



## Week 14

### Farm News:

This week or next week will be the last of the tomatoes for the season. We are also nearing the end of our eggplant, but the peppers will hold on a bit longer than the other summer vegetables (as long as we don't get an early killing frost). We have more greens coming in this week with bok choy and the Asian pears are finally here! Our fall carrots are about 2 weeks away from being ready to harvest. We will start harvesting our sweet potatoes this week. We are expecting an abundant sweet potato harvest this year!! We will need to cure the sweet potatoes, so it will be several weeks before we start giving them out.

### This Week's Share (probably):

Winter squash  
Asian pears  
Tomatoes  
Peppers and/or Eggplant  
Swiss Chard  
Bok Choy  
Beets (maybe)

### “Vegetable” of the Week:

#### *Asian Pears*

Asian pears are native to China, Japan, and Korea. They are in the pear family but are crisp like an apple, and they have a delicious delicate flavor. Once an asian pear is picked, it won't get any sweeter. It will still ripen off of the tree and develop different flavors, but won't get any sweeter. That is why we make sure to only pick ripe asian pears, and although your pears will feel hard, they are ripe. If you wait for it to get soft like a regular pear, it will be overripe. Asian pears are also very delicate and bruise easily, so handle them with care. If you keep the pears in a cool, dry place, they will store for at least a couple of weeks. We are growing three different varieties that ripen at slightly different times: Hosui, Shinko, and Olympic. Like any fruit, Asian pears are great eaten raw. They pair well with pungent cheeses, they perform admirably in slaws and salads, but they also can be cooked (there are a number of asian recipes that call for them and they can sometimes replace apples in recipes although they contain a lot more water).

### Recipes of the week:

#### *Arugula Salad with Asian Pears*

##### *Ingredients:*

2 Asian pears, peeled and sliced  
2 Tbs your favorite vinaigrette  
2 cups arugula  
4 Tbs Gorgonzola, crumbled  
4 Tbs glazed pecans (optional)

##### *Preparation:*

In a large bowl, add vinaigrette and arugula and toss to coat. Plate the arugula, top with slices of pear, gorgonzola and pecans.

#### *Asian Pear Slaw*

##### *Ingredients:*

2 Asian pears, peeled  
2 celery stalks  
3 Tbs fresh lime juice  
2 Tbs rice vinegar  
1 Tsp finely grated fresh ginger  
2 scallions, thinly sliced  
¼ cup fresh cilantro leaves, chopped  
½ Tsp finely chopped fresh hot red chile, or to taste

##### *Preparation:*

1. Cut pears and celery into ¼-inch matchsticks.
2. Whisk together juice, vinegar, and ginger. Stir in celery and remaining ingredients with salt and pepper to taste.
3. Let stand at room temp. for 15 minutes.