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Box #8
Even Week
16 August 2017

Contents
Parsley: Curly or Flat Leaf
Garlic
Broccoli
Carrots
Cucumbers
Green Beans
Kale: Green Curly
Potatoes: Red and White

New Stuff: kale
Choice Box: cucumbers, zucchini

Kale is highly nutritious, loaded with vitamins A, B, C, calcium and many minerals, and has the highest protein content of any cultivated vegetable. It keeps for a long time in the fridge, but you'll get the most nutrition from it if you use it soon, and eat it raw. Check online for a "green drink" or smoothie incorporating kale.
Kale will stay hydrated best inside a plastic bag with just a little water on it. To prepare kale, remove most of the center rib (very fibrous), then chop up as your recipe indicates. Depending on the size of the pieces, kale will cook in 10-20 minutes. You want it soft, just a little chewy but still green in color.
This year, we're growing 2 kinds of kale: green curly (the most common) and red curly. Most of you have seen green curly kale: it's the kind used to decorate salad bars since it's attractive and stays looking good for a long time. Red curly kale is the same shape as green, but has purple stems and a reddish cast to the leaves. After the first frost, red curly kale turns a dark red overall. The curly kale tends to be a bit on the bitter side (good for the heart). If a little bitterness is not to your taste, remove that by blanching the leaves in boiling water for 2 minutes, then proceed with whatever recipe you wish. Frost tends to sweeten the taste of kale, or, in the case of the curly ones, make it less bitter. In some years, one type of kale will be considerably milder than another, for no discernible reason. Young kale leaves are much sweeter and milder than older ones.
This year, we're trying a cultivar of green, curly kale called "Nash". It appears to have a more tender leaf with a little less curl to it than Greenbor, the green curly variety we usually grow. The taste is milder and even a little sweet. The hail that came down last Thursday made some holes in this variety, so you may get a leaf or two with a rip in it. Rips do not affect the flavor, but you should use those leaves first.

Kale Chips
Preheat oven to 350ºF.
Cut out the stems & center veins of a large bunch of kale. Chop the kale roughly into 1"-1½" pieces, wash and spin them as dry as you can. (You may have to do that step in batches.)
In a large bowl, stir together:
2 Tbsp. olive oil
Kosher salt or sea salt
freshly ground pepper
Toss the kale pieces in the mixture until all are coated. Line a rimmed baking sheet with aluminum foil or parchment paper. Spread the kale out on the baking sheet as evenly as possible. Bake for 10-15 minutes, or until the leaves are very crispy. They will shrink some. Remove from oven, cool for 10 minutes, and enjoy.

Kale Market Salad *Serves 2-4*
In a food processor or blender, put:
2 stalks green garlic rinsed and chopped (~1/4 cup, you can use scallions or onion mixed with a garlic clove)
1/4 tsp. sea salt, plus more to taste
2 Tbsp. fresh lemon juice
1/3 cup extra virgin olive oil
2 Tbsp. ripe avocado
1 tsp. honey, or to taste
fresh pepper to taste
-Process until smooth. Taste, and adjust with more salt, or honey, or lemon juice.
Into your salad bowl, put:
the salad dressing above
1/2 bunch kale, de-stemmed, washed, cut/torn into pieces
-toss the kale with the dressing and leave to marinate for an hour or more. This step both milds and softens the kale. If you don't have an hour, use your hands to work the dressing into the kale.
Just before serving, add:
1 cup / 5.5 oz cooked farro or wheat berries or other grain
4-5 farmer's market carrots, very thinly sliced
1 small bulb of fennel, transparently sliced
1 avocado, cut into small cubes
a big handful of almond slices, toasted
really, put in whatever vegetables you want
-toss, taste, and adjust the seasoning as needed.

The green bean patch continues to produce like gangbusters. Chuck and I plan to offer 5 lb. amounts for delivery next week also.
Our broccoli beds are turning out lovely heads as well as lots of side shoots. Here's a wonderful recipe I really love:

Broccoli Balls

Steam: 4 cups broccoli
-until tender.
Put in a food processor:
1 cup almonds, raw or toasted
-pulse in 1-second bursts until finely ground. Put into large bowl.
Now put the into the food processor:
steamed broccoli
¼ cup fresh basil leaves (or 2 Tbsp. dried basil)
¼ cup fresh parsley leaves
2-3 cloves garlic, peeled
-and pulse in 1-second bursts until finely chopped. Transfer to large bowl.
Add: 1/3 cup grated Parmesan cheese
1/8 tsp. cayenne pepper, *optional*
2 lg. eggs, beaten
½ tsp. kosher salt
freshly ground pepper
Mix all ingredients together thoroughly. Use a scoop to form balls, pressing down firmly to pack mixture into scoop, and space balls out on a sheet pan lined with parchment paper.
Bake in a 350-degree oven for 25 minutes, or until golden brown.
Serve over cooked pasta with your favorite sauce.
Broccoli balls freeze beautifully. If any are left.
Chuck has dug up red-skinned potatoes this week as well as the white potato you received before. These still have some dirt on them, which helps to preserve them. The skins will be somewhat tender, so wash them carefully. Store potatoes in your refrigerator in the paper bag they came in or a perforated plastic bag with the top open—they need some airflow.

Field Notes

Last Thursday, true to predictions, severe thunderstorms popped up in our area and swept thru giving us 1 ½" of rain, and hail—twice! Our plans to transplant that day got scrapped, and the crew ended up in the barn, cleaning garlic.
The cauliflower field is producing lots of big, beautiful heads of white, green, orange and purple cauliflower. We've been harvesting them as they mature and they're stored in our cooler for next week. When cauliflower is harvested at the right time, fully ripe, it tastes sweet, not at all bitter.
The kohlrabi is also ready to harvest, and we've been boxing those up for future distribution. One of the varieties we grow, Kossak, has been bred specifically for storage and will keep for months.
We've also been planting for upcoming months. This week we transplanted spinach, lettuce and beets. More kale, cabbage and broccoli should get into the ground Thursday or Friday, weather permitting.
The sweet corn we planted looks like it's surviving, mostly, seems more upright, a little greener, so we'll see what the next month brings.
There are lots of people in our barn on Tuesday afternoons preparing the vegetables that get packed into your boxes.



Leah Johnson has been one of our worker shares for several years now. Here, she's weighing up broccoli for the Family boxes.
The barn is a fun place to be on Tuesday afternoons, lots of good conversation, jokes and laughter.

Enjoy the great weather this week!

Terry & Chuck