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Box #11
Odd Week
5 September 2018

Contents
Beets: Red-some bunched, some loose
Cabbage or Kohlrabi
Cauliflower or Broccoli
Chard
Eggplant
Garlic
Melons: Canary or Cantaloupe
Tomatoes: Juliets, mixed Slicers

Choice Box: ???

Because of all the rain, we changed the contents of this week's box quite drastically. Digging potatoes or carrots would be foolish in all this mud. The beets came out of the field pretty filthy, and I sunk up to my ankles at one point picking eggplant. Then, I got our Honda Element stuck at the side of a field and Chuck had to pull me out with a tractor. We pulled together the rest of the box by harvesting out of weedy fields where we didn't sink (much) into the mud, beds planted next to a drive road, or stuff we already had harvested (tomatoes).
If you haven't tried the cabbage with shrimp recipe yet, now would be a good time.
Here's a recipe for any kind of greens, or a combination. If you get bunched beets, chop up the good-looking leaves along with your chard for this.

Greens with Oyster Sauce
In a bowl, put:
1 tablespoon soy sauce
3 ½ tablespoons oyster sauce
Pinch of sugar
2 tablespoons rice vinegar (do not use seasoned rice vinegar)
Whisk together the set aside.
In a skillet over high heat, put:
1 tablespoon neutral oil
Add: 1 tablespoon finely minced garlic
1 lg. bunch greens, washed and roughly chopped (if using kale, remove stems before chopping), about ¾ pound.
Stir-fry for 2 minutes, then add 2 to 3 tablespoons water to the skillet, cover it and allow to cook until greens are tender.
Drizzle the reserved sauce over the greens, toss and serve.
The eggplant varies in size quite a bit this week, so if you don't have enough to make Baba Ganoush, slice what you have into planks and grill it, brushed with olive oil, sprinkled with salt and pepper. If you don't have a grill, use your broiler.

Baba Ghanouj/Baba Ghanoush
1 large eggplant
1 Tbsp. lemon juice
2 Tbsp. tahini
2 garlic cloves, peeled
2 Tbsp. olive oil
salt and pepper to taste
Preheat oven to 375°F. Cut eggplant in half lengthwise and place on sheet pan. Brush with about 1 tablespoon olive oil and season with salt and pepper. Roast for 40-45 minutes until very soft.
Let eggplant cool before handling. Scoop eggplant flesh out of skins into the bowl of a food processor. Add lemon juice, tahini, garlic, olive oil and salt and pepper. Process until smooth. Spread on crackers, bread or use as a dip with fresh vegetables.
I generally eat my kohlrabi raw and I love couscous, so this recipe is perfect for me:

Couscous & Kohlrabi Salad
Makes 6 servings.
In a small saucepan, put:
1 cup water or stock
-cover, and bring to a boil.
Add: 1 cup couscous (small type)
Cover, turn off heat and let sit for 5 minutes. Uncover, fluff with a fork and put into a large serving bowl.
In small bowl, put:
1-2 tsp. minced garlic
2 Tbsp. minced cilantro
2 Tbsp. minced fresh parsley
1 tsp. paprika
½ tsp. ground cumin
1 tsp. Kosher salt
-mash these together with a fork.
Add: 3 Tbsp. fresh lemon juice
3 Tbsp. olive oil
Whisk together, then pour over couscous. Mix.
Add: 2 cups peeled, diced kohlrabi
½ cup diced radishes
16 olives (kalamata are recommended)
½ cup crumbled feta cheese
Toss gently, and serve.

This salad would also look great with the larger, round, tri-colored couscous. Cook according to the package directions.
The cantaloupes are maturing slowly. They don't last in the cooler very long, so we've put what we have in the boxes this week.

Field Notes
It can stop raining any time.
Over the past week, we've received over 12" of rain. At times, there is standing water in some areas of our fields. Walking in there to harvest threatens to suck the rubber boots right off your feet. No fun.
After Wednesday, we're supposed to have a dry stretch, and none too soon. When the ground becomes too saturated with water, plant roots can not get the oxygen they need to survive. We're already seeing some pepper plants starting to wilt. If the soil dries quickly enough, the affected plants will recover.
This wet weather has accelerated the diseases in our tomatoes. Many plants no longer have any green leaves, only brown, dead ones. The fruit they've produced will continue to ripen outside, but no living plant means no new fruit. Looks like we're going to have a very short tomato season.

Farm Day is Sunday, Sept. 30th from 2-5pm. Bring a quart container with you so you can take some (unpasteurized) cider home with you. The afternoon includes a tour of the fields and a raffle where you can win Fabulous Prizes! See you there.

When you contact the farm with requests that involve putting a Vacation Hold, etc. on your Share, please give us your **full name** and **where you pick up your box**. When email addresses are not composed of your name, I have to investigate using that email address, but it takes time and that is in short supply these days. Thanks for your help!

Enjoy the cooler weather!
Terry & Chuck