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Box #5
Odd Week
26 July 2017

Contents
Basil
Broccoli
Cucumber
Kohlrabi
Lettuce: Mixed
Potatoes: New
Radishes
Sugar Snap Peas
Zucchini: Goldie, some Green

New Stuff: broccoli, potatoes
Choice Box: lettuce, zucchini

Broccoli is loaded with vitamins A, C, calcium, potassium and iron. To enjoy most of its nutritional value tho, eat broccoli raw. Or, gently cook or steam broccoli just until bright green and *al dente*. It's best stored inside a plastic bag in your refrigerator. Broccoli should keep for about a week. You may find a green cabbage worm or two in your broccoli. They don't bite, and are easy to remove. Check for them underneath the florets as you wash or cut broccoli up, and deposit them in your compost container if you find any. Because we're organic, we do not spray for cabbage worms unless there is a large infestation, and there isn't right now. I imagine the killdeer and barn swallows find them quite a tasty treat.

Broccoli Soup
In a large saucepan, over medium heat, put:
2 Tbsp. olive oil
1 onion, chopped
2 cloves garlic, chopped
2 small zucchinis, peeled and chopped
a sprinkle of salt
-Sauté until the zucchini has started to give up some of its water and the onion is soft.
Add: 2 cups broccoli, (or whatever you have) chopped
4 cups chicken broth
-Cover and bring to a boil. Lower heat and simmer 20 minutes.
Using a hand blender (if you have it), puree the soup until smooth. If you prefer to leave it chunky, cut the cooking time down to 10-15 minutes.
Add: ½ tsp. celery seed
Stir and serve. Serves 4.
This is one of those recipes you can change around at will. If you want a thicker soup, add potatoes. Or, replace all or part of the broccoli with cauliflower. For an elegant touch, add ½ cup heavy cream after pureeing, and garnish with fresh dill and/or chopped chives. Go ahead, be creative.

"New" potatoes are so called because they are harvested after they flower but before the plant dies. This makes them juicier, with a thin, tender skin. Your potatoes have not been washed to preserve that skin. Plus, the soil acts as a preservative. To wash, hold 2 or 3 in your hands under running water and rub them gently against each other. The friction will wash off the dirt without tearing off too much of the new, thin skin. The minerals that make potatoes nutritious are just under the skin, so don't cut it off.

We're trying an early maturing, white-fleshed potato this year. Please let us know how you like it.

Altho we sort thru our potatoes when we bag them, you may find one with a green spot. This is due to exposure to sunlight: potatoes trying to make chlorophyll. The green spot will taste bitter, so cut that off. To keep the sunlight off and keep them fresh for the longest time, store potatoes in your refrigerator. Yes, I know, we've been saying for years you should put them into a paper bag so they can breathe and store in a cool place. Well, turns out, and I have this from an Extension agent who did potato research here in Wisconsin for several years, the refrigerator is the best place for potatoes over the long term. There is some research that says onions and potatoes should not be stored close to each other or they spoil quicker.

My mother would always boil new potatoes in salted water, then drain off the water and add butter and chopped parsley, pepper and perhaps a small sprinkling of salt. I think chopped dill weed is as good as parsley, or better.

Basil Pesto
makes approx. 2 cups pesto
In the bowl of a food processor, put:
2 cups, packed, fresh basil leaves, washed and spun/dried
4 medium cloves garlic, chopped coarsely
1/2 cup extra-virgin olive oil
1/2 tsp. salt
1/2 tsp. freshly-ground pepper
1/4 cup almonds, walnuts, pine nuts, etc.
1/4 cup grated Parmesan cheese

Process all ingredients just until uniform in size. Add more salt, pepper, etc. to suit your taste. You can also freeze this pesto, altho the flavor and texture are better if you leave out the cheese. Pesto is a pretty potent sauce on pasta, so use sparingly. Start with about 1 Tbsp. per serving, taste, then increase the amount, if desired. Pesto can be frozen easily. I buy a package of the ½ cup containers and put the finished paste in those. To thaw, take a container out of the freezer the night before and put it into your refrigerator. Do NOT try to thaw it in the microwave: it'll turn black. Basil oxidizes easily, so always cover it when you're not actually spooning some out. If you can, pour a thin film of olive oil over the top of the paste to protect it from the air.

"Pesto" simply means "paste". You can make pesto with other herbs besides basil. People often substitute parsley when they're a bit short on basil for this recipe. I've made delicious herb pestos using tarragon, thyme, parsley, fennel, sage, lovage, oregano, rosemary, marjoram, Summer savory and sorrel. Use one quarter to half as much of the stronger herbs: sage, rosemary and lovage.

Radishes are large, even tho they've been hiding underneath weeds, fighting for nutrition. A bit spicy as well, and such a lovely red! Remember, the leaves are edible, highly nutritious and a spicy addition to salads.

Zucchini balls

In a large bowl, put:

1-1 ½ lbs zucchini, peeled and grated
½ tsp. salt

-Toss the grated zucchini with the salt and let sit for about ½ hour. This step breaks down the cell walls, releasing much of the water inside the zucchini. Pour the zucchini into a strainer set on a bowl to catch the juice, pressing on the pieces to squeeze out as much moisture as possible. Save the juice for soup or smoothies. Put the strained zucchini into another bowl, but do not rinse the salt away.

Add: 1/3 cup onion, chopped finely
1 tsp. ginger root, chopped finely
2 Tbsp. cilantro, chopped finely
1/3 cup chickpea/garbanzo flour (use wheat flour if you don't have chickpea)
1 green chili pepper, minced *–optional-*
freshly ground pepper

Mix together thoroughly.

Scoop mixture into meatball-sized balls. If you have a fryer, fry the balls in batches until they're a nice, rich brown. If you don't have a fryer, put a cast iron skillet over medium heat, and pour in enough oil to cover the bottom by ¼" or more. When oil is hot, add enough zucchini balls to cover the bottom in one layer with ½" of space in between so you can easily turn them. Fry until the balls are reddish-brown and transfer to a paper towel lined plate. Serve with tomato sauce and grated cheese.

Field Notes

Chuck and I are very ready to have a few dry weeks. The low-lying areas are still damp, dig down a few inches and the ground is moist. On the plus side, the plants are enjoying this extra moisture, and for so long, too. I think we're going to break a Full Harvest Farm record with the amount of zucchini our plants are producing—even tho we planted fewer than last year! The yellow, Goldie, has given us an especially large number. Here's a picture of part of the zucchini harvest from last Friday, July 21st.





And here's a photo of Monday's zucchini harvest. Daunting, eh?

Thank you all for unfolding your wax boxes so nicely. The packing crew has found few ripped tabs on the bottom of our wax boxes, meaning we can reuse them a few more times. This helps us keep costs down.

Have a great week everyone!

Terry & Chuck