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Box #20 **Even Week**
Newsletter #20
5 November 2014

Contents

Baby Bok Choi
Broccoli Raab
Carrots
Garlic
Onions
Peppers: Italian Carmen, Green & Red
Potatoes: Red
Winter Squash: Buttercup
Brussels Sprouts: Every-Other-Week Boxes Only

New Stuff: baby bok choi, broccoli raab
Choice Box: butternut squash, this and that

In order to ensure that everyone has a chance at Brussels sprouts, we're going to bring them ONLY for the Even Week, Every-Other-Weekers. We'll label each stalk with the Member's name. Again, the Brussels sprout stalks are only for Even Week Every-Other-Week Share members.

Brassica rapa chinensis, or bok choi, is a staple in Chinese cuisine and often found in stir-frys. Both the stalk and leaves are edible, and are high in calcium, vitamins A, B complex, C and some minerals. If you include stir-frys in your cooking repertoire and haven't tried bok choi in at least one of its many forms, you are in for a treat. This variety tends to have light green stalks with green leaves, grows 8-10" in height and has mild flavor. These have gone thru several frosts, so the outer stems are a little soft, but still retain most of their crunch. Store baby bok choi in a plastic bag in the vegetable drawer and use it soon. They should keep for 4-5 days. When you want to use them, trim off any root, break off the stems and wash each separately: soil tends to lodge at the bottom of the stems. The centers may be clean, but check carefully.

Sesame Soy Braised Bok Choy

Trim the root end off of the bok choi. Pull off each stalk from the head and wash. Separate the leaf from the stalk and put into different piles. Slice the stalks crosswise into slender C's, and the leaves into wider strips.

In a wok or large, heavy skillet, heat: 2 Tbsp. oil
-over medium-high heat until it shimmers.

Add: sliced bok choi stalks
-stir-fry for 3-4 minutes.

Add: 1 Tbsp. ginger, peeled and finely chopped
1 Tbsp. garlic, peeled and finely chopped
-stir-fry briefly.

Now add: ½ cup chicken or vegetable stock
1 Tbsp. toasted sesame oil
2 Tbsp. soy sauce
2 tsp. rice vinegar
1 tsp. sugar
salt & freshly-ground pepper

Stir, cover and cook 2-3 minutes, then uncover skillet,

Add: 2 Tbsp. sesame seeds
-turn heat up to high, and cook until the liquid in the skillet is reduced to a glaze (thick), 3-4 minutes stirring to prevent any scorching.

Bok Choi with Cashew Sauce

In a blender or food processor, put:
½ cup cashews, salted or raw
¼ cup white wine vinegar
¼ cup soy sauce
1 Tbsp. sugar
½" piece ginger, peeled
pinch or 2 of red pepper flakes, *optional*
2-4 Tbsp. water
-Puree ingredients until smooth.

In a cast iron skillet or wok over high heat, put:
¼ cup peanut oil
1+ lbs. bok choi, washed, stems separated from leaves and cut into ½" slices
-Stir-fry bok choi stems 2-3 minutes, or until just beginning to soften.

Add: bok choi leaves, roughly chopped
-Stir-fry 1-2 minutes more, until leaves turn bright green and wilt. Turn bok choi into a serving platter and cover with cashew sauce.

Broccoli raab, broccoli rabe, rapini, broccolini—whatever you call it—is very nutritious, being high in vitamins A, C, and also containing B_6, iron, calcium, magnesium and potassium. The flowers, buds, leaves and stalks are all edible. The yellow flowers are the same as broccoli produces when the buds open and bloom. They are best eaten raw, and make a lovely garnish on top of a salad or on the side of a plate. Broccoli raab has a rather spicy taste. If you prefer it milder, parboil it for 2 minutes, drain, then use in whatever recipe you wish. Store broccoli raab in a plastic bag in the vegetable drawer of your frig, and use it soon.

Broccoli Raab with Goat Cheese

Bring a large pot of salted water to a boil.

