

# Summer Creek Farm

2009 CSA Newsletter

## Asian Pears

Pears are related to apples; in fact, they are both members of the rose family. More than 5,000 varieties of pears are cultivated worldwide.

Asian pears, which we will enjoy this week from the farm, are round apple-shaped and juicy, with a delicate "apple-pear" flavor. The skin of an Asian pear is crisp and ranges in color from yellow to russeted-gold color.

Pears are one of few fruits that improve after being picked. Leave them at room temperature until you can smell a nice pear aroma. Asian pears will remain firm and crunchy. Once ripe, refrigerate.

Like apples, it is not necessary to peel pears, but if you wish, use a similar approach as with apples, slicing it into quarters then cutting out the core. Alternatively, you can use a melon baller to remove the core from the bottom of a whole pear.



Source: *How to Cook Everything*, 2008 edition, by Mark Bittman

Week 15  
September 1, 2009

## From Farmer Rick

Additionally a sunflower head with seeds will be available, one each. This head is a great learning experience for young children to see how the seeds are behind the flowers. A sunflower is actually a lot of small flowers together to form one large flower. If you take a string and hang it from a limb it makes a great bird feeder. The birds will pick the seeds right out of the head.

**A fall CSA form is attached to the e-mail this week.** I need to know who is interested in the fall extension since I have many people that want to join our CSA and I have told them current members get first shot for the fall. Slots are limited so I can make sure I have enough produce for all.

We now are planting crops for fall, as well as preparing for the cool weather to come. Things are always busy and changing on the farm!

--Farmer Rick

## Recipe Feature

### Poached Pears, Two Ways

*adapted from recipes by Mark Bittman*

*Pears can be successfully poached at any stage of ripeness.*

#### Ingredients:

2 ½ cups sugar  
½ vanilla bean, split lengthwise OR  
one 3-inch cinnamon stick  
4 pears

#### Optional, for Asian spice version:

3 star anise  
5 slices fresh ginger  
2 cloves

Combine sugar and vanilla or cinnamon with 5 cups water in a medium saucepan over high heat. Peel the pears, leaving stems on. Core them whole.

Lower the pears into the boiling water and adjust heat to simmer gently. Turn the pears every 5 minutes until tender, between 10 and 20 minutes. (When a small knife meets little resistance, they are done.) Turn off heat and allow pears to cool in the poaching liquid.

Transfer the pears to serving plates. Reduce the poaching liquid to a cup or less by putting the liquid back on the heat, then spoon a little over each pear to serve.

To make the Asian spice version, add the optional ingredients to the poaching liquid.

### Link of the week

[101 Simple Salads for the Season](#) – enjoy late summer salads, from the New York Times

## This week's box

- ☀ Asian pears
- ☀ Raspberries
- ☀ Roma tomatoes
- ☀ Zucchini / squash
- ☀ Fingerling potatoes
- ☀ Basil
- ☀ Beans
- ☀ Green peppers

Items may vary by location/pick-up day.

Contact us: [farmer@summercreekfarm.com](mailto:farmer@summercreekfarm.com)