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Box #17
Odd Week
17 October 2018

Contents
Garlic
Brussels Sprout Leaves
Brussels Sprout Stalk
Cauliflower: Romanesko or White
Onions: Red
Peppers: Bell, Jalapeño
Turnips: White Salad
Winter Squash: Spaghetti, few Stripetti

New Stuff: Brussels sprout greens and stalk
Choice Box: peppers, onions, ??

Brussels sprouts are one of those fall vegetables that taste better after they've been thru several frosts. Ours have been thru several frosts. So far. They also require a long time to mature, which is why they're one of the last vegetables you see appear at the farmer's market.
Brussels sprouts are high in vegetable proteins, carbohydrates, vitamins A, B_6, C and K, dietary fiber and minerals. Their flavor and nutritional value are best when used soon after harvest, but will keep for a week or longer in the crisper drawer in your fridge.
To store, snap the sprouts from the stalk and place them in a plastic bag. Before cooking, trim the bottom, then peel off and discard any yellowed or damaged outside leaves. You can cook them whole or halved (my preference). Despite some claims, I do not find they cook faster if you cut an X in the bottom.
Because of their stronger flavor, I prefer Brussels sprouts cooked until they're tender all the way thru, but still retain a nice, green color. I use 2-3 tablespoons of butter, some salt and pepper, a skillet on low heat, covered. Stir them a few times, let the edges brown to caramelize their sugars, and cook them 10-15 minutes or so, until just soft. Or, try them roasted, just like beets. Brussels sprouts are also good in soups, stews and pot roast.
Brussels sprout greens are the leaves from the Brussels sprout plant. The leaves are thick, round and green with a waxy feel, a bit like collards. We've found them to be delicious, especially after the plants have gone thru several frosts (which these have). To use them, strip off the stems, wash the leaves and cut them up as needed. I prefer to cut my leaves in half, then half again. Next, I slice across the leaves to make narrow slivers. Because of their thickness, cook Brussels sprout leaves for about 20 minutes. They may be a bit chewy, but are not tough. Brussels sprout greens should be a part of our fall diet. They're sweeter than collards and kale, and quite nutritious.
The cabbage worms like Brussels sprout greens too, so some of your leaves will have holes in them. That doesn't affect their flavor. Store the greens in a plastic bag in the vegetable drawer. Their thicker leaf holds more water, so they should keep for a week or 2. They'll taste better if you cook them soon.
Before the big frost on Friday morning, we spent most of the day picking the pepper patch. That was a LOT of peppers. This week we cleaned up and sorted thru the bell pepper varieties to put them in this week's box. You'll get a few different colors and sizes.
Freezing peppers is easy. Simply wash, then cut in half and remove the stem and seeds. Put the halves in the freezer. When frozen, pop into a ziplock freezer bag and you're done. Pull them out in the winter for chili, spaghetti sauce—anything you cook with peppers.
As you can see by the size of the white turnips in your bunches, they've grown some. Their flavor is a little stronger also. One of our Worker Shares roasted her turnips along with box choi and said it was delicious. Something to try . . .
Spaghetti squash is not meant to be a long keeper. To enjoy their best flavor, eat them within a month or so. A few spaghetti squash have brown scars on the side—use these squash up in the next week or 2. A few Family Shares will get a spaghetti squash variety called "Stripetti". It has the same football shape and stringy flesh, but the outside is striped green. Everyone will get Stripetti next week.
Here's a recipe site manager Wendy Copeland sent me:

Kielbasa and Cabbage

1 onion, cut into bite size chunks
1 bok choy bunch cut into bite size chunks, stems separated from leaves, or 1/2 large cabbage cut into chunks
2 Kielbasa cooked and cut up in bite size chunks
Butter
Salt

Cook the Kielbasa and remove from the pan to cut into chunks. In the same pan, sauté the onion until tender, adding salt to taste. (Remember, the sausage will be salty.)
Add the cabbage stems and sauté until tender. Stir in the leaves and add in the sausage chunks. Remove from the heat and stir until the leaves are wilted.

Other things I like to add: minced garlic, chopped tomato.



Thanks Wendy!

Field Notes

We've had several frost since last week, but it's been dry for most of that time. Predictions are for the dry weather to continue, with perhaps a brief shower.
The soil is firming up in most places, and we are no longer leaving footprints in every field.
Sadly, diseases are taking a toll on both our late broccoli and cauliflower.
This is a good example of the disease that's destroying our late broccoli patch. We're still trying to identify it, but the whole patch has succumbed. Blast that rain!

Here are the possibilities for next week's box:



Beets: Red
Broccoli Raab
Carrots
Leeks
Peppers
Rutabaga
Winter Squash: Stripetti

Please bring your wax boxes back to your pickup site weekly. This way, we can pick them up on a regular basis, and your site manager will not have a load of boxes to store on Nov. 7th.
Speaking of Nov. 7th (the day we deliver the last CSA box, #20), plan now to bring a large bag or other container so you can unload your Share into it. Then, leave the wax box at your pickup site and save yourself a trip back to return it.

Have a great week everyone!

Terry & Chuck