



2023 CSA

# NEWSLETTER

WEEK 11

## At the farm

Its week 11 and we are half way through this year's CSA season already. At the farm, more carrots and spinach got planted last week. On Sunday, one of our irrigation lines ruptured. Due to soil movement over the years, one of the pipe joints couldn't hold any longer. Tal and Inder worked all day Sunday to get the pipe repaired and to setup alternative sources of irrigation. Happy to report that we are back on track, and managing through this heatwave.

This week in the box we have corn, along with scallions, bell peppers, Thai basil and more. I am including a recipe for Pad See Ew, a classic Thai stir fried noodle dish. It is a delightful combination of flavors and texture. Hope you enjoy it.

Ruby

## In the box

Salad Mix	½ lb bag
Thai Basil	bunch
Corn	4 ears
Red Onion	2 or 3
Red Bell Pepper	2 each
Yellow & Green Zucchini	3 or 4
Scallions	bunch
Grape Mix Tomato	pint
Strawberry	pint

## Pad See Ew

Ingredients		
	1 cup sliced bell pepper	1 cup chopped Thai basil
8 oz wide rice noodles (fresh or rehydrated from dried)	1 cup sliced zucchini	2 tablespoon dark soy sauce
1 cup sliced chicken, beef, shrimp, or tofu (your choice)	1 cup sliced onions	1 tablespoon oyster sauce (or vegetarian substitute)
2 tablespoon vegetable oil	1 bunch scallions, cut into 2 inch pieces	1 teaspoon sugar
2 cloves garlic, minced	2 large eggs, beaten	Crushed red pepper flakes (optional)



If using dried rice noodles, soak them in warm water until pliable, then drain well. If using fresh noodles, blanch them briefly and drain.

In a wok or large skillet, heat 1 tablespoon of vegetable oil over medium-high heat. Add the minced garlic and sliced chicken, beef, shrimp, or tofu. Stir fry until cooked through, then remove from the wok and set aside.

In the same wok, add another tablespoon of oil. Add the sliced bell peppers, zucchini, and onions. Stir-fry until the vegetables are tender-crisps. Remove from wok and set aside. Push the vegetables to the side of the wok and pour the beaten egg into the other side. Scramble the eggs until cooked, then mix them with the vegetables.

Add the drained rice noodles to the wok along with the dark soy sauce, oyster sauce, Thai basil, and sugar. Gently toss everything together until the noodles are evenly coated and heated through.

Return the cooked protein to the wok and add the sliced scallions. Toss everything together for another minute or so. Taste and adjust seasoning, adding more soy sauce or sugar if needed. If you like it spicy, sprinkle in some crushed red pepper. Serve the Pad See Ew hot, garnished with lime wedges.