

Week #3 - Johnson's Backyard Garden CSA Newsletter  
October 21, 2007

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### 1. In your box this week:

Eggplant (We are growing 3 varieties...let us know which you like the best)  
Peppers – we have Cubanelles, Red, Yellow, Chocolate and Green Bell Peppers, Sweet  
Banana Peppers, Red Jalapeno  
Squash  
Okra (Red and Green)  
Basil (3 kinds – Sweet, Genovese, and Red Basil)  
Siberian Kale  
Baby Arugula  
Cucumbers  
Sweet potatoes  
Lettuce mix  
Green Beans

Sun Gold cherry tomatoes (there may be a few in your box they are just starting to  
produce...fall tomatoes are sizing up too)

How to store this week's bounty: all - except the sweet potatoes and possibly the basil - go  
in the fridge as soon as you arrive home. Check out our [storage tips](#) on our website.

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### 2) Farm Updates

First a note on the potluck and box pickup. For the open house/pot luck on Saturday,  
November 3<sup>rd</sup>, we would prefer if you could pick your box up at the farm. We can keep it  
refrigerated in our walk in cooler during the potluck and you can take it with you when you  
leave. Please e-mail us if you plan to attend the potluck and if you would like to pick up  
your box at the farm....otherwise we will take it to your regular pickup site.

New Irrigation System – Solid Set

Since we moved out of our backyard garden on Holly Street I have had to change the methods that I use to irrigate. I used to have a real simple method that worked really well for watering our 50 foot by 30 foot garden. I had a six foot ladder that I would bungee cord an oscillating sprinkler to the top off. When I turned on the water I could water the whole garden all at once....it was easy! If I needed to spot water a crop like baby arugula or spinach....I could just drag the hose over and water by hand.

We have to use different ways to irrigate at this farm since the rows are now 300 feet long and from one end of the farm to the other is over ½ mile long,. It made me laugh to thinking of 300 or so ladders set up around the farm with hoses stretching to each one.

Instead of using ladders and sprinklers we are using an irrigation system called a “Solid Set Irrigation”;. This week we received about ½ mile of 2” aluminum irrigation pipe and specialty sprinkler heads that fit on 2 foot risers attached to the pipe. We will be using this pipe to irrigate our crops that we grow on bare ground. My head has been hurting lately due to figuring out how I wanted to design the irrigation system. There are a lot of things that I have to think about such as harvest lanes, tractor tire spacing, bed widths, irrigation riser locations, irrigation uniformity, available water supply, zone pressure, filtration requirements, pump selection, irrigation frequency, quantity of water needed to be applied, and normal wind velocity and direction and pressure losses. This morning after waking up in the middle of the night I finally thought of a solution that seemed to solve the problems that I was considering. This is boring farm engineering stuff to most people but to me it is fun and challenging stuff!

For those interested in our field layout....This pipe will be laid out across our fields in 300 foot sections about every 40 feet across our fields. The way that we are laying out our fields is in about 50 X 300’ “blocks”;. These blocks will each contain 8 beds, 300 foot long. Each bed is 54” wide and will contain between 1 and 3 rows of plants on 18” spacings. Each block will be separated with a harvest lane that is the width of two beds.

#### Packing Shed Progress

This week we also made progress enlarging the barn. We are making room to store our tractor and equipment and we are also adding space to pack the boxes on Saturday and soon to be Wednesday. When we start our winter session we are planning on adding new pickup points and adding a Wednesday delivery. Currently we are planning on adding a site in Cedar Park and potentially sites in Dripping Springs, Round Rock or North West Austin.

#### Spread the Word - Post a PDF Flyer

We are working to expand our CSA membership. We appreciate you publicizing our CSA in any way you can - forwarding of this email to your members/friends, or posting or mentioning us where you can. Your help in growing our CSA and family farm is appreciated. Our website has a [pdf flyer](#) that you can printout and post around town.

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3. Fall Potluck and Open House - Saturday November 3, from 1pm till Dark

Mark your calendars and plan to attend our open house and potluck at the farm. It has been a just over a year since we moved here and planted our first crops. We would like you to come and checkout our progress and celebrate our first year anniversary with us! We will have a band and the Potluck is open to everyone, no need to be a CSA member. Bring a dish to share, and your own tableware (plates, eating utensils). We'll have ice tea, and water.....bring your own beer! Bring along your lawn chairs and blankets, too. The potluck and live music will be held outdoors under the pecans. We will have a play area for the kids and you are welcome to walk the farm and see what we have going on. We are located at [9515 Hergotz Lane](#), 5 miles east of Austin, near the Austin Bergstrom International Airport.

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#### 4. Recipes

In development on our webpage is an extensive [recipe database](#) for the crops that we grow. If you have any favorite recipes please email them to us with a source or individual to credit.

In your box this week you will find several types of sweet and hot peppers. Enjoy them now because they will soon be gone with the first frost. One pepper you may not recognize is the Cubanelle pepper. Cubanelle peppers are light green to yellow colored with a sweet and mild flavor. They look like an elongated bell pepper. Cubanelle peppers are similar to banana peppers and make can be substituted for recipes calling for Anaheim peppers. Cubanelles can be roasted, fried, stuffed or used in salads and casseroles and they are also good on pizzas or subs. Cubanelle peppers are also called Italian sweets. Unwashed, they can be kept in a plastic bag in the refrigerator for up to a week.

#### **Blistered Cubanelle Peppers**

cubanelle peppers (or substitute any sweet such as banana peppers or any mildly hot pepper like poblanos, New Mexican etc...)

olive oil

salt

If serving as an appetizer, figure 1-2 peppers per person.

There are two ways to present the peppers. If you wish to serve them whole, slice the pepper longitudinally, leaving the very top near the stem intact, and, using a small knife or a spoon, scrape out all the seeds and membranes from inside the pepper.

Alternately, you may cut the tops off the pepper, slice it in half and scrape the seeds and membranes out of the pepper more easily.

Rinse the peppers to get rid of any seeds and pat them dry.

Over an open flame, roast the peppers, skin side down until the skin is blistered and even charred in places. If you've kept the peppers intact, turn them to make sure every side gets blistered.

Once you blistered all the peppers, place them on a serving platter, drizzle with olive oil and salt well. Serve while the peppers are still warm.

\*\*\*Alternative - you can deep fry peppers whole in olive oil until they just begin to wilt, drain, sprinkle with sea salt and enjoy!

### **Mango and Cubanelle Slaw**

This salad is a perfect match for a grilled white fish or chicken.

#### Ingredients:

1 small ripe mango, peeled and thinly sliced  
1/2 small red onion, finely sliced  
1 cubanelle pepper, finely sliced  
Freshly chopped cilantro, to taste  
1 tsp finely grated ginger  
1 1/2 tsp fish sauce  
1/2 tsp chile flakes, or to taste  
Grated zest and juice of 1 lime  
1 to 2 tsp. grapeseed oil or vegetable oil

#### Directions:

##### Mango and Cubanelle Slaw

Add mango, red onion, cubanelle pepper and coriander to a bowl. Flavor with ginger, fish sauce, chile flakes, lime zest. Add the grapeseed oil. Toss until well combined. Serve.

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#### 7) Unsubscribe/Subscribe From/To This Newsletter

If you would like to subscribe or unsubscribe to our email newsletter list just let us know.

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#### 8) Johnson's Backyard Garden Contact Information

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