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Box #13
Odd Week
19 September 2018

Contents
Parsley
Baby Bok Choi
Broccoli
Lettuce: Green Boston
Melon: Muskmelon, Watermelon, some Canary
Peppers: Red Carmen
Potatoes: Red and White
Tomatoes: mostly Juliets

New Stuff: baby bok choi
Choice Box: scratch and dent muskmelons and ?

Brassica rapa chinensis, or bok choi, is a staple in Chinese cuisine and often found in stir-frys. Both the stalk and leaves are edible, and are high in calcium, vitamins A, B complex, C and some minerals. If you include stir-frys in your cooking repertoire and haven't tried bok choi in at least one of its many forms, you are in for a treat. This variety tends to have light green stalks with green leaves, grows 8-10" in height and has mild flavor. Store baby bok choi in a plastic bag in the vegetable drawer and use it soon. It should keep for 4-5 days. When you want to use it, trim off any root, break off the stems and wash each separately: soil tends to lodge at the bottom of the stems. The centers may be clean, but check carefully.

Sesame Soy Braised Bok Choy

Trim the root end off of the bok choi. Pull off each stalk from the head and wash. Separate the leaf from the stalk and put into different piles. Slice the stalks crosswise into slender C's, and the leaves into wider strips.
In a wok or large, heavy skillet, heat: 2 Tbsp. oil
-over medium-high heat until it shimmers.
Add: sliced bok choi stalks
-stir-fry for 3-4 minutes.
Add: 1 Tbsp. ginger, peeled and finely chopped
1 Tbsp. garlic, peeled and finely chopped
-stir-fry briefly.
Now add: ½ cup chicken or vegetable stock
1 Tbsp. toasted sesame oil
2 Tbsp. soy sauce
2 tsp. rice vinegar
1 tsp. sugar
salt & freshly-ground pepper
Stir, cover and cook 2-3 minutes, then uncover skillet,
Add: 2 Tbsp. sesame seeds
-turn heat up to high, and cook until the liquid in the skillet is reduced to a glaze (thick), 3-4 minutes stirring to prevent any scorching.

Bok Choi with Cashew Sauce

In a blender or food processor, put:
½ cup cashews, salted or raw
¼ cup white wine vinegar
¼ cup soy sauce
1 Tbsp. sugar
½" piece ginger, peeled
pinch or 2 of red pepper flakes, *optional*
2-4 Tbsp. water
-Puree ingredients until smooth.
In a cast iron skillet or wok over high heat, put:
¼ cup peanut oil
1+ lbs. bok choi, washed, stems separated from leaves and cut into ½" slices
-Stir-fry bok choi stems 2-3 minutes, or until just beginning to soften.
Add: bok choi leaves, roughly chopped
-Stir-fry 1-2 minutes more, until leaves turn bright green and wilt. Turn bok choi into a serving platter and cover with cashew sauce.

The broccoli has loved all this moisture, producing big, beautiful heads.

Most of you will get muskmelons this week. The rest will get either a canary melon or yellow watermelon. The rain has not been a friend to our muskmelons. Some of them developed disease problems, rotten spots, splits, mold. It's hard for Chuck not to use a nice, ripe melon that has one little soft spot or small split. That spot can so easily be cut out and the remaining 95% enjoyed. So, we've let a few of these into the distribution for this week. However, if we misjudged a melon and you get one with much more damage, let us know and we'll replace it next week.

There are not many potatoes in this week's box, altho everyone is getting some. We started digging them late Monday afternoon and got 5-6 crates before the sunset and mosquitoes made us stop. Luckily, we only found a few rotten ones. Then, it started to rain and the ground was too wet to continue digging on Tuesday. Weather permitting, we'll dig more potatoes next week.

These tomatoes will probably be the last. Between the diseases and the weather, most of the plants have died. Sadly, these include our paste and cherry varieties. You will notice the flavor is quite mild—too much water.

Field Notes

Oh my God, the mosquitoes!

You expect to have mosquitoes when rain has been consistent, as it has this summer, but then we get 15" over a 2-week period and the population explodes. Trying to harvest in the middle of the day is difficult when you're attacked by mosquitoes, let alone around dusk when they swarm around you. We have to wear loose-fitting long pants and long-sleeved shirt, so when the little bloodsuckers land on your clothing, they can't find your skin with their proboscis. I was catching melons with Chuck on Sunday afternoon covered from head to toe and doused with bug spray. The mosquitoes still landed on my pants, just not on the line of bug spray.

Chuck then researched organic ways of reducing or discouraging the population. Concentrated garlic oil seems to be pretty effective in driving them off, with clove oil a good substitute. We have clove oil, so Chuck mixed up a solution and started spraying around the edges of our fields. The crew says it's helped a lot.

And just when the ground is firming up again, it rains.

On a positive note, some of the oxygen-deprived plants have recovered, some have died, but there's not as much loss as we feared.

Here is the current plan for next week's box:

Dill	Melon
Beets	Peppers
Eggplant	Potatoes
Lettuce	Tomatillos

Farm Day Sunday Sept. 30, 2-5pm.

Have a good week!

TERRY & CHUCK