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Box #18
Newsletter #18
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Contents

Beets: Red & White
Brussels Sprouts – **IN SEPARATE CONTAINERS**
Kale: **Red/White Russian – Couple**
Red/White Russian or Green Curly – Family
Lettuce: Green Boston or Green Leaf or Romaine
Peppers: Green and Red Bell
Tomatillos
Winter Squash: Waltham Butternut

New Stuff: white beets, Brussels sprouts, red Russian kale
Choice Box: Peppers and ?

White beets look like small turnips: round, with a bit of green near the top. They are mild in flavor, so, good for people who aren't beet fans. The special thing about these is that they cook very fast—the only beet I'd recommend you cook *al dente*. If you overcook them, they lose flavor. The tops are excellent raw or cooked. The stems take only 3 minutes, literally, to cook, and the leaves take 2 minutes—great to add last, just before serving.
Store white beets and their tops in a plastic bag in your vegetable crisper drawer, and use them soon.
Brussels sprouts are high in vegetable proteins, carbohydrates, vitamins A, B_6, C and K, dietary fiber and minerals. Their flavor and nutritional value are best when used fresh, but will keep for a week or longer in the crisper drawer in your fridge. Snap the sprouts from the stalk and place them in a plastic bag. Before cooking, peel off and discard any yellowed or damaged outside leaves and trim the bottom. You can cook them whole or halved (my preference). Some people recommend cutting an X in the bottom of the sprout to help this denser part cook quicker. Because of their rather strong flavor, I think Brussels sprouts should be cooked until they're tender all the way thru, but still retain a bright, green color. I use 2-3 tablespoons of butter, some salt and pepper, a skillet on low heat, covered. Stir them a few times, let the edges brown to caramelize their sugars, and cook them 10-15 minutes or so, until just soft. Or, try them roasted, just like beets. Brussels sprouts are also good in soups, stews and pot roast.
We're delivering your Brussels sprouts in separate containers this week because the stalks are just too long to fit into the boxes. We'll place them near the size boxes they go with, and label the containers as well. Take one stalk.
Here's an interesting recipe from one of our Tuesday Worker Shares, Cindy. As she says: "for those of us who do not like them cooked (but I have learned to drool over them when roasted)."

Raw Brussels Sprout Salad

This salad needs 24 hours to tenderize the Brussels sprouts

2 cups shaved Brussels sprouts, from about 10 medium sprouts
6 tablespoons fresh lemon juice, including the pulp if possible
1 tablespoon good olive oil
Salt and freshly ground pepper, be generous
3 tablespoons grated Romano cheese
3 tablespoons toasted pine nuts or toasted walnuts
Mix shaved Brussels sprouts, lemon juice, olive oil and salt and pepper, tasting as you go and adjusting to taste. Stir in cheese and pine nuts. Cover and refrigerate for 24 hours, stirring occasionally. Bring back to room temperature before serving.

Red Russian kale is the sweetest kale we grow. It's shaped rather like an enormous, purple-green oak leaf with smooth leaves and a purple, central stem. White Russian looks the same, but the center stem is white and the leaves a lighter green. This particular cultivar has been crossed with lacinato kale, so some of the leaves have a bumpy texture. To use, wash the leaves and cut out the thickest part of the stem—the rest will be tender enough.
Our Russian kale patch was not quite big enough to yield all the bunches we needed, so some Family boxes will get green curly kale instead. Green curly is a little stronger in flavor, and tastes a bit bitter when raw, but sweeter when cooked. The center stem is tougher, so cut most of that out.

Kale & Butternut Squash

Put a Dutch oven over medium heat, put:
2 Tbsp. olive oil
1 small butternut squash, peeled, seeds removed, cut into ½" pieces
-Cook, stirring occasionally, until squash starts to soften, 10-12 minutes.
Add: 1 cup chicken or vegetable broth
1 Tbsp. whole-grain, brown mustard
¾ tsp. Kosher salt
¼ tsp. freshly ground pepper

-Stir ingredients to combine.
Add: 1 bunch kale, washed, thick stems removed, cut into ½" slivers
-Cook, stirring occasionally, until kale is tender but still bright green.
Butternut squash is one of the best winter squash there is. The flesh has a fine-grained texture, great flavor and bright orange color. The seed cavity is small in relation to the size of the squash, giving you more food for less work. If you use a potato peeler to remove the skin, be sure to take off all of the beige skin down to the orange flesh, or you'll have some tough chewing.
I urge you to go online and find a good enchilada recipe to use your tomatillos in. Chuck and I made our first chicken enchiladas last year, and were delighted with how good they were.

Field Notes
It is row cover season. We put it on at the end of the day, we pull it off the next morning, after the temperature has warmed up. Repeat for weeks.
Rosy, our resident poetess, is also a skilled photographer. Here's a picture of Ryan, another of our dedicated crew, lifting up row cover to pull it over several beds of plants.



Monday morning was not as cold as we expected, but Tuesday morning went down to 24°. Altho we pulled out every scrap of row cover we had, the wind blew some of it off the beds. The Swiss chard took quite a hit, and we lost most of the crop, especially the outer leaves. Some plants were more affected than others, and the cold sweetened up the leaves a lot, it was rather amazing. The cold will improve the taste of all the kale, cabbage, lettuce and spinach.
The crew harvested all the peppers, eggplant and tomatillos, before the temperature really dipped. Even under row cover, these plants will not survive 24°.

After this week, we'll be delivering only 2, more boxes. This means we'll be picking up wax boxes only 2, more times. If you've started a collection in your basement or garage, please make a concerted effort to bring your wax boxes back to your pickup site. This will cut down on the number your site manager will have to store until we drive around in early December to retrieve the last.
Stay Warm,
Terry & Chuck