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Box #3
Odd Week
12 July 2017

Contents
Plant: Parsley, Italian Flat Leaf
Beets: Orange
Garlic: New
Lettuce: Green Leaf or Red Leaf
Onions: Young, Red
Sugar Snap Peas
Zucchini: Green and Yellow

New Stuff: parsley plant, garlic, onions

Parsley prefers full sun. Plant this in the ground or a pot and give it a little fertilizer and plenty of water to start out. In 2-3 weeks, after it's adapted to its new home and put down extensive roots, the plant will produce nice, long, green stems with flat, green leaves you can use in your kitchen. Pick the biggest stems with the most mature leaves to encourage the plant to keep growing.
We harvested your garlic Tuesday morning. Because it is fresh out of the ground, the covering over each clove is still moist and tender. This means you can chop up the whole clove (or even bulb) and use it in a recipe. Peel off the top 2-3 layers over the bulb first, since they're likely to be tough. New garlic is a little milder in flavor than garlic that has dried. If you don't use it right away, you can leave the garlic out on your counter to dry. As it does, the covering layers will lose their moisture and become dry and paper-like. Raw garlic is believed to be helpful in fighting infections, as an expectorant and decongestant, a reducer of blood pressure, cholesterol and triglycerides. Unfortunately, consuming raw garlic usually gives you "garlic breath". Chewing some raw parsley may help.
These young, red onions that have matured enough to form the beginnings of an elongated bulb. Their flavor is stronger than scallions but milder than onions. You can use both the red and light green parts, and even the tenderer green tops: let your knife tell you when those greens get too fibrous. We gathered these and thinned the red onion patch at the same time. Since onions often grow very close together, thinning them allows the ones still in the field to get much bigger. When these are mature, they will be torpedo-shaped rather than round. Store these in a plastic bag in the frig. You can use them in any recipe you need onions for. Try grilling the whole onion, greens and all.
If you roasted your beets last week, try sautéing the orange ones in butter this week. Remember, the leaves and stems are good to eat and very nutritious.
The sugar snap pea patch produced very well this week, so more to enjoy.
Our Waukesha pickup site manager, Wendy Copeland shared this family recipe a few years ago:

Zucchini Apple Squares

Crust: 4 c. flour
2 c. sugar
1 ½ c. butter (3 sticks/12 oz.)
Work the butter into the flour/sugar with a pastry blender, 2 knives or the paddle attachment on a KitchenAid mixer. Reserve 1 ½ cups. Press remainder into 9"x13" pan, greased, and bake at 375 degrees for 10 minutes.

Filling: 6 c. zucchini peeled, cored, cut into chunks
2/3 c. lemon juice (bottled okay)
1 cinnamon stick
Cook until zucchini is translucent over medium heat. Remove cinnamon stick.
Add: 1 c. sugar
1/2 tsp. nutmeg
1/2 tsp. cinnamon
1/2 c. reserved crust mix to thicken
Stir and remove from heat. Spread filling onto crust. To the remaining 1 cup reserved crust mix, add: 1 tsp. cinnamon
Sprinkle on top of filling. Bake 375* for 20 minutes or until crust browns. Serve warm or chilled.
Note: To make 1/2 sheet sized baking pan: Use same crust mix--it will make a thinner crust. Double the zucchini mixture to have enough to spread over crust.

Field Notes
Our last rain gave us about an inch, not enough to soak the ground so much that we couldn't get into it. Good thing: we have lots of transplanting to do.
Tuesday, before Wednesday's predicted rains, we planted spinach, dill, beets and cilantro. We plan to do more planting on Thursday, if Mother Nature doesn't drop too much rain on us. Cross your fingers.
The newsletter is short this week: we have 2 field workers on vacation, so I'm outside a lot more.
Have a great week everyone!

Terry & Chuck