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Box #6
Even Week
1 August 2018

Contents

Carrots: Orange and/or Yellow
Green Beans
Lettuce: Mixed
Onions: Knob—Alisa Craig
Potatoes: New
Sweet Corn
Zucchini: Mixed

New Stuff: green beans, new potatoes, sweet corn
Choice Box: zucchini

Waiting another week for the green beans to really produce has yielded big dividends: a bumper crop of gorgeous, shiny, dark green beans. Store your green beans in the plastic bag they come in in your refrigerator, and use them soon. Green beans contain vitamins A, B_1, B_2, calcium and potassium. Interesting note: fresh beans are not as high in protein as dried beans. Terry's Favorite Way To Cook Any Vegetable is an excellent way to cook beans. Wash them, snap off the stem end then proceed with your recipe. A friend once showed me how much quicker it is to simply break a green bean into smaller chunks than it was to use a knife. Another method is to roast them. Use the Roasted Beets recipe in newsletter #2 as a guide and check them after 10 minutes (or sooner).
"New" potatoes are so called because they are harvested after they flower but before the plant dies. This makes them juicier, with a thin, tender skin. Your potatoes have not been washed to preserve that skin. Plus, the soil acts as a preservative. To wash, hold 2 or 3 in your hands under running water and rub them gently against each other. The friction will wash off the dirt without tearing off too much of the new, thin skin. The minerals that make potatoes nutritious are just under the skin, so don't cut it off.
Along with the red-skinned Norlands, you will find a white-fleshed potato. This is an early-maturing variety called "Superior". Let us know how you like it.
Altho we sort thru our potatoes when we bag them, you may find one with a green spot. This is due to exposure to sunlight: potatoes trying to make chlorophyll. The green spot will taste bitter, so peel that off. To keep potatoes fresh for the longest time, store potatoes in your refrigerator. Yes, I know, we've been saying for years you should put them into a paper bag so they can breathe and store in a cool place. Well, turns out, and I have this from an Extension agent who did potato research here in Wisconsin for several years, the refrigerator is the best place for potatoes over the long term. There is some research that says onions and potatoes should not be stored close to each other or they spoil quicker. Anyone know if there's research to back this up?
My mother would always boil new potatoes in salted water, then drain off the water and add butter and chopped parsley, pepper and perhaps a small sprinkling of salt. I think chopped dill weed is as good as parsley, or better.
Sweet corn is one of summer's treasures, for who doesn't love a freshly-cooked ear, dripping with butter and sprinkled with salt and pepper?
Corn has been around for tens of thousands of years, and seems to have originated in Central America. Early varieties were small, brightly colored, and a popcorn-type. Over the centuries, strains have been selected for size and sweetness, as they are today. Altho not as nutritious as older varieties, today's sweeter corn still contains vitamins A, B-complex, phosphorous, potassium, vegetable proteins and complex carbohydrates. Combined with most beans or dairy, it forms a complete set of proteins.
Sweet corn is best eaten as soon after harvest as possible—this was picked Tuesday. The longer you keep it, the more sugar will change to starch. Store sweet corn in its husk in a plastic bag in the refrigerator.
I like to put a cup of water in a skillet, a teaspoon of salt, then the husked ears. Bring the salt water to a simmer, covered, and cook for 5 minutes. Turn the ears with tongs, and cook for 5 more minutes. Ready for butter! Save the tasty corn water for soups or other recipes where you need a little stock.
You may find that some of the ears have ends with very small, immature kernels, and, a little further down, the kernels are suddenly much bigger. This is a result of uneven fertilization. The silk that we remove when we peel the husk off is a conduit that helps each kernel of corn develop. If some of those strands are not pollinated, some of the kernels will not form. Bugs can also interrupt fertilization when they eat the corn silk, which is why commercial farmers spray insecticides.
Sweet corn is great on the grill. Leave the husk intact, and soak your corn for about 30 minutes in a bucket of cold water. Prepare the coals as usual, and spread them out over ½ or 1/3 of the bottom of the grill.

