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Box #7
**Odd Week**
8 August 2018

**Contents**
Cilantro
Beets: Red (and a few orange)
Broccoli
Cabbage
Green Beans
Sweet Corn: Mixed Varieties
Zucchini: Mixed Types

**New Stuff:** Cilantro, cabbage
**Choice Box:** lettuce, zucchini

Cilantro, also called Chinese parsley, is commonly used in Asian and Mexican cuisines, and Americans have come to love it also. There's nothing like chopped cilantro in a good bowl of salsa. Wash it before using. One method of storing cilantro is to wrap it in a damp paper towel, put in a plastic bag in your frig. Another method is to clip the bottoms, stand the bunch in a glass with an inch of water, change the water every 2 days and keep in the frig. Cilantro will last about a week, properly stored. To keep it long-term, freeze the cleaned leaves in a zip-lock bag, and don't thaw them prior to using. Altho most herbs taste more intense when they're dried, cilantro loses its flavor when dehydrated, tasting nothing like the fresh version.
Cabbage is one of the most widely eaten vegetables in the world. Raw, boiled, pickled or sautéed, we do love our cabbage.
Luckily, it's low in calories but still contains significant amounts of vitamins A and C, calcium potassium and magnesium. Different kinds of cabbage vary in the amounts of their vitamins and minerals: purple cabbage is higher in vitamin C, while savoy has more vitamin A, calcium, iron and potassium.
Traditionally, cabbage is considered a beneficial digestive aid and intestinal cleanser.
Store cabbage in your vegetable drawer, but don't remove any of the outer leaves unless they're starting to go bad. You can put it into a plastic bag, or not, it will keep well either way. Uncut, cabbage should store for 3 weeks to 2 months. If you use only part of a head, pare off any discoloration before using the rest.
When properly cooked, cabbage is delicious. One way to do that is to steam wedges for 5-7 minutes, then top with butter, salt and pepper. Go Italian with some grated Parmesan cheese, or be a good Wisconsinite and add grated cheddar. If you overcook cabbage, it turns an ugly gray color and has a sulfur smell.
Chuck loves coleslaw, but it was not a dish I grew up with, or made in any of the restaurants I worked in. Luckily, the local paper published a special article with several coleslaw recipes, one of which provided a base for this one. The rest is me experimenting with flavors and ingredients. Hope you like it.

**Full Harvest Farm Coleslaw**
*Serves 6-8 as a side dish*
**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
2 tsp. salt
1 tsp. freshly-ground pepper
-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 need to let the dressing sit for awhile so the liquid can be absorbed into the larger granules--10-15 minutes should 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 30 minutes so the flavors meld. Serve. Better the next day.
I know what you're thinking, "Why in the world would I make curry when corn on the cob is so good by itself?" Just what I said. But this curry is worth it—it's even better cold. Yes, cold. The original recipe is from Meera Sodha and is very popular with Gujaratis and Meera's 83-year-old grandma. The ground peanuts, chickpea flour and yogurt "add depth of flavor and savory nuttiness."

**Gujarati Corn on the Cob Curry**
In a 10"-12" skillet, put:
3 cups water (you will need all of this later)
1 tsp. salt

6 ears of corn, husked and cut in half (or what you have)
Bring the water to a simmer and cook 5 minutes, covered. Turn corn over and cook another 5 minutes. Remove from heat.
While the corn is cooking, grind to a fine consistency in a spice grinder or food processor:
1 cup unsalted peanuts, preferably red-skinned
Put into a large lidded frying pan over medium heat:
4 Tbsp. oil
Add: ¾ cup chickpea flour
Stir continuously to smooth out any lumps and prevent sticking. After 4 minutes, it starts to turn a pinkish brown. When it does, add most of the ground peanuts (reserving some for sprinkling on top when serving), turn the heat down, and cook for 5 minutes, stirring frequently, again to prevent sticking.
Add: 1 cup plain whole milk or Greek yogurt
1 ½ tsp. salt
½ tsp. ground turmeric
1 ½ tsp. ground red chile
1 tsp. sugar
Stir to mix, then increase the heat to medium. Slowly add 2 ½ cups of the corn water, stirring until you have a smooth consistency.
Put the corn into the pan, cover with the lid, and leave to heat through for around 5 minutes, until the sauce is the consistency of heavy cream. Transfer to a serving dish or individual bowls and scatter over some crushed peanuts. Serve with rice, and allow corn to cool enough so people can use their hands.
Some beet bunches include very large roots. DO NOT BE AFRAID OF THE BIG BEETS. They are tender and delicious, never woody. The greens are going downhill, however, so there won't be as many good leaves to eat as usual.
With the rain we've had, the green beans came in pretty dirty. We've done an initial washing, but you'll need to wash them again.
The 2nd sweet corn patch has yielded another bumper crop of delicious corn.
The zucchini is unwashed—just don't have the manpower to clean everything like we used to.

**Field Notes**
Sunday night to Monday gave us about 1" of rain—very welcome as we had transplanted broccoli, cabbage and cauliflower Friday. Tuesday we got a sprinkle or 2—not much.
Chuck walked in with the first red, ripe tomatoes—just a couple of little guys. But when they ripen, boy will they yield big!

**Reminder**: Please bring your wax boxes back to the pickup site as often as possible: we're running especially short of ¾ bu. Family boxes. If you have a container with you, put your Share in that and leave the box at your pickup site. **Thanks!**

**Help!** Full Harvest Farm is still short of help.
We need a few full-time **Field Workers**, or several part-time Field Workers, to help with all the jobs here. Our only full-time Field Worker, Matt, left on Friday for vacation, then heads back to school. We only have 3 part-time workers now, one of whom is on vacation for the next 2 weeks. Ouch!
We are also short on **Worker Shares**. There're openings on:
-Tuesday afternoon barn prepping for the CSA box,
-Wednesday morning barn packing the CSA box,
-Friday **morning** harvesting for the farmer's market,
-Friday afternoon washing vegetables for the farmer's market, and,
-Saturday morning helping at our stall at the West Bend Farmer's Market from 7-11:30am.
For full descriptions of each of these positions, please go to the Worker Share page on our website (web address above).
On a happy note, we've picked up 2 Worker Shares. Patti, who used to work for us many years ago, is back helping on Tuesday afternoon in the barn, and Kate, already a regular member, is helping out on Friday afternoon during August. Welcome Patti and Kate!
Please pass the word to anyone you think would be interested in either a Field Worker or Worker Share position. We are happy to talk to anyone who wants more information.

Have a great week!
Terry & Chuck