



Green Plums and Red Grapes



Something new is in the box this week: Flame seedless grapes! These are the very first pick of our wonderful, candy-sweet grapes fresh off the vines. Frog Hollow Farm only has a few varieties of grapes, and only for a short time, but these grapes herald the delicious transition from the fruits of summer into the fruits of autumn.

The same high temperatures and blazing sunshine that have sweetened our peaches, nectarines and pluots all summer have been working their magic on our grapes as well, swelling them with sweet juice until they're finally ready to pick.

One thing you might notice about our grapes is that they're not as pristine as the table grapes you might find in your local supermarket. Our grapes are field-picked and packed "as is," without the grooming that large commercial grape-growers can devote to their product. Our grapes may not look quite as pretty--and you may get a dusty leaf or the occasional little crawly critter hitching a ride to your door--but we think the taste of these homegrown organic grapes can't be beat.

For best eating, refrigerate your

unwashed grapes promptly, loosely wrapped in a plastic bag or other container. Wash grapes just before eating.

We'd be remiss if we didn't also raise a cheer for the first pick of our famous Emerald Beaut plums. These gorgeous green beauties are hotly anticipated by Frog Hollow fans in the know. The season is short, but they're worth the wait--truly a delicacy that you won't find anywhere else.

-Stephanie J. Rosenbaum

Save the Date!

We've had to change the date of Frog Hollow Farm's CSA Member Fall Harvest Party to

**Sunday
October 11, 2009**

Details and invitations to follow!

HAPPY
CHILD CSA

NEWSLETTER

31 August 2009

What's In The Box?

- **Summerset Peaches**
- **Hosui pears**
- **Shinseiki pears**
- **Emerald Beaut plums**
- **Flame seedless grapes**

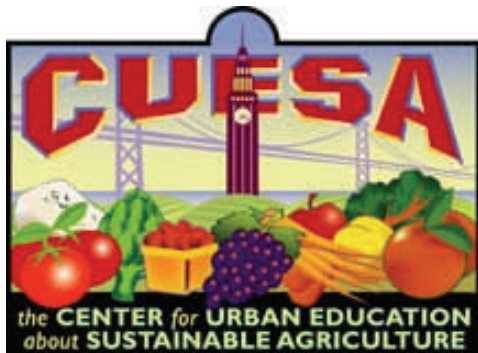
Everything in the box is from Frog Hollow Farm in Brentwood, CA

CSA Office Hours
9am-4pm, Monday-Friday

Contact Karen or Danny at
1-888-779-4511 opt 4
or
Email csa@froghollow.com

Can't pick up your box?
Call us the Friday before
your next delivery to
place a hold on your
delivery.

Upcoming Events



The Center for Urban Education about Sustainable Agriculture's 7th annual Sunday Supper fundraiser will bring together farmers, chefs, artisans and farmers' market lovers for a gala reception and five-course feast to benefit CUESA's work in educating eaters and supporting farmers.

October 4, 2009

5:30 pm - Reception in the Ferry Building Marketplace
7:00 pm - Supper, served family style in the Ferry Building Grand Hall

Some of the Bay Area's most well respected chefs, including Frog Hollow Farm's own Becky Courchesne, have collaborated in teams to provide a unique meal for each long table of guests.

For details and tickets, please visit http://www.cuesa.org/events/sunday_supper_2009.php

GRILLED PEACH PANZANELLA

RECIPE OF THE WEEK

This week's recipe comes from Alison Mountford of San Francisco. Alison trained as a chef at the California Culinary Academy and worked as a private chef for several years. Now, she runs Square Meals Custom Cuisine, a service that delivers healthy, delicious meals prepped and ready to go, right to your door. It's a lot like having a private chef on call, only much more accessible and affordable to anyone who wants to put wholesome, tasty meals on the table but can't always find the time to shop and cook for every meal. We met Alison at the Tuesday Ferry Plaza farmer's market, where she was doing a cooking demonstration using Frog Hollow peaches to create a delectable California variation on the classic Italian tomato-and-bread salad known as panzanella.

Thanks to Chef Alison for sharing her recipe with us this week! You can find sample menus and more information about Square Meals Custom Cuisine at www.squaremealsf.com or at (415) 552-3501.

- 3 bell peppers, seeded and cut into 1 1/2-inch-wide strips
- 3/4 lb summer squash or zucchini, cut lengthwise into 1/2-inch-thick slices
- 1 red onion, peeled and cut into 1/4-inch-thick rounds
- 3 ripe but firm peaches, pitted and quartered
- Extra virgin olive oil for grilling, plus 1/3 cup for dressing
- salt and freshly ground black pepper, to taste
- 1 loaf ciabatta bread, some crust trimmed to expose bread, sliced
- 1 garlic clove, split in half
- 1 lb tomatoes, diced, juice reserved
- 1/2 cup chopped Italian parsley
- 1/4 cup chopped fresh herbs such as chives, dill and basil
- 2 tbsp red wine vinegar
- 1 tbsp grated lemon peel

Prepare grill to medium heat. Toss peppers, squash, onion, and peaches with olive oil to coat and season with salt and pepper. Grill vegetables until tender and just beginning to char. Drizzle bread with olive oil and grill until browned and crisp, turning occasionally. Rub bread with cut sides of garlic. Tear bread into 3/4-inch pieces and put into large bowl. Cut grilled vegetables into bite-sized pieces and add to bread in bowl. Add chopped tomatoes and herbs.

Whisk vinegar, lemon peel, and 1/3 cup olive oil together. Add salt and pepper to taste. Toss salad with dressing and let stand for 20 minutes. Serve warm or at room temperature.