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Box #17
Newsletter #17
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Contents

Pears: Mixed
Parsley: Italian Flat Leaf
Cabbage: Green
Carrots: Bunched or Loose
Eggplant: Italian or Japanese
Peppers: Green and Red Bell
Italian Carmen
Potatoes: Red
Tomatoes: Juliets, Romas, Slicers

Choice Box: green beans, pears.

Here's a recipe I haven't yet shared this season:

Full Harvest Farm Coleslaw *Serves 6-8*

Dressing:

½ cup mayonnaise
¼ cup apple cider vinegar
¼ cup Rapadura/Sucanat sugar, or dark brown sugar
2 Tbsp. brown mustard
1 tsp. dill seed
1 tsp. celery seed
salt and freshly-ground pepper to taste

-Whisk the dressing ingredients together in a large bowl until combined. Rapadura/sucanat sugar looks like round, brown granules. It does not dissolve as easily as other sugars, so you may need to let the dressing sit for awhile so the liquid can be absorbed into the larger granules, 10-15 minutes may be enough. Whisk the dressing again before adding the vegetables to be sure there are no more granules of sugar.

Vegetables:

8 cups shredded green and/or red cabbage, carrots, celeriac, kohlrabi, fennel bulb, radish, rutabaga, turnip, etc.
½ cup onion, minced

-Add to dressing and toss until all the vegetables are dressed. Allow to sit at room temperature for at least 30 minutes so the flavors meld. This is better the next day.

Szechuan Carrot Soup *Serves 4*

In a large saucepan, over medium heat, put:
1 Tbsp. vegetable oil
1 medium onion, chopped
1 celery rib, chopped
1 garlic clove, minced

Add: 1 lb. carrots, scrubbed & cut into ½" discs
¾" fresh gingerroot, peeled and sliced thin
1/8 tsp. dried hot red pepper flakes
3 cups chicken/vegetable broth

-simmer, covered, until carrots are very tender. Remove from heat and puree contents of saucepan with a hand blender (the easiest way), countertop blender or food processor. Be careful not to burn yourself with the hot soup.

In a small bowl, whisk together:
1 ½ Tbsp. soy sauce
1 ½ Tbsp. creamy peanut butter
1 tsp. sugar
1 tsp. toasted Asian sesame oil
1 cup heavy cream

Stir contents of bowl into pureed soup. Put saucepan back onto low heat.

Garnish:
1/4 cup sour cream mixed with
2 tablespoons heavy cream

NOTES: Garnish with yogurt thinned with some milk/soy milk. Add chopped chives, parsley and/or cilantro. If you're avoiding dairy, just increase the broth to 4 cups.

I was watching Rick Steves on PBS the other night, and he mentioned "ajvar", a dish that sounded perfect for this week's box. They were eating it with meat, but you could serve it with almost anything. Here's what my research came up with:

***Ajvar* or Roasted Eggplant & Pepper Spread**

Line a half-sheet/jellyroll pan with aluminum foil. Space out on pan:
a 1-lb. to 3/4-lb. eggplant, pierced several times with a knife so it doesn't explode in the oven
about 2 lbs. red bell peppers/hot peppers, etc., cored, seeded and cut in half

Put into a 450°F oven and roast until the vegetables are somewhat charred. (You could also do this on the grill). Transfer the vegetables to a large bowl (tongs are great for this). Cover the bowl with plastic wrap and let vegetables steam until cool enough to handle. Uncover and peel the eggplant and peppers. Put into a food processor or blender.

Add: 4 Tbsp. olive oil (preferably extra-virgin)
4 large garlic cloves
3 Tbsp. fresh lemon juice, or to taste
1 small fresh Jalapeño chile, seeded (wear rubber gloves)
salt and pepper to taste

Process until everything is uniform in size.

If you want the *ajvar* thicker, transfer the mixture to a heavy saucepan and simmer, stirring frequently, 15 to 20 minutes, or until reduced to about 2 cups.
Cool dip and chill, covered, at least 1 day and up to 1 week.

Field Notes

We had our first frost Monday morning. The temperature got down to 30 degrees, and froze the top 2/3 of the basil plants, which have now turned black. The bottom 1/3 are still green and okay to harvest—for now. Thursday morning looks like our next frost, with frozen temperatures expected every morning for the next 7 days, at least.

Late Sunday night, after seeing the frost prediction, we bundled up and headed outside to cover the peppers, eggplant, tomatoes and tomatillos with row cover. This protected them from the frost, giving us a few more days to harvest what we can and put it in the coolers for later.

Chuck planted some late tomatoes that grew large, but never got red. We think they'll make nice green tomatoes for frying or pies. We'll probably ripen a quantity to see how they taste.

Altho we'll lose some plants to the frosts, many others will survive and even improve. The lettuce and spinach will get sweeter, as will the kale, Brussels sprouts, chard, broccoli and collard greens. So you see, frost is not always a bad thing.

One of our field crew, Rosy Ricks, wrote this poem on Sunday and has graciously allowed me to put it in the newsletter.

"No better place
To be stung by bees
Than 'twixt the grapes
And apple trees"

Have a good week.

Terry & Chuck