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Box #9
Odd Week
22 Aug. 2018

Contents
Fennel
Garlic: Couple Boxes Only
Cauliflower
Green Beans
Lettuce
Melons: Canary or Peace Watermelon (Yellow)
Onions: Yellow
Peppers: Green Bell
Tomatoes: Juliet and Mixed Slicers

New Stuff: cauliflower, fennel, melon, green bell peppers
Choice Box: hmmm . . .

Cauliflower has no saturated fat, is low in cholesterol, high in dietary fiber, vegetable protein, vitamins C, K and B6 as well as many minerals. Research has found that regularly eating cruciferous vegetables (broccoli, cabbage, cauliflower, Brussels sprouts, etc.) may lower your overall risk of cancer. (Broccoli, cauliflower, Brussels sprouts and olives have the highest concentration of plant sterols that can lower serum cholesterol.)
Like broccoli, a head of cauliflower is a collection of small flower buds. If left to mature, small, yellow flowers bloom all over the head.
Store cauliflower in the refrigerator, inside a plastic bag. It should keep for a week or 2. The sprayer on your sink does a great job of blasting off dirt and other debris.

Braised Cauliflower
In a Dutch oven large enough to cover the cauliflower with a little to spare, on high heat, put:
3 Tbsp. olive oil
Add: 1 Lg. onion, coarsely chopped
-sauté until the onion just starts to brown, stirring constantly.
Add: 3-4 garlic cloves, coarsely chopped
1 tsp. chili powder
1 tsp. paprika/smoked paprika
4 anchovies, chopped *optional*
1 tsp. capers *optional*
-sauté until the garlic just starts to brown, stirring constantly—this won't take long.
Add: 25 oz. can chopped tomatoes (3 cups)
1 Tbsp. red wine vinegar
1/3 cup Kalamata olives, pitted and halved
¼ cup chopped basil or parsley
Kosher salt and freshly ground pepper to taste
-stir to mix, then add:
1 lg. whole head cauliflower, core removed
-ladle some of the sauce over the cauliflower. Turn the heat to low, cover, and simmer until the cauliflower is tender, 30-40 minutes.

Fennel is a popular vegetable in Europe for its unique taste and ability to pair well with many other flavors. Fennel has been used for hundreds of years as an aid to digestion. It's high in vitamin A, calcium, potassium and iron. The bulb and leaves have a mild, black-licorice flavor that is very good in salads, especially coleslaw, vegetable dishes and with fish. The frugal cook likes it because all of fennel is edible: bulb, stalks and leaves. To use, cut off the top of the root from the bulb, which is tough, and chop off the leafy stalks for use later. Wash the bulb under cold, running water to get out any dirt that may have sifted down between the layers. Place the bulb flat on your cutting board and slice it in half. Set the cut side down on your board and slice lengthwise.
Use the feathery leaves as a fresh herb. They lose some flavor each day, so go thru them as quick as you can. Or, add them to your next batch of pesto, or potato salad. You can dry fennel leaves on paper towels in your microwave. Store the dried, chopped leaves with your other herbs. If you make stock, the fibrous stalks are an excellent flavoring. One of our site managers cuts the stalks into 4" lengths and stores them in a jar of water in her fridge: it's one of her children's favorite snacks. Like sugar cane, they chew on the stalks to get all the tasty, tender bits, then spit out the fibrous part.
Making an infusion (think tea) is a way to use a small amount of something, and get good flavor out of it. Here's how you can do that with your fennel:

