

Johnson's Backyard Garden, June 16th



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

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

1) In Your Box this Week

Early Girl Tomatoes
Sun Gold Cherry Tomatoes
Zucchini
Patty Pan Squash
Zephyr Squash
Yellow Straight Neck Squash
Cucumbers

Sweet Peppers

Hot Peppers

Ichiban Eggplant

Basil

Garlic

Okra

Acorn Squash

Red Lasoda Potatoes

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

- Pick-your-own Tomatoes Day last Sunday was a great success! We had a lot of fun and are planning more for the future – perhaps another day of tomatoes, and definitely a **watermelon** day. Next time we'll get a band so ya'll can hang out in the pecan orchard stuffing yourselves with watermelon. A seed spitting contest will be in order.
- The Farmstand continues – Saturdays 9am to 1pm. Please help us get the word out! [Click here](#) to print out the enclosed flyer and post it on any community bulletin board.

Johnson's Backyard Garden Farmstand

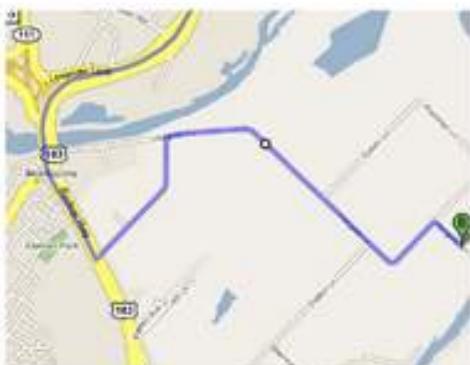
Saturdays, 9am to 1pm



Bring the whole family, hang out in the pecan orchard and enjoy
the excitement of the Saturday morning harvest on the farm.
Only 7 miles from downtown Austin!

- Farm-fresh Organic Vegetables and Herbs
- Local Free-range Eggs
- Flowers
- Goat Milk Products
- Organic Fair Trade Coffee

9515 Hergotz Lane, Austin TX, 78742



Directions: From US-183/Bastrop Highway, turn onto Thompson Lane at the light by Callahan's General Store. At the T intersection, turn right onto Hergotz Lane. After about 1.8 miles you will have to turn right again to stay on Hergotz. Continue to the very end of the road, and turn right into the gates.

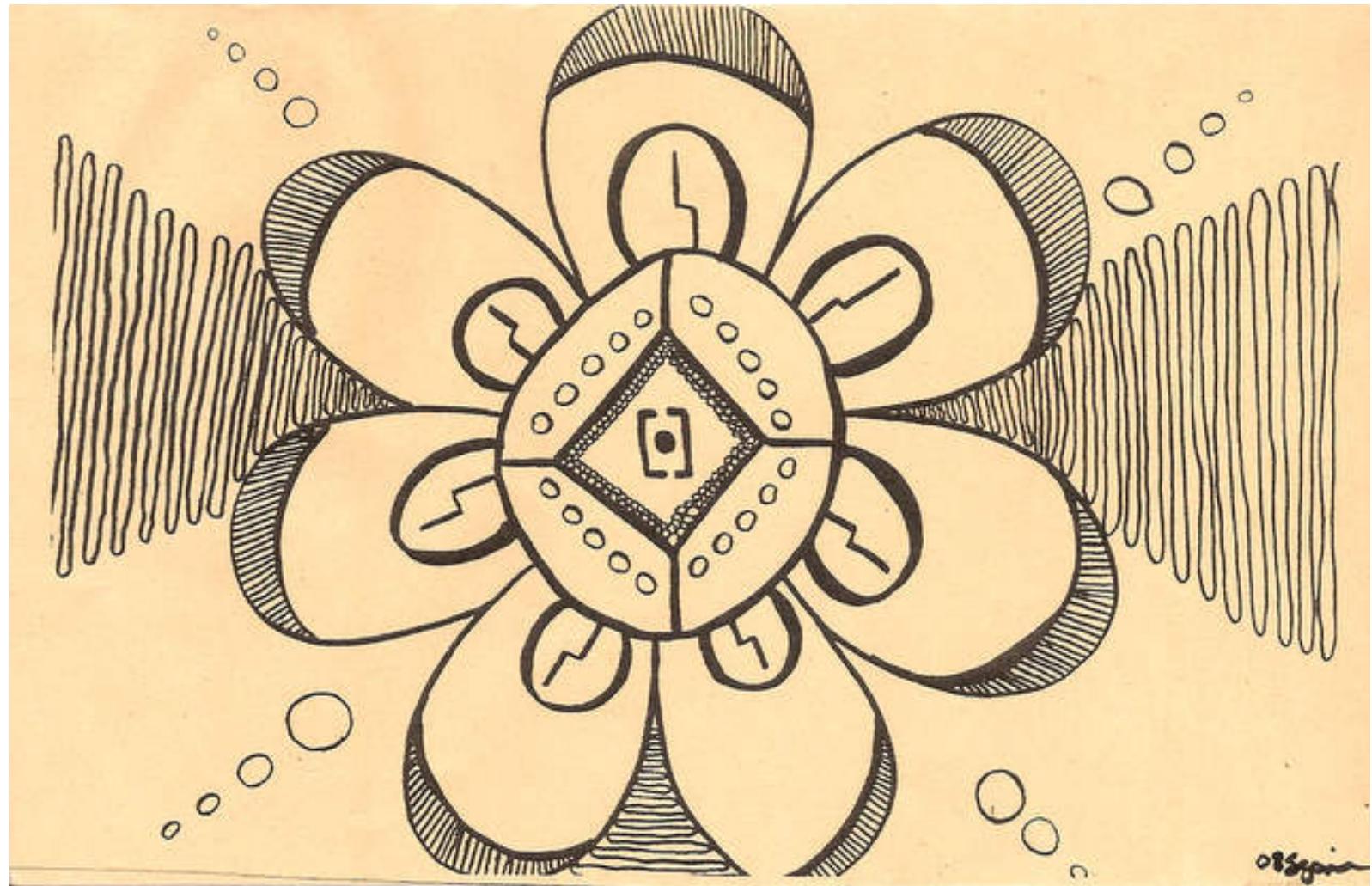
- We have some very talented designers in our CSA community – **thank you** for all the logo and t-shirt design ideas! We are mulling them over...more on that soon.
- Our **Round Rock pickup** site starts THIS Wednesday, June 18th. Let us know if you would like to sign up for pickup here or change your pickup to this location. Pickup will be 2pm to 7pm in Tiny Birds Organics, 1050 Meadows Drive Suite 407, at the corner of Sam Bass and Meadows Drive. [Click here](#) for a map.