Meanwhile, in a large skillet over medium heat put:
2 Tbsp. olive oil
2 Tbsp. butter

Add: 1 lg. onion, cut into ¼", half-moon slices
½ tsp. freshly ground pepper
-Sauté, stirring often, until the onion starts to turn golden, 5-10 minutes.
Add: 6 garlic cloves, chopped
¾ tsp. red pepper flakes, *optional*
Sauté, stirring often, 1-2 minutes.
While the onion is cooking, wash and roughly chop 1 bunch broccoli raab, reserving any flowers for a garnish. When the water comes to a boil, add the raab and cook for 2 minutes. Transfer with a slotted spoon to the skillet.
Add to skillet: 1 cup heavy cream, or chicken stock
-turn heat to low under skillet.
Add the pasta shape of your choice to the water. Cook until it is *al dente*. Drain pasta, return it to the now-empty pot and drizzle with olive oil, stir. Spoon pasta into bowls, top with sauce and chunks of goat cheese. Use reserved rapini flowers as a garnish.
If you don't have goat cheese, use chunks of bleu cheese, fresh mozzarella, tofu, tempeh, paneer—whatever you have you think would taste good.

Field Notes

We've had a few days of warmer temperatures, which make it so much nicer to be outside harvesting! Chuck has been getting land ready to plant garlic, as it is the season. Later this week, we'll start breaking bulbs of garlic into individual cloves. When the beds are ready, we'll hand plant these cloves every 4-6 inches, pointy-side up. Then, the beds will be mulched with several inches of hay or straw. The cloves will start to put out roots while the ground is warm enough, then stop. Next spring, when all threat of frost is past, we'll pull apart the mulch so sun can reach the soil. By this time, that little clove has become a small plant, with several "leaves" poking out of the ground. By mid-July, it will have grown as much as it's going to and be ready to harvest.

Wholesale orders really ramp up and planting stops for the year (except for garlic).

If you get lonesome for Full Harvest Farm's fresh produce, we're selling our USDA certified organic vegetables at the Oconomowoc Winter Farmer's Market. The market takes place inside the large greenhouse at Oconomowoc Landscape Supply and Garden Center, N68 W37850 County Rd. K, or where Cty. K meets Hwy. 67, Oconomowoc, WI. The market starts at 9:30am and ends at 1pm. The vendors are a very mixed bunch: vegetables, eggs, meat, soap, cheese, baked goods, craft/artisanal items, etc. We will be selling at the first 6 markets: Sunday, Nov. 2, 9, 16, 23 and Dec. 7, 14. Some vendors will be there thru the end of March. We hope you'll visit our stand, and browse the rest of the Winter Market. There's something for everyone.

We still have 10 Thanksgiving Boxes available. Please email us if you'd like to reserve one. We also need to know where you want to pick it up, and whether you want Brussels sprouts or cabbage in your box.
Now some of you may be thinking: "I'm going away for Thanksgiving." Well, the contents could just as easily be named "Winter Storage Box", since most items will last a month or more in proper storage. So, you can go away, eat turkey, come back and enjoy our potatoes, carrots, etc. for the next several weeks.

Many of you have asked how I (Terry) am doing after my fall from the ladder, so I'll give you an update. All the bones were clean breaks, with no displacement, making them quicker to heal. And heal they did. At 6 weeks, my ribs were almost 100%. At 10 weeks, my arm is probably 90-100%. I experienced very little pain from the ribs (my luck held there), altho my arm was a different story. I limited my movements to forearm only, and lifting to what didn't hurt (a cup of coffee) for several weeks. About 2 weeks after the fall, I went back into the barn and started helping pack CSA boxes (one of my many jobs). You can do a lot with your left hand, I found. I started physical therapy after 6 weeks, and I'm improving my range of motion and strength every day. It'll be awhile before I'm back to normal, but I've been very lucky. Chuck's been driving my CSA route, and our field crew has accepted more responsibility for getting jobs done when he's off the farm. Our Worker Shares know their jobs and do them well. I organize my part, make my lists and tick the items off, one by one. It's generally gone very well, and we are grateful for all the extra effort folks have given. Yep, very lucky indeed.

Another thing we're lucky to have is you, our CSA members. Many of you have been with us for years, while others are new to this weekly box program. We appreciate your feedback, the recipes you sent and the supportive emails. Thanks for your questions and suggestions. We hope you've found this experience delicious, fun, educational and something you'd like to continue doing. We'll be here for you.
Happy Thanksgiving, Christmas and New Year!

Terry & Chuck