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Box #13
Odd Week
21 September 2016

Contents
Broccoli
Carrots
Eggplant
Green Beans: Bush and Pole Beans, Flat & Round
Peppers: Beaver Dam, Jalapeño
Rutabaga Greens
Swiss Chard
Tomatoes: Juliets, Slicers

New Stuff: rutabaga leaves
Choice Box: spinach bunches, etc.

Rutabaga greens (leaves) are not one of the common greens, like chard, kale, turnip, mustard and collards, but they are just as good. They are large, bright green and have a waxy texture. Rutabaga greens have a mild flavor raw, and a pleasant, almost sweet flavor cooked. They are wonderful in soups, stews, stir-frys, omelets, quiches, lasagna and casseroles. Depending on how big or small you cut them, rutabaga greens take 4-8 minutes to cook. If you overcook them, greens are gray and tasteless with far less nutritional value. Greens have generous amounts of vitamins A, C and some B, folic acid, calcium and iron. They're high in fiber and low in calories.
To store rutabaga greens, put them in a plastic bag in the refrigerator vegetable drawer. They should keep a week or more, altho will taste best if you use them within a few days.
To use, wash the leaves thoroughly to get out any soil. These grow close to the ground and get a fair amount of dirt splashed up on them from all the rain that's fallen lately. We've done an initial wash, but they'll likely need another one. Remove most of the rutabaga leaf's stem, especially the lower part: a bit fibrous, but fine closer to the tip of the leaf. When cooked, all greens lose ¾ or more of their volume. For extra interest, mix different greens together in any recipe—they're all pretty much interchangeable.
Here's a classic dish you can make with any kind of greens.

Greens with Bacon
In a large skillet over medium heat, put:
½ lb. bacon, cut crosswise into ¼" strips
-cook, stirring now the then, until the bacon releases some of its fat.
Add: 1 lg. onion, cut into half-moons
2 garlic cloves, minced
-sauté until the onion is transparent, stirring often.
Add: 1 lg. bunch greens, washed, stems removed (unless using chard), leaves halved down the center and cut into ½" strips
1 cup chicken or vegetable stock, or water
-stir together, bring to a simmer then turn heat to low, cover and cook 5-15 minutes, depending on the size of the pieces and the kind of greens you're using. If you use chard, use the stems too—they're very tender.
Most of you will get the bush green beans in your box, but many will get pole beans, either the flat or round variety.
Peppers are both spicy: Beaver Dams are mild to medium spicy, but the Jalapeños are pretty hot. To cut down on some of that heat, discard all the seeds and cut out the ribs—actually the hottest part.
Crécy is a small town south of Paris that is famous for its carrots. This is a simple soup, by which I mean it has few ingredients and relies on the main vegetable for most of its flavor. So, that main vegetable better taste pretty good—as do our carrots.
Potage Crécy or Carrot Soup
In a 4-quart pot over medium-low heat, put:
3 Tbsp. butter
1 cup onion, chopped -more, if you like
½ tsp. freshly ground pepper
Sauté the onions slowly until they are tender and translucent.
Add: 6 cups chicken stock
1 lb. carrots, scrubbed and chopped (about 4 cups)
Bring the soup to a simmer, covered, and simmer until the carrots are very soft. (The smaller you chop your carrots, the quicker they cook.)
Puree the soup (I use a hand blender with the pot off the heat). If the soup is too thick, add more chicken stock or water until it reaches the consistency you prefer.
Taste for salt and pepper and adjust these as needed.
If you want a more elegant soup, add a cup of heavy cream to the puree, heat to steaming and serve.
You can use this same recipe for broccoli, cauliflower, parsnips, beets, celeriac, etc. As long as the main vegetable tastes great, so will your soup.

Field Notes

Monday's rain gave us another inch. We're hoping Wednesday's forecast will miss us, but that seems unlikely.

The farm roads, normally dry at this time of year, are slick with mud. It's like driving on ice, and sliding sideways into a field is a distinct possibility. Our van and delivery truck both got stuck coming in from the fields, and had to be pulled out with the tractor.

Cucumbers in the high tunnels are succumbing to powdery mildew. This is a common weakness of cucumbers, and the frequent rains, warm temperatures and high humidity are great growing conditions for PW. You'll probably not get any more cucumbers this season.

As we were harvesting rutabaga leaves, we were also thinning the rutabagas to give the roots more room to grow. Chuck was pleased with the size those roots have reached, and is looking forward to more large roots when we dig these in about a month.

The good news:

The carrot crop looks good in our lower field. Chuck has planted a variety of colors here, so you have white, yellow, orange, red and purple carrots to look forward to soon.

The bad news:

After a serious look at the crops we have growing in our fields and their amounts, we've decided we will probably not offer a Winter Storage Box this year. If we've underestimated what we've got, you'll be the first to know. We like extending the season with those Winter Storage Boxes. Sadly, not every season allows it.

Looks like another nice weekend. Enjoy!

TERRY & CHUCK