

Johnson's Backyard Garden, Fall Session Week #2  
October 13, 2007

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### 1. In your box this week:

#### Basil

Squash (straight neck yellow, starburst patty pan, starburst is the volunteer and work share favorite)

Zucchini (we are growing three varieties...Grey, Magda and a traditional green)

Okra (three varieties Burgundy, Cajun green and Clemson spineless)

Baby Arugula

Eggplant (Ichiban and two other varieties)

Sweet peppers (Blushing Beauty, Yolo Wonder, and various other sweet peppers)

Hot peppers (Albino, Jalapeno, Slim Jim)

Collard Greens (3 types of kales, chard, turnips and mustards coming soon!)

Sweet Potatoes

Cucumbers (limited number they are just starting to produce)

Sun Gold cherry tomatoes (their may be a few in your box they are just starting to produce...fall tomatoes are sizing up too..maybe about 3 weeks)

Butternut Squash coming next week

How to store this week's bounty: all - except the sweet potatoes and possibly the basil - go in the fridge as soon as you arrive home. Checkout our [storage tips](#) on our website.

#### Basil Storage Tips

Basil can be stored upright in a jar of water at room temperature, or in an open bag on the counter. Too cold of a refrigerator can damage basil and turn the leaves black. The best location is in a warm spot like the door. If you want to try refrigerating basil, it should be wrapped in barely damp paper towels and then placed in a plastic bag. It can be held in the refrigerator for up to 4 days. Alternatively place a bunch of basil, stems down, in a glass of water with a plastic bag over the leaves. Refrigerate in this manner for up to a week, changing the water every 2 days. To preserve fresh basil, wash and dry the leaves and place layers of leaves, then coarse salt, in a container that can be tightly sealed. Alternatively, finely chop the cleaned basil and combine it with a small amount of olive oil. Freeze in tiny portions to flavor sauces, salad dressings, etc.

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## 2) Brenton's Soon to Be A Full Time Farmer

I don't have too much to say this morning except I am happy to announce that I am planning on farming full time in the next two to three month. I was informed last Friday that my job is being transferred to Oklahoma City. Since Beth and I cannot dream of moving, we have decided to expand our vegetable operation and farm full time. The kids love it here and we really like it to. Leaving my government job after 10 years makes me a little nervous just because it offers the security of steady employment, and benefits such as vacation and insurance, however since I was in college vegetable production is what has been my passion....and now I will have the time to devote to doing the best job I can. One hundred percent of the 20 acres will soon be certified organic and in vegetable and pecan production soon!

During the past month we have set the farm up with equipment needed to expand our production. We still have some work to do with building a new packing shed and expanding the irrigation system another 1100 feet to the back part of the property. It is amazing how expensive it is to get a new farm up and running.

We are working to expand our CSA membership. Our website has a [pdf flyer](#) that you can printout and post around town. We appreciate you publicizing our CSA in any way you can - forwarding of this email to your members/friends, or posting or mentioning us where you can. Your help in growingour CSA and family farm is appreciated.

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## 3. Fall Potluck and Open House - Saturday November 3, from 1pm till Dark

Mark your calendars and plan to attend our open house and potluck at the farm. It has been a just over a year since we moved here and planted our first crops. We would like you to come and checkout our progress and celebrate with us! We will have a band and the Potluck is open to everyone, no need to be a CSA member. Bring a dish to share, and your own tableware (plates, eating utensils). We'll have ice tea, and water.....bring your own beer! Bring along your lawn chairs and blankets, too. The potluck and live music will be held outdoors under the pecans. We will have a play area for the kids and you are welcome to walk the farm and see what we have going on. We are located at [9515 Hergotz Lane](#), 5 miles east of Austin, near the Austin Bergstrom International Airport.

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## 4. Recipes

In development on our webpage is an extensive [recipe database](#) for the crops that we grow. If you have any favorite recipes please email them to us with a source or individual to credit.