- The summer heat has only just arrived but we are beginning to prepare beds for fall planting. Other projects in the works recently include planning an on-farm composting system, extending our irrigation lines 1,000 more feet (allowing us to irrigate 7.5 more acres), expanding the barn, completing the greenhouse, and improving our storage capabilities.
- It's been hot and it's been dry, and we're expecting more of the same – we're irrigating like crazy out here! (And then high-tailing it to the river to go swimming ourselves.)

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 Wednesday.

4) Farm Art



Thanks to CSA member Stephanie!

5) 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, Garlic, Potatoes** and **Acorn 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.
- **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.

6) Recipes – Featuring Eggplant, Zucchini, Okra, Tomatoes and Winter Squash

The following eggplant recipes were sent to us by Ram and Resmi, visitors to the farm on our tomato picking day. Thank you! The first two would work especially well with the smaller, slender Ichiban eggplant, the last would work best with the larger eggplants.

Indian Eggplant Fry

1 large Eggplant or several small, cut into bite sized pieces
1 Onion, chopped
2 cloves garlic, chopped
4-5 Red chilies
 $\frac{1}{4}$ t Turmeric Powder

Curry Leaves

Salt, to taste

Oil, as needed

Heat oil in a pan and add onions, chilies and curry leaves into it. Saute for few minutes and add garlic, turmeric powder and salt. Stir well till the raw smell of onion and turmeric goes off. Finally add the eggplant pieces and saute well.

Simmer for around half an hour stirring continuously. Switch off the heat when its well done.

Indian Eggplant Mash

1 large Eggplant or several small

4 T grated Coconut

½ Onion, chopped

Sugar - A pinch

Salt, to taste

For seasoning:

2 T Oil

1 t Black Gram

½ t Mustard seeds

2 red or green chilies

½ t Asafoetida (Kayam)

Grill or roast eggplant on the stove. Remove the skin. Then take it on a plate and mash with a ladle. Keep aside.

Heat oil in a pan, add all the seasoning ingredients to the oil one by one. When it splutters, pour it over the mashed eggplant.

Sprinkle with salt and sugar, add grated coconut and chopped onion and mix well.

Grilled Eggplant, Tomato and Goat Cheese

1 medium eggplant, sliced into 1/4 inch rounds

2 large tomatoes, sliced

11 ounces goat cheese or fresh mozzarella

4 T olive oil

2 T balsamic vinegar

Salt and pepper to taste

Preheat grill for medium heat.

In a large bowl, coat eggplant with olive oil and balsamic vinegar. Season with salt and pepper.

Arrange half of the eggplant slices on a tray. Place a slice of tomato and a slice of goat cheese on each slice of eggplant. Sprinkle a little salt and pepper on the tomatoes and cheese. Top with remaining slices of eggplant, and secure each bundle with a toothpick.

Lightly oil the grill grate. Remove toothpicks, and arrange bundles on grate. Cook about 7 to 8 minutes, then carefully flip. Continue cooking for 6 to 7 minutes.

To cook in the oven, bake at 375 degrees F (190 degrees C) for 15 to 20 minutes, or until softened and melt in your mouth delicious!

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### **Howerton's Favorite Zucchini Bread**

Shared by one of our wonderful CSA members

Preheat oven to 350'

whisk together in a bowl:

1 1/4 c flour  
1 teaspoon baking soda  
1 teaspoon baking powder  
1/4 teaspoon cinnamon

in another bowl mix:

3/4 c sugar  
2 large eggs beaten  
1/2 c oil  
1 teaspoon vanilla  
1/2 teaspoon salt

Stir the two bowls together and add 2 cups shredded zucchini(skins and all)

Put into bread pan and cook about 40 minutes(or until bread pulls away from edge of pan).