Fennel with Fish
Clean the fennel as described above, reserving some fronds to add later. In a 10" sauté pan, over medium heat, add:
2 Tbsp. butter
2 Tbsp. olive oil
1-2 fennel bulbs, cleaned and sliced thinly
- sauté just until the fennel begins to brown.
Add: ½ cup water, stock or dry white wine
-add the stalks, cut into 4" lengths (so you can remove them later), cover the pan, turn the heat to low, and cook the fennel until it is completely soft, about 15

minutes. While the fennel cooks slowly and flavors the liquid, snip off the rest of the leaves and chop them up. When the fennel is done, push the pieces toward the sides. You should have a thin layer of fennel-infused liquid on the bottom of the pan. If you don't, add more water, stock or wine. Scrape the bottom of the pan to loosen any stuck-on bits (this is called "de-glazing"). Add enough fish to fill up the area inside the cooked ring of fennel, season with salt, freshly ground pepper, and half of the chopped fennel leaves if you intend to turn the fish over. If you're using thin fillets, like Tilapia, you won't need to turn them over, so sprinkle all of the chopped fennel over the top. Cover the pan again, and simmer slowly, just until the fish is no longer transparent in the middle, but is still moist. The length of time will depend on the thickness of the fish. The best rule I've found is the simplest: Measure the fish at its thickest point, and cook it 10 minutes per inch, regardless of the cooking method. The fennel bulb is tender and delicious, but the stalk will be too fibrous for eating, so remove the stalks before serving.

Peppers contain high levels of vitamins A, C and E, as well as iron and potassium. To get the greatest benefit, eat them raw. Store peppers in your crisper drawer with the other vegetables. They should keep for about a week.

When young, most peppers are green with thin walls and a sharp, slightly bitter taste. As they grow and mature, the walls thicken, green changes to red, orange or yellow, and they sweeten up. This color change takes an extra 10-20 days for most varieties. None of the peppers we picked are starting to change color, but they should start soon.

Melons, luscious melons! How we love them. Most of you will get a canary melon this week. These are bright yellow, football-shaped and have light green flesh. This year, we're growing 3 different varieties, one of which has a pink-to-green center when ripe, and, oh my, is it good!

Ripe canary melons will yield to pressure on their stem or blossom ends and may even be a little soft in the middle. They also emit a lovely aroma, giving you a whiff of the flavor to come. If you find your melon still pretty hard with little aroma, leave it on your counter to ripen up. Once cut, cover it with plastic wrap and store in the refrigerator.

Finding ripe melons was a pleasant surprise. Sadly, we did not have quite enough for all our Couple Shares, so Chuck went searching in the watermelon patch, and found enough to make up the numbers.

We like to grow a yellow-fleshed, seeded watermelon called "Peace". This yellow watermelon has a milder, more complex flavor than a red watermelon, and is bred to be smaller, which allows us to put them into your boxes. We find that seeded watermelon varieties have more flavor than the seedless ones. Peace watermelons can be delicate and may crack. If you get one that has cracked in transit, eat it soon.

Watermelons are harder to judge for ripeness. A good guide is to look for a yellow ground spot. The "ground spot" is the part of the melon that sits on the ground as it develops. At first, this spot may not be a spot at all, but looks like the rest of the skin, then it turns white, then yellow.

Now that tomatoes are ripening, you'll get a lot of them. If you can't go thru your quart in a week, freeze them. Simply wash the tomato, let it drain briefly, and place in your freezer. Later, pop the frozen tomato in a ziplock freezer bag. When you need tomatoes this winter, take one out of the bag, place it under running water. The skin will split, making it easy to peel. Because it's mostly frozen, you can chop it up easily. That's my method for easee freezee tomatoes.

Field Notes

The rain started Monday evening and continued into the wee hours of Tuesday, giving us 2". It made harvesting for your box pretty mucky, but we managed.

Because the rain has splashed a lot of dirt onto your vegetables, we want to remind you to wash them before using. We've given most things an initial rinse, but they'll need more.

Member Rebecca Ganshert suggested we include a list of what's likely to be in next week's box as a regular feature, to help with menu planning. I thought this a great idea, so here it is:

Basil	Cucumber
Cauliflower	Peppers
Melon	Kohlrabi
Lettuce	Tomatoes

And here's the disclaimer: altho the above items are likely to be in the Aug. 29th box, we reserve the right to change any and all produce due to quantity, quality, or any other reason.

MANY THANKS for bringing your wax boxes back to your pickup site! Keep up the good returning.

Take Care,

Terry & Chuck