Vegetarian Thai Red Curry with Eggplant  
From Darlene Schmidt,  
Your Guide to Thai Food

CSA Host Michael Klug says “EXCELLENT red curry that I made tonight, that included CSA peppers, patty-pan squash, zucchini, eggplant, lemongrass, and chilies”;

This Vegetarian Thai red curry recipe is easy to follow and combines shallots, lemongrass, red chilies, galangal, cumin, coriander seeds, kaffir lime leaves, wheat gluten or tofu, yams or sweet potatoes, Japanese or Chinese eggplant, shiitake mushrooms, and Thai holy basil

#### INGREDIENTS:

##### PASTE:

3 shallots OR 1 small cooking onion, diced  
1 stalk lemongrass (see instructions below) OR 2 Tbsp. ready-bought lemongrass (available frozen at most Asian stores)  
1-3 red chilies (depending on desired spiciness) or 1-3 teaspoons Thai red chili sauce  
3 cloves garlic  
1 thumb-size piece galangal, peeled and sliced (may be substituted with ginger)  
¼ tsp. white pepper (may be substituted with black pepper)  
2 Tbsp. chili powder  
1 Tbsp. coriander seeds, ground with pestle & mortar (or a coffee-grinder)  
3 Tbsp. regular (light) soy sauce or tamari  
1 kaffir lime leaf  
½ tsp. dark soy sauce  
1 tsp. brown sugar  
1/2 tsp. dried turmeric (or 1 thumb-sized piece of fresh turmeric, sliced)

##### OTHER:

10-15 cherry tomatoes, or 3-4 regular tomatoes, sliced  
3-4 kaffir lime leaves  
1 small Japanese eggplant, sliced into bite-size pieces (do not peel, as there are vitamins in the skin)  
1 sweet red pepper, or 1 red bell pepper, chopped into bite-size pieces  
1 yellow bell pepper, chopped  
Optional: 1 small sweet potato (or yam), peeled and cut into cubes  
½ cup fresh Thai holy basil leaves OR sweet basil  
1 package wheat gluten “chicken” or “beef”, OR 1 package firm tofu cut into bite-size cubes  
1 to 2 cans coconut milk (depending on how mild you like your curry, or how much sauce you prefer)

To make the paste, place all paste ingredients in a food processor.

Add ½ can of the coconut milk and process into a paste.

Place paste, wheat gluten or tofu, remaining 1/2 can coconut milk, and limes leaves in a casserole dish.

Stir well until paste is thoroughly mixed with the other ingredients.

Bake at 375 degrees for 20 minutes. Then remove from oven and add vegetables. Stir well.

(Note: if you prefer more sauce, or if you find the curry tastes too spicy, add 1/2 can more coconut milk.)

After another 10 minutes, remove from oven. Check to make sure vegetables are cooked to your liking.

Do a taste test for salt and spice. If not salty enough, add up to 2 Tbsp. more soy sauce (or season with sea salt). If not spicy enough, add another red chili, sliced finely, OR 1-2 tsp. Thai chili sauce. If too salty, add up to 2 Tbsp. lime juice. If too spicy, add a little more coconut milk (yogurt will work too if you are non-vegan) and stir well.

Sprinkle with fresh basil leaves (these can be roughly chopped if too large), and serve with plenty of Thai fragrant rice (white or brown) for a nutritionally co

### Patty Pan Squash Stuffed with Cajun White Beans

<http://blog.fatfreevegan.com/2006/07/patty-pan-squash-stuffed-with-cajun.html>

4 medium-sized patty pan squash

1 small onion, chopped fine

1 stalk celery, chopped fine

1/2 bell pepper, chopped fine

2 cloves minced garlic

1 tsp. thyme

1/8 tsp. cayenne

1/8 tsp. black pepper

1/2 tsp. oregano

1/2 tsp. basil

1/2 tsp. fennel seed

1/4 tsp. rubbed sage

1/2 tsp. salt (optional)

1 can (15 ounces) great northern beans (or other white beans), rinsed and drained

Place the squash flat side down in a large pot. Add about 1 inch of water, cover, and bring to a boil. Cook for about 8 minutes, until a fork easily pierces the top of the squash.

Remove from the pot and set aside to cool.

When cool enough to handle, slice off the top of the squash and use a melon baller to scoop out the flesh from the inside. Be sure to leave a wall of at least 1/4-inch of flesh on all sides of the squash. Turn them upside down to drain, and dice the scooped out flesh coarsely.

Preheat the oven to 375 F.

Sauté the onions, celery and bell pepper in a large, non-stick skillet for about 5 minutes until soft; add garlic, diced squash, and remaining seasonings and cook for another 2 minutes. Add the white beans and cook on low heat for about 5 minutes.

Place the squash in an 8x8-inch baking pan. Spoon the stuffing into each shell; be sure to really pack it into the shell, and don't be afraid to over-stuff them. Pile any stuffing that remains into the center of the baking pan, right between the squash.

Bake for about 20 minutes or until the tops begin to brown. Serve with additional stuffing. Serves 2 as a main dish or 4 as a side dish.

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8) Johnson's Backyard Garden Contact Information

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