. Here are some additional tips on how to store this week's share:

Fridge

- **Peppers** and **Cucumbers** should be stored in the crisper, and washed in cold water before use.
- **Zucchini** and other **Summer Squash** will last 4-7 days in plastic bags in the crisper.
- **Okra** will keep for only two or three days. Refrigerate unwashed, dry okra pods in the vegetable crisper, loosely wrapped in perforated plastic bags. Wet pods will quickly mold and become slimy. When the ridges and tips of the pod start to turn dark, use it or lose it. Once it starts to darken, okra will quickly deteriorate.

Counter

- **Basil** can be stored upright in a jar of water at room temperature, or in an open bag on the counter.
- **Eggplant** and **Spaghetti Squash** are best kept moderately cool, no lower than 50 degrees. A cool, dry dark place is best- on the counter, in a cupboard or basket. Eggplant are delicate and do not store well, so try to

use them within a few days.

- **Tomatoes** should be kept at room temperature, but can be refrigerated if very ripe. Leaving them in the paper bag will help them ripen quickly. Also, be sure to store your tomatoes away from your eggplants, or other sensitive produce such as bananas, as the tomatoes will make them ripen faster.
- **Watermelons** should be stored uncut in a cool dark place. Keep cut melons in the refrigerator.
- **Zinnias** and **Sunflowers** should be put in a clean vase of warm water. Cut the stems first under running water. Change the water daily and store in the refrigerator at night to extend freshness even longer.

Checkout our [storage tips](#) on our website for a more complete guide, and of course feel free to contact us with any questions.

5) Recipes

Summer-Squash Gratin with Gruyère

Ingredients:

1 3/4 pounds white or red potatoes (about 9 potatoes)

1/3 cup all-purpose flour

1/2 cup fat-free, less-sodium chicken broth

1 1/2 cups 1% low-fat milk

1/4 cup dry white wine

1/2 teaspoon salt

1/4 teaspoon black pepper

1/4 teaspoon ground nutmeg

2 garlic cloves, minced

1 cup (4 ounces) grated Gruyere cheese

Cooking spray

1 cup thinly sliced onion

2 tablespoons chopped fresh oregano

2 cups thinly sliced **zucchini** (about 1 pound)

2 cups thinly sliced **yellow squash** (about 1 pound)

1/3 cup Italian-seasoned breadcrumbs

2 teaspoons olive oil

Preparation:

Preheat oven to 375°.

Pierce potatoes with a fork; arrange in a circle on paper towels in microwave oven; cover with wax paper. Microwave at high 5 minutes or until crisp-tender; cool. Thinly slice potatoes.

Lightly spoon flour into a dry measuring cup; level with a knife. Combine flour and broth in a medium saucepan; stir with a whisk. Stir in milk and next 5 ingredients (milk through garlic). Bring mixture to a boil over medium heat, and cook until thick (about 10 minutes), stirring constantly with a whisk. Remove from heat; add cheese, stirring until cheese melts.

Arrange half of potato slices in the bottom of a 13 x 9-inch baking dish coated with cooking spray. Top with half of the onion, oregano, zucchini,

yellow squash, and cheese sauce. Repeat procedure with remaining potato, onion, oregano, zucchini, squash, and cheese sauce.

Bake at 375° for 1 hour or until gratin is tender. Combine breadcrumbs and oil in a small bowl; toss well. Sprinkle breadcrumb mixture over gratin.

Preheat broiler.

Broil gratin 30 seconds or until breadcrumbs are lightly browned. Let stand 10 minutes.

Yield

8 servings

Kristen's Cucumber Ice Cream

Ingredients:

2 cups cucumber pulp and juice

5 cups heavy cream -- lightly whipped

3/4 cup sugar

3/4 teaspoon salt

Peel cucumber, slice in half, remove seeds, and then chop into small pieces. Puree chopped cucumber in an electric blender on med. speed.

Combine cucumber puree, lightly whipped cream, sugar and salt.

Churn-freeze.

