

Summer Creek Farm

2009 CSA Newsletter

Subtle Shallots

Week 11
August 3, 2009

Shallots are part of the *allium* family, a relative of the onion. However, shallots are smaller and are known for their more subtle, delicate flavors. They are prized among chefs for these qualities.

Store shallots in a cool, dry place, and peel before using. Peeled shallots should be used immediately, or stored in the refrigerator for up to three days.

To serve shallots alone, try [caramelized shallots](#) (recipe by Ina Garten). Shallots also pair well with other vegetables, as in this recipe for [string beans with shallots](#), also by Ina Garten.

I often add shallots to a simple salad dressing I make at home. Just mix the following and serve immediately:

Juice of 1 lemon
2 tablespoons extra virgin olive oil
1 tsp. sea salt
1 tsp. freshly cracked black pepper
1 shallot, cut into small dice

Sources: [TheWorldWideGourmet](#) and [Food Network](#)



Image of French red shallots: [SouthernExposure.com](#)

From Farmer Rick

Produce at the farm is coming in late but heavy; your boxes will be showing it too! We had severe storms up here Sunday, lots of broken trees but I think the produce survived.

Now is the time of year we start to think about a fall extension. If the season allows we like to offer a fall extension from the end of the current CSA season to the end of October. Additionally this year we are considering offering a Thanksgiving and Christmas box. You can purchase the fall CSA separate of the holiday boxes. More information on this in future weeks. I hope you all are enjoying the produce.

Thanks,
Farmer Rick

Recipe Feature

Grilled Candied Beets

Recipe: [Woman With a Whisk](#)

Ingredients:

1 bunch beets
1 tablespoon brown sugar
1/4 teaspoon salt
Cooking spray

Preheat grill to about 350 degrees (medium heat).

Wash and peel the skin off the beets, remove the greens, and cut beets into quarters.

Spray a piece of foil with cooking spray, then put the quartered beets, sugar and salt on the foil, and wrap into a packet.

Place on the grill over indirect heat for about 30 minutes, until the beets can be pierced easily with a fork, but are not mushy. There should be a syrup at the bottom of the foil package.

Serve immediately, or at room temperature.

Photos and additional information about this recipe are available [here](#), courtesy of Rebecca/Woman With a Whisk.

Link of the week

Epicurious seasonal ingredient map

Interactive guide to see what's fresh wherever you're going to be

<http://www.epicurious.com/articlesguides/seasonalcooking/farmtable/seasonalingredientmap>

This week's box

- Cherry/grape tomatoes
- Potatoes
- Beans
- Squash/zucchini
- Slicing tomatoes
- French red shallots
- Beets (maybe)
- Melons

Contact us: farmer@summercreekfarm.com

Items may vary by location/pick-up day.