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Box #19
Odd Week
31 October 2018

Contents
Parsley
Cabbage
Garlic
Kale: Green Curly
Onions: Red and Yellow
Peppers: Carmen, Flavorburst, Mixed Types
Turnips: White Salad
Winter Squash: Butternut

Choice Box: butternut squash, onions, peppers

We covered our parsley when the frosts began, and the plants survived beautifully. The cold has a sweetening effect, giving us some great tasting parsley.
With cabbage in the box, you may be thinking coleslaw would be nice. I recommend shredding some white turnip into your coleslaw for added flavor.
Frost also has a sweetening effect on kale. The green curly kale has benefitted the most. Some of you will be getting 1 or more plant tops in your bunch—these have the tenderest leaves, and you do not have to remove the center stems. It should taste great in this dish:

Kale and Butternut Squash
In a Dutch oven over medium heat, put:
2 Tbsp. olive oil
2-3 cups butternut squash, peeled, seeds removed and cut into ¾" pieces
-Cook, tossing occasionally, until squash starts to soften, about 10 minutes.
Add: 1 cup vegetable or chicken broth
1 Tbsp. whole-grain mustard
¾ tsp. kosher salt
¼ tsp. freshly ground pepper
-Mix to distribute mustard.
Now add: 1 bunch kale, stems removed, chopped coarsely and washed, about 10 cups, loosely packed
-Simmer, covered, stirring occasionally, until the kale is tender.
We've sorted thru our onions and have enough to give you both red and yellow ones this week. These are all storage onions, so should keep for a month or more. Since we've had problems with some breaking down too soon, we checked each one for a soft center. Apologies if we missed 1 or 2.
The onions that proved soft are in the Choice Box at your site. Usually, the soft part is only in a small section of the onion: the top, stem end. If you use it soon, you can cut out that portion and have 75% or better of usable onion.
Chuck and I are happy to be able to give you peppers in box #19—it's amazing how well they do in our cooler. But, these are the last.
A few years ago, Erin Glosson, one of our CSA members, sent me this recipe, which I love to pass along, with her comments intact.
"I have a cooked cabbage and carrot recipe that I learned to make in India. One of my favorites. The amounts are all approximate as I don't usually measure when I cook, so people should feel free to play around with it :)"

Carrot and Cabbage Masala
1 small head cabbage, chopped into 1 inch pieces
2 cups carrots, chopped into 1/2 inch pieces
1 large onion, diced
1 Tbsp. cumin seed
1 Tbsp. ginger garlic paste (could substitute fresh grated or minced, equal parts of each)
2 tsp. turmeric
1-2 tsp. salt
1 Tbsp butter, ghee, or coconut oil
Heat fat over low to medium heat. Add cumin seeds and fry them for 30 sec to 1 min, taking care not to let them burn. Add onion and sauté until beginning to soften. Add ginger garlic paste (or ginger and garlic) and sauté for a minute or so until it loses it's sharp smell. Add turmeric and salt and incorporate. Allow to cook for 30 seconds. This is your masala. Add cabbage and carrots. Stir well to coat the veggies with the masala. Sprinkle with a 1-2 Tbsp of water to aid in steaming veggies and keeping them from sticking. Cover. Cook until veggies are tender.

Field Notes
We've enjoyed some beautiful, sunny days this past week, and been very grateful for them. The ground had dried some more, making harvest easier. Then, of course, it rains again—luckily, not much.
We've started to break up garlic bulbs into individual cloves for planting. Chuck has been preparing some beds, and we plan to put them in the ground on Thursday using our water wheel transplanter (minus the water). The water wheel transplanter makes its holes using a wheel with triangular spikes at regular intervals. You can remove the spikes to change the spacing. Chuck likes a closer spacing, so we have wheels that will make holes 5" apart. Because the

holes are so close together, the folks riding the transplanter have to work fast, especially since it's important to place the cloves with the root end down and the pointy end up. Then, they close the dirt around the hole and, on to the next one. Even our slowest tractor can not creep along slow enough for this very close planting, so we stop and start often.
After the beds are planted, we mulch them heavily with hay. This insulates the ground so it warms up slowly in spring. The young garlic shoots don't suffer so much with the fluctuations in spring temperatures under their hay blanket, and produce bigger, healthier bulbs in July.
If the rain stays light, and the ground is sufficiently dry, we will dig up our last few potato beds. To these, we will add certified organic potatoes from Igl Farms. We prefer not to buy vegetables from other farmers, but our potato crop has been so poor, we decided to go ahead. You will get a mixture of red, white and yellow potatoes, as many as we can manage.

Here are the possibilities for next week's box:
Garlic
Brussels Sprout Greens
Brussels Sprout Stalk
Celeriac
Leeks
Lettuce
Potatoes
Winter Squash: Butternut

Thank you for bringing those wax boxes back to your pickup site, and keep 'em comin'!
We're sorry to announce there will be **no** Winter Storage boxes this year. Between the lack of sufficient labor and the weather, we don't have enough vegetables to put one together. It's been one of those years.
If we do find we have some extra items to sell, we'll put them up on Ecommerce so we can deliver them along with next week's box.
For our Every-Other-Week—ODD members, this is your last CSA box of the season. Chuck and I thank you for bearing with us during this difficult season, and hope you've enjoyed cooking and eating the vegetables you've received. As Julia used to say: "Bon appetit!"
and . . . .

Happy Halloween!
Terry & Chuck