Makes about 2 quarts

~~~~~

### **Fire and Ice Melon**

From the book *From the Earth to the Table: John Ash's Wine Country Cuisine*

1/3 cup granulated sugar or honey

1/4 cup white wine or water

2 tsp. minced **green bell pepper**

2 tsp. seeded and minced serrano chiles, or to taste

1/4 cup fresh lime juice

1 Tbs. minced fresh mint

2 medium-sized **cantaloupe** or other ripe melon

8 fresh figs, cut into fans

Directions

Combine sugar and wine in saucepan and cook over medium-low heat, stirring, until sugar dissolves. Add bell peppers and remove from heat.

Cool and add chiles, lime juice, mint and peppers. Leftover syrup can be stored in refrigerator for up to 2 weeks.

To serve, cut melons in half and remove seeds. Cut into decorative shapes and arrange attractively on chilled plates. Spoon chile syrup over melons



and garnish with fig fans and flower petals, if available.

Serves 8

### Wine Suggestions

The fruit with the chile demands a wine with residual sugar, fruity flavors and no oak aging. Complementary Rieslings, Gewürztraminers, Chenin Blancs and Muscats all fall into this category.

~~~~~

Afghani Squash Casserole

Recipe taken from Vegetarian Times Issue: November 1, 2003

Make this very colorful main dish with any one of the winter squash. The sweet taste of the squash is enhanced by the richness of the tomato sauce and the tartness of the yogurt. Use any plain yogurt, but whole milk yogurt imparts a richer flavor and creamier texture.

<!--[if !supportLineBreakNewLine]-->
<!--[endif]-->

Ingredients:

2 lb. winter squash, peeled and cut into 2 1/2-inch cubes
4 cups spaghetti sauce
2 tsp. ground cinnamon
1/4 tsp. ground cloves
1 tsp. freshly ground black pepper
1 1/2 cups plain yogurt
1 Tbs. minced fresh mint, or 1 tsp. dried, plus extra for garnish
1/4 cup minced scallions
1 tsp. salt
<!--[if !supportLineBreakNewLine]-->
<!--[endif]-->

Directions:

Bring 4 quarts of water to a rapid boil over high heat, add squash and cook about 25 minutes, or until tender but not mushy. Remove from heat, drain and set aside.
Meanwhile, heat spaghetti sauce over medium heat, and add cinnamon, cloves and pepper. Cook 10 minutes, or until sauce reduces to about 3 cups.
Mix yogurt with mint, scallions and salt, and set aside. Place squash in serving dish, and pour spaghetti sauce over top, leaving some squash uncovered. Drizzle with yogurt sauce, and garnish with mint leaves.

Serves 4

~~~~~

### **Carol Lynn's Cucumber Cantaloupe Salad**

1 large Cucumber, peeled seeded & cut into bite-size pieces

Several slices of Cantaloupe, cut into bite-size pieces

1 cup Yogurt

1-3 T Honey

Several Fresh mint leaves, chopped

1-2 t Fresh ginger, grated

Pinch of salt

Mix and chill! Really refreshing and tasty on a hot afternoon.

~~~~~

Gazpacho Pamplonica

From CSA member Susan Randal, who got 30 lbs of tomatoes at our last U-Pick day!

96oz Tomato juice (2 large cans)

6 cups chopped tomatoes

3 cups chopped cucumbers, celery, onions, bell peppers (you choose the mix)

4 T chopped parsley

1 T salt

Pepper

6 oz wine vinegar or apple cider vinegar

6 oz olive oil

½ oz worchestshire sauce

1 oz lemon juice

Minced Garlic to taste (5 cloves or so)

Mix and let chill 24 hours.

We would love to share your recipes too! Please email your favorites to sarah@johnsonsbackyardgarden.com

6) Upcoming Events

U-PICK Tomatoes and Flowers - Sunday June 29, 8am to Noon at our farm, 9515 Hergotz Lane, Austin.

June Fruit and Veggie Fest

The last of the Sustainable Food Center's special June events is this Saturday's Watermelon Festival, 9am – 1pm, at the Austin Farmer's Market (Republic Square Park, 4th and Guadeloupe).

7) Subscribe/Unsubscribe To Newsletter

Forwarded from a friend? Sign up for your own copy [here](#).

To unsubscribe, click [here](#).

8) Johnson's Backyard Garden Contact Information

Johnson's Backyard Garden
9515 Hergotz Lane, Box E
Austin, Texas 78742<!--[if !supportLineBreakNewLine]-->
<!--[endif]-->

Farmstand Hours: Saturdays, 9am – 1pm

Office phone: (512) 386-5273

Office Hours : M-F, 8am – 12pm

e-mail: farm@johnsonsbayardgarden.com

website: www.johnsonsbayardgarden.com