Enjoy!!!

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Okra and Corn with Tomatoes

Serve this Carolina favorite over a bowl of long-grain rice with a piece of hot cornbread.

- 2 T each butter and canola oil
- 1 large onion, thinly sliced into rounds
- 2 bay leaves
- 1/2 t each thyme, red pepper flakes and basil
- 1 green bell pepper, seeded and finely diced
- 3 large tomatoes, seeded and chopped

- 4 ears corn, remove kernels, about 2 cups
(may use frozen or canned whole kernel, drained)
- 2 cups small okra pods, left whole or 1/4-inch-thick rounds
- 1/2 cup water or chicken stock
- 3/4 teaspoon salt
- 1/4 teaspoon black pepper

In a 10 inch iron skillet or heavy pan, heat olive oil and add onions, bay leaves, thyme, basil, and red pepper flakes. Sauté, and stir until onions are limp add bell pepper and continue cooking until onions are translucent. Add tomatoes, okra, water, salt and pepper. Reduce heat to low, and simmer uncovered for 15 minutes, stirring occasionally. Add corn and cook 5 minutes longer. Taste, adjust seasoning if needed. Serve hot. Makes 6 servings.

Tomato Basil Soup

2 T Butter

2 lg carrots, finely chopped

1 lg yellow onion chopped

10 lg tomatoes, diced and peeled (10 cups)

1/4 cup fresh basil chopped

1 8 oz can tomato paste

2 T sugar

1 tsp salt

Melt butter in a large pan over medium-high heat. Cook onions and carrots in butter for about 5 minutes, stirring occasionally. Stir in everything else, simmering uncovered for 20-25 minutes, stirring occasionally. Serves 6.

Mushroom, Tomato, Basil Frittata

From World's Healthiest Foods, www.WHfoods.com

½ medium onion, minced

3 medium cloves garlic, pressed

1+ TBS chicken broth

1 cup thinly sliced mushrooms

½ medium tomato, seeds removed, and diced

3 large eggs

3 TBS chopped fresh basil

salt and black pepper to taste

Heat 1 TBS broth in a 10-inch stainless steel skillet. Sauté onion over medium low heat 3 minutes, stirring frequently. Add garlic, mushrooms and continue to sauté for another 2 minutes. Add 1 TBS broth, tomato, salt, pepper and cook for another minute. Stir well, and gently scrape pan with a wooden spoon to remove any slight burning. Beat eggs well, and season with salt and pepper. Mix in chopped basil. Pour eggs over vegetables evenly and turn heat to low. Cover and cook for about 5 minutes, or until firm. Serves 2.

Curried Squash Soup

Taken from Vegetarian Times Issue: September 1, 2000

The trick to preparing this soup quickly is to cut the vegetables into small pieces and as thinly as possible. Don't be intimidated by the unusual shape and tough skin of butternut squash. It peels easily with a swivel peeler or sharp serrated knife. If unavailable, substitute other winter squash (kabocha or acorn) or peeled sweet potatoes.

5 cups vegetable broth
1 Tbs. olive oil
6 medium cloves **garlic**, minced
1 1/2 cups diced celery
1 cup diced onion
1/2 cup diced carrot
2 Tbs. curry powder
1 Tbs. minced fresh ginger
1/2 tsp. plus pinch of salt
5 cups peeled, thinly sliced butternut squash (2-inch pieces)
1/4 cup pure maple syrup
1 tsp. cider vinegar

1. In small saucepan, bring 3 cups broth to a boil over high heat.
2. Meanwhile, in large, heavy saucepan, heat oil over medium heat. Add garlic, celery, onion, carrot, curry powder, ginger and pinch of salt and cook, stirring often, 5 minutes. Increase heat to high and stir in boiling broth, squash and remaining 1/2 teaspoon salt. Bring to a boil, cover, reduce heat to medium and cook 10 minutes.
3. Uncover saucepan and stir well with wooden spoon until squash breaks down easily. Stir in maple syrup and vinegar. Remove from heat.
4. Transfer mixture to blender or food processor in batches and carefully blend until smooth. Return to saucepan and warm through, adding as much remaining 2 cups broth as needed. Serve hot. Serves 6

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

7) Upcoming Events

June Fruit and Veggie Fest

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

June 21 – Tomato Me Crazy Day

June 28 – Watermelon Festival

[The Omnivore's Delight – Monthly Markey Day](#) June 22, 2pm – 4pm, at Home Sweet Farm in Brenham, TX

8) Subscribe/Unsubscribe To Newsletter

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

To unsubscribe, click [here](#).

9) Johnson's Backyard Garden Contact Information

Johnson's Backyard Garden

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Office phone: (512) 386-5273

Office Hours : M-F, 8am – 12pm

Farmstand Hours: Saturdays, 9am – 1pm

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website: www.johnsonsbackyardgarden.com