What’s in the box?

Endive Frisee, Rhodos Peppers, Czech Black
Spinach, Tye Red Peppers, Carmen
Chard, Bright Lights Carrots, Nelson
Scallions, Parade & Stocky Red Roaster
Gilanatro, Santo Tomatoes, mix
Zucchini, Raven Onions, Candy
Apples, Jonagold De Coster Winter Squash, Acorn

Notes from the Field by Kate Watters, First Year Apprentice

The end of August always feels like a tipping point; all you have is the moment and you want to learn how to be present and love it more completely. This is especially true in the field. Each day I feel the light leaving like a cup with just a few sips of wine left. What is overflowing now will be precious and I want to clutch it all to my chest, appreciating the transience of this season and seeing each day’s subtle changes—every blazing sunrise, every ripe tomato, every heaping pint of strawberries, every green bean we painstakingly harvest. I already miss harvesting the sweet corn, which once was so abundant. I miss the satisfying snap of the ear tearing away from the stalk and the thwacking of the stem breaking on my thigh. Now the apples capture my attention as I learn how to determine ripeness with my taste buds, and sense the ease as the fruit parts from the tree. I am learning to love every moment now while it is upon me, even with the sun high in the sky and pressing down on me as I work.

The crickets sing songs of summer every evening, another vibration of joy and a chorus that calls me closer. I want to be surrounded by the pulsing that seems to be saying, yes, yes, yes. We, the apprentices, sing songs to the transience, filling these moments with melodies both new and old that seem to lend words to this time in our lives, this magical place and this community we have created together. Last week before our harvest morning the crew took a minute to meditate on all of the changes we have seen in the field and appreciate the moment before us. Whole blocks that were once mixed vegetables have been replaced with a summer crop of Sudan grass. One block of corn has been tilled into the soil. All of the onions are in burlap bags field curing before we pack them into boxes. The squash leaves which were once trailing and vibrant have died back to reveal a sea of pumpkins in all kinds of colors, shapes and varieties. The delicata squash have undergone changes as they ripen, then cure and are ready to eat. Their lime green and yellow striped ribs turn deep colors of evergreen and orange.

Farming teaches us to appreciate beauty and transience, growth and change, and the richness of even the smallest details.
Apple Crostata with Caramel Sauce

**Filling and Topping**
- 1/2 C sugar
- 3 T all-purpose flour
- 4 C chopped peeled apples (4 medium)
- 1 T sugar
- 1/2 tsp. ground cinnamon
- 1 C caramel topping

*(see recipe below)*

**Crust**
- 1 C all-purpose flour
- 1/2 tsp. salt
- 1/3 C cold shortening
- 1 T cold butter
- 1 tsp. vegetable oil
- 3-4 T buttermilk

Heat oven to 400°F. In medium bowl, mix 1 C flour and the salt. Cut in shortening and butter, using pastry blender, until particles are size of small peas. Sprinkle oil and buttermilk, (1 T at a time) sprinkle over flour mixture, tossing with fork until all flour is moistened and dough almost cleans side of bowl.

Gather dough into a ball; shape into flattened 5-inch round on lightly floured ungreased large cookie sheet. With floured rolling pin, roll pastry into 12-inch round.

In large bowl, mix 1/2 C sugar and 3 T flour. Stir in apples until coated. Mound apple mixture on center of dough round to within 2 inches of edge. Fold edge of dough over apple mixture; crimp edge of dough slightly. In small bowl, mix one T sugar and the cinnamon; sprinkle over apples and dough.

Bake 42-47 minutes or until crust is golden brown and apples are fork tender. (If apples begin to brown too quickly, cover loosely with aluminum foil. Cut into wedges. Serve warm drizzled with caramel topping (see recipe below).

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Heirloom Tomato & Frisee Salad with Bacon Vinaigrette

**Bacon Vinaigrette**
- 1/2 C minced bacon
- 1 T minced shallot
- 1/2 C extra virgin olive oil
- 1/3 C cider vinegar
- 2 T bacon fat
- 1 T vegetable oil
- 1/2 T dijon mustard
- 1/2 T honey

**Vinaigrette:** Cook the bacon and reserve fat for later. Make sure bacon fat remains slightly warm to prevent congealing. Combine bacon, shallots, vinegar, mustard, and honey in a bowl and whisk together while adding a slight amount of salt and pepper. Rest for five minutes to allow flavors to meld and for the shallots to macerate slightly. Combine oils and bacon fat in a measuring cup, preferably with a spout to allow for a slow pour. Make sure the oils are mixed well and begin very slowly pouring into the bowl while vigorously whisking. A nice emulsion should be achieved. Adjust seasoning to your liking and serve.

**Salad:** Rinse and dry frisee and tomatoes. Cut and discard roots of the frisee. Tear frisee into bite size pieces. Cut tomatoes in approximately 1/4-inch slices. Toss the frisee with the vinaigrette and a little salt and pepper to obtain a light coating. Cut into wedges. Serve warm drizzled with caramel vinaigrette, and serve. Frisee has a great watery crunch. Romaine, spinach, and arugula make fine substitutions. Enjoy.

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Salted Caramel Sauce

- 7 T coconut sugar
- 7 T cold water
- 4 oz. coconut milk
- 1/4 tsp. vanilla extract
- pinch of salt

Place coconut sugar and water in a pan of medium heat. Stir gently until sugar has dissolved and let it bubble for 2-3 minutes. Pour in coconut milk and keep stirring until it has fully combined. Turn down the heat and allow sauce to simmer for 10-15 minutes until it has thickened.

Remove from heat and add vanilla and salt and stir well. Pour sauce in to a bowl or jar and allow to cool. Mixture may thicken a little more once it cools.

Store in a sealed jar or container in fridge for up to 2 weeks.

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C = cup; T = tablespoon; tsp. = teaspoon