



CSU CSA Newsbits

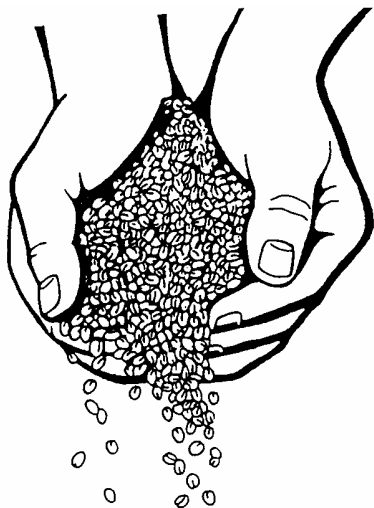
week sixteen

September 15, 2005

Colorado State University's Community Supported Agriculture from the Specialty Crops Program

Betting on Frost

We started this week with wind. It blew in a chill, but not frost. We are taking bets on when it will come and greet us some new morning with glittery leaves. Until then, please enjoy these warm season crops because they: the tomatoes, zucchini, eggplant, cucumbers, melons, peppers, etc. will be the first to go. We, even after the frost, will continue to have an abundance of



food, winter food. Because, while the frost kills vegetables, it only makes others sweeter, like carrots and beets. Also, the winter squash rind hardens after the frost so they will last longer. So we will keep bringing in the food, and you all keep enjoying it and sharing. And, if you would like to make a bet on the first frost we would be happy to enter your wager. Usually, it has been know to frost around these parts on September 21. Until then we should all be eating lots for winter!

Le Menu

Sweet Corn
Zucchini/Summer
Squash
Hot Peppers
Sweet Peppers
Radish
Salad Mix
Melons
Beets
Cucumbers
Artichokes
Eggplants
Tomatoes
Basil
Onions
Broccoli

~Special Orders~

We are still taking orders for bulk tomatoes. We need to receive notice of an order (by email) by Monday so that we will have time to process them.

Canning Tomatoes- 20-25 lbs. or 1/2 bushel boxes now 15 dollars

The Boxes: Last week we delivered your shares in boxes. We are interested to know what you thought of that style delivery. We also would love for you to bring those boxes back, because while you may not have much use for waxed cardboard boxes, we do. Lots of them. We use those boxes till they fall apart. Also, we thought the pick up went well, though we missed the beautiful interaction that the "buffet style" facilitates. As the air gets colder we may utilize the box style more, but please know, with clarity, that we will miss those extra few minutes with you.

Student Grown and 1500 Miles Fresher

Chocolate Zucchini Cake Creates National Zucchini Shortage

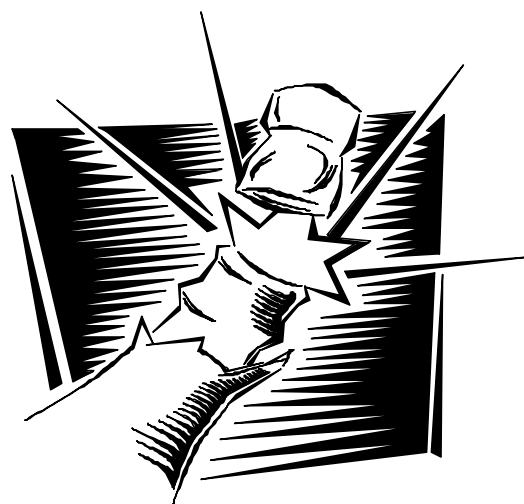
By Tom Donaldson

There are few garden vegetable that are prolific as zucchini squash. Around my part of the northeast, beginning in mid summer till frost, zucchini squash is the number one garden commodity. People actually beg you to take some off their hands. You can't leave your car or house unlocked because if you do, zucchini squash will appear. Well I found a recipe that will end all that. This zucchini recipe is so good it might even create a national zucchini shortage. Imagine that. So after you've fried it, baked it, grilled it, and stuffed it try Chocolate Zucchini Cake.

1/2 cup Butter
1/2 cup Vegetable Oil
1 3/4 cups Sugar
2 Eggs
1 teaspoon Vanilla
1/2 cup Sour Milk
4 tablespoons Cocoa
2 1/2 cups Flour
1/2 teaspoon Baking Powder
1 teaspoon Baking Soda
1/2 teaspoon Cinnamon
1/2 teaspoon Cloves
2 cups finely diced, NOT SHREDDED,
Zucchini
1/4 cup Chocolate Chips

Cream butter, oil, and sugar. Add eggs, vanilla, and sour milk. Beat with mixer. Mix together all the dry ingredients and add to creamed mixture. Beat well. Stir in the diced zucchini. Spoon batter into a greased and floured 9 x 12 x 2 pan. Sprinkle the top with chocolate chips. Bake at 325 degrees for 40 to 45 minutes or until a toothpick or cake tester comes out clean and dry. This cake needs no icing. Cakes can be frozen for use at a later date.

Tom Donaldson loves to cook. But it's just one of the many things he like to do. To keep up with what's on his mind, read his BLOG, PhreMind Freenotes Life.



COLD MELON SOUP *with Champagne*

3 cups coarsely chopped cantaloupe
3 cups coarsely chopped honey-dew
Or any fabulous combination of melon varieties.
2 cups orange juice
3 T honey
2 cups dry champagne
1 cup whipping cream
fresh mint leaves (garnish)

Finely chop 1 1/2 cups of each melon. Set aside. Place remaining coarsely chopped melons in blender with orange juice, lime juice and honey (this will only take a few seconds.) Pour into large bowl. Stir in champagne and reserved melon. Cover and refrigerate until ready to serve. Pour into iced bowls. Whip cream and use as garnish with fresh mint leaves. Makes 6 to 8 servings.

Courtesy of Recipe Source www.recipesource.com

Student Grown and 1500 Miles Fresher