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Box #16
Even Week
11 October 2017

Contents
Parsley: Italian Flat Leaf
Cauliflower: mostly White, some Purple and Orange
Garlic
Green Beans
Kale: Green Curly
Lettuce: Green Reef and/or Romaine
Peppers: Beaver Dam or Jalapeños
Tomatillos
Tomatoes: Juliets, Mixed Slicers

New Stuff: Beaver Dam pepper, tomatillos
Choice Box: watermelon, etc.

The Beaver Dam pepper was brought to America, like so many other vegetables and fruits, by an immigrant. József Hussli brought the seeds for this medium-hot pepper from Hungary in 1912, and planted it in his new home--you guessed it--Beaver Dam, Wisconsin. The pepper was popular for many years, but newer hybrids pushed it out of favor in the 1950's. When heirloom vegetables regained their popularity, the Beaver Dam pepper was rediscovered, and seeds became commercially available. This pepper resembles the Italian Carmen with its long shape and pointed end, but the stem is sunk deeply into the pepper, whereas the Carmen's stem is flush with the top. Beaver Dam has a mild to medium heat—each pepper is a little different. The fruits start out light green, then turn thru yellow-green to red.
We did not plant enough Beaver Dams to give everyone this pepper, so only some of you will get them, everyone else will get Jalapeños.
Tomatillo means "little tomato". It is shaped like a small tomato enclosed in a papery husk. The fruit starts out small and is completely hidden by the thin, green husk. As it grows, the fruit fills the husk and eventually splits it open. Tomatillos are a member of the nightshade family (solanaceae), as are tomatoes and potatoes. Its Latin name is *physalis philadelphica*. Another *physalis* member is the ground cherry, smaller, sweeter, and often used to make jam and pies. Tomatillos are a very good source of vitamins C, K, niacin, potassium, manganese and dietary fiber, and a good source of iron, magnesium, phosphorus and copper.
To store tomatillos, pull off the papery husk, wash off any dirt and the sticky residue from the husk under warm water (I roll 3-4 around inside my cupped hands so they bump against each other). Then, drain them briefly and put inside a sealable plastic bag. They'll keep 2 weeks in your vegetable drawer, and still taste good. You can use them raw in salads, put them in stir frys, or in any number of Mexican dishes, like salsa verde or enchiladas.
The cultivar we're growing matures thru green to light green then light yellow, getting sweeter as it gets older. Most Mexican cooks prefer to use tomatillos when they're green, as they believe tomatillos have the best tart-sweet contrast at this stage. I prefer mine on the sweeter, more mature side.
The recent rains have caused some of our tomatillos to split on the bottom. We have included some of these in your boxes because the rest of the fruit is good, solid and useable. If you get one that is split, use it first.

Raw Salsa Verde *Makes about 2 cups*

In a blender or food processor, put:
1 lb. tomatillos, husks removed, washed and cut into quarters
1 tsp. chopped garlic (or more as you wish)
1 shallot or small onion, coarsely chopped
1/3 cup cilantro, roughly chopped, loosely packed
½ tsp. ground cumin
½ cup Beaver Dam or Italian pepper, roughly chopped, or 1-2 Tbsp. Jalapeño
salt & freshly ground pepper

Process until the ingredients reach a fine consistency. Serve with corn chips, in tacos, etc.
If you prefer a Salsa Verde where the ingredients are roasted first, here you go:

Roasted Salsa Verde *Makes about 2 cups*

Turn on your broiler, or set your oven as high as it will go. Line a half sheet or jellyroll pan with aluminum foil.
Put on the pan in a single layer:
1 lb. tomatillos, husks removed, washed and cut in half
1-2 Jalapeños, washed, halved, stem, seeds and/or ribs removed
1 small onion, cleaned and quartered
2 lg. garlic cloves, UNpeeled

-Roast until the contents are slightly charred, 5-15 minutes or more, depending on the temperature of your oven. When done, remove from oven and let cool 15 minutes on a rack.
Put into a food processor or blender:
contents of pan—**but peel the roasted garlic first**

1 Tbsp. lime juice (fresh if you have it)
1/3 cup fresh cilantro, loosely packed
salt and freshly ground pepper to taste

Process until you've reached the consistency you desire: less for a chunky salsa, more for a smooth one. Taste and adjust the seasonings.

Recently, I bought some lunch at Good Harvest market that included chicken in salsa verde—it was delicious! My online searches found several recipes, very similar, which were for chicken breasts covered with salsa verde then baked in the oven until the chicken was done. One included putting cheese on top after the chicken was done, returning it to the oven to melt before eating. Pair this with some cooked rice and a vegetable, and you'll have a lovely meal.

This is one of my favorite kale recipes:

Kale & Lentils with Tahini Sauce

In a small saucepan, put:

2 cups water
1 cup lentils, picked over and rinsed
¼ tsp. turmeric
¼ tsp. ground coriander

-Cover, bring to a simmer, and cook until the lentils are soft but still retain their shape.

While the lentils are cooking, whisk together in a large bowl: 2 Tbsp. tahini
2 Tbsp. lemon juice or wine vinegar
2 Tbsp. olive oil
¾ tsp. kosher salt
¼ tsp. pepper

When the lentils are done, whisk 2-3 Tbsp. of the remaining water in the pan into the sauce. Drain the lentils and add to the bowl. Toss with sauce.

Into a skillet, put:

¼ cup water
1 bunch kale, washed, center rib removed and sliced into thin strips

-Simmer, covered, for 6-8 minutes, until kale is tenderer but still green—water will probably cook away about the time the kale is done. Add kale to bowl and toss with lentils. Serve.

Our last green bean patch is producing well, especially since we've gotten some rain and the weather is on the warmer side. If this continues, you may get green beans again next week.

Chuck tells me the tomato patch is done for this season. This will be the 6th box we've put tomatoes into. Seems like a lot, doesn't it? This year, our tomatoes went into the ground late, so they weren't ready until September instead of mid-August. At some point, cold weather and disease claim the plants. Looking back, I see this is usually the time of year when our CSA members get their last tomatoes—I guess we're right on schedule.

Field Notes

We've had 2, rainy periods with close to 2 inches of rain, and the plants are glad. The extended warmth is also very helpful in keeping our late crops growing. It's mid-October and we still have not gotten a frost, nor is one predicted in the next 10 days, altho I do see some lows in the 30's. Anytime it gets that cold, Chuck and I make sure we have our tenderer crops covered with floating row cover. This is a white, lightweight, polyester fabric that helps keep some of the heat radiating up from the ground close to the plant, keeping it from freezing, or freezing too much. Some plants, like lettuce, spinach and kale, can freeze and thaw with no damage to the leaves as long as they don't get so cold that the cell walls burst. After thawing, they all taste sweeter. This is especially true of Brussels sprouts.

We find we have quite a few yellow watermelons left—not enough to put into the boxes, but too many to easily sell at our farmer's market in West Bend. Chuck has decided they should go into the Choice Boxes at each pickup site. If you like our Peace watermelons, you should try to get to your pickup site early.

Thank you Family Share members for once again returning your wax boxes to the pickup site in larger numbers. Keep up the momentum, the stack grows ever larger.

Couple Share and EOWers, we appreciate the very consistent way you return your boxes each week. Thank you!

Enjoy!

TERRY & CHUCK