When ready, place the ears on the grill rack directly over the fire. With a tongs, turn the ears a quarter about every 5 minutes. Don't worry if the husk gets charred, that adds flavor to the corn. When you've grilled all sides, move the corn to the cool side of the grill, and cook your meat on the hot side. You'll want to remove the bits of husk and silk from the rack first, tho. When the meat is almost done, pile the corn on a platter to cool a bit before serving. When it's cool enough to handle, remove the charred husk and enjoy.
Some of you will receive carrots with the ends cut off: Chuck did not undercut the carrot patch deeply enough this week, hence the foreshortened roots. Most of the bunches are a mix of yellow and orange. Please tell us how you like the yellow carrots.
Our lettuce patch is just about empty. The new one is growing, but still 2-3 weeks away, so there won't be lettuce in your boxes for awhile.
I sautéed some of our orange beets with Alisa Craig onions the other day and was impressed on how flavorful the onions were. Usually onions fade into the background, but these were vying with the beets for attention. Alisa Craig is a sweet onion, like Walla Walla, so they cook up sweeter, but don't do well in long-term storage (like, months). If you plan to use them up in the next few weeks, leave them out at room temperature. If you know you'll have these for a month, store them in the refrigerator.
Yesterday, there were 28 bins of zucchini in our barn basement. Chuck thinks the plants are slowing down: the latest harvest only netted 3 more bins.
Site Manager Wendy Copeland shared this delicious recipe several years ago. It's a favorite around our barn. No one would guess that the "apple" is really zucchini.

Zucchini "Apple" Squares

Crust: 4 c. flour
2 c. sugar
1 ½ c. butter (3 sticks/12 oz.)

Work the butter into the flour/sugar with a pastry blender, 2 knives or the paddle attachment on a KitchenAid mixer. Reserve 1 ½ cups. Press remainder into 9"x13" pan, greased, and bake at 375 degrees for 10 minutes.

Filling: 6 c. zucchini peeled, cored, cut into chunks
2/3 c. lemon juice (bottled okay)
1 cinnamon stick

Cook until zucchini is translucent over medium heat. Remove cinnamon stick.

Add: 1 c. sugar
1/2 tsp. nutmeg
1/2 tsp. cinnamon
1/2 c. reserved crust mix to thicken

Stir and remove from heat. Spread filling onto crust.

To the remaining 1 cup reserved crust mix, add: 1 tsp. cinnamon
Sprinkle on top of filling. Bake 375 degrees for 20 minutes or until crust browns. Serve warm or chilled.
Note: To make 1/2 sheet sized baking pan: Use same crust mix--it will make a thinner crust. Double the zucchini mixture to have enough to spread over crust.



While cleaning produce in the barn Tuesday afternoon, we heard a shriek of laughter from Worker Share Leah. She was bagging potatoes and found this little guy. I wonder whose box he's in?

Field Notes

We spent several hours Monday afternoon tying up the tomatoes. Our method involves passing baling twine between plants then around posts we've pounded into the ground to secure the twine. The twine acts as a fence to support the tomato plants as they grow upwards. We do this at 1-foot intervals above the ground. Keeping the plants above the ground allows good air flow around the vines so they catch more sun, dry faster from rain and morning dew, and are less likely to become diseased. It also makes them a lot easier to pick. And we planted a lot of tomatoes this year. If you like to freeze or can tomatoes, we'll likely have lots to sell.
The pepper plants are also growing well. One of the new varieties is called "Flavorburst" and is early-maturing. Some are big enough to pick for the market. They start out a light green, rather than dark green, so I'm curious as to what color they'll mature to. They have a mild flavor, without the bite of a typical cark green pepper. You'll probably get them in your boxes in a few weeks.

Enjoy your box!
TERRY & CHUCK