

# Holcomb Farm CSA

## Newsletter

August 6, 2007

### In Good Supply This Week

Onions

Tomatoes

Green Peppers

Cucumbers

Summer Squash and Zucchini

Eggplant

Beets

### Some Shares May Also Contain

Escarole

Arugula

Kale

### Pick-Your-Own

Flowers

Basil

Green Beans

Cherry Tomatoes

A Few Tomatillos

### **Reminder: Onion Harvest Volunteer Day this Saturday August 11, 9-12**

Come help bring in our bountiful onion crop! Kids welcome. Rain cancels.

### **Big Screen Flavor**

Last weekend Heather and I went to see Disney's new animated celebration of good taste: *Ratatouille*. The movie, one of the best animated movies I've seen, features Remy the Parisian rat who has an unusual gift for appreciating and creating great food. Unfortunately, his fellow rats don't appreciate his fine palette and the French cooks don't appreciate the fact that is a rat. I won't spoil the plot for those who haven't seen it, but Remy's version of the homey French dish ratatouille plays a pivotal role in the story. In the theater, I wondered if the big shots at Disney knew what they were doing releasing the movie right in the middle of peak ratatouille

ingredient season.

A couple of days later, I was taking the weekly produce order from chef Chris Prospero at Metro Bis and he mentioned he had gotten many questions about ratatouille since the movie came out and he “just had to” put in his menu. I lifted the following recipe from Chris' food column in the Hartford Courant.

### Chris Prospero's GRILLED RATATOUILLE

- 1 (1-pound) eggplant, cut into 3/4-inch lengthwise slices
- 3 medium zucchini, cut into 3/4-inch lengthwise slices
- 2 teaspoons kosher salt
- 1 tablespoon curry powder
- 1 tablespoon vegetable oil
- 1 medium red onion, cut into 1/2 inch slices
- 8 plum tomatoes, cut in half lengthwise
- 1/4 cup chopped fresh basil
- 1 tablespoon balsamic vinegar
- 1 tablespoon olive oil
- 1/2 teaspoon sugar

Preheat the grill. In a large mixing bowl, combine the eggplant, zucchini, 1 teaspoon of kosher salt, curry powder and vegetable oil. Place the eggplant and zucchini slices on the grill, reserving the oil mixture, and cook for 1 to 2 minutes. Flip over, and continue cooking for 1 minute. Remove from grill, and set aside.

Coat the onion slices and tomato halves with the oil mixture. Place the onion slices and tomatoes skin side down on the grill skin, and cook for 2 minutes on each side. Remove, and let cool slightly along with the eggplant and zucchini. Place all of the vegetables on a cutting board, and chop into 3/4-inch pieces.

In a medium mixing bowl, toss the chopped eggplant, zucchini, onions and tomatoes with remaining 1 teaspoon of kosher salt, basil, balsamic vinegar, olive oil, and sugar. Taste and adjust seasonings with salt, if needed. Makes 6 cups.

Holcomb Farm CSA is More Than the CSA

While the CSA is the biggest part of what we do at the farm, an integral part of our mission is to distribute our produce to those who may not have as much access to fresh produce as most of our household members. Ever since the CSA was started in 1993, we have provided social service agencies in Hartford and Granby with deeply discounted bulk deliveries of produce on a weekly basis. These organizations include:

- **Hispanic Senior Center:** A large community center for seniors in Hartford's Hispanic section on Park St.
- **North End Senior Center:** A large community center for seniors in Hartford's North End
- **Family Life Education:** An organization that works with teen mothers.
- **Horace Bushnell Food Pantry** in Hartford's North End
- **Catholic Worker House:** A neighborhood group active in Hartford's North End.
- **Soromundi Commons:** A transitional housing facility helping those at risk of homelessness.
- **Hispanic Health Council:** A multifaceted service organization offering health and cultural programs to Hartford Hispanic community.
- **Granby Food Bank**
- **Granby Senior Center:** A community center for seniors in Granby.

In order to be able to provide these organizations with produce at very low prices, we depend on grants and donations to help cover our costs of production. Household CSA shares do not directly subsidize the food for the organizations. We receive funding from the USDA Senior Nutrition Program, The North Central Area Agency on Aging, as well as local foundations, religious organizations, and individual donations. We also donate thousands of pounds of produce each year to Foodshare, the regional supplier of food to emergency outlets.