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Box #2
Even Week
10 July 2019

Contents

Nasturtium Plant
Beets: Red
Broccoli
Chard
Garlic Scapes
Garlic, Fresh
Lettuce: Romaine
Sugar Snap Peas

New Stuff: nasturtium plant, broccoli, fresh garlic

Nasturtiums are a flower I've grown and loved for years. It's beautiful: the flowers have intense, vibrant colors that seem to glow from within, the leaves are round and green, but the best part is: it's all edible. Flowers, stems and leaves have a spicy, peppery flavor that makes your mouth say "Wow!" This cultivar, Alaska, grows to about 6"-8" high and spreads 8"-10" wide. The seeds were a mix of colors: yellow, orange, salmon and red. Plant it in sun to part sun, keep it watered and fertilize now and again. Your nasturtium will reward you with lots of gorgeous blooms that you can pick for bouquets, use as an edible garnish, or in salads for a gorgeous look and peppery kick. What color will your flower be?

Broccoli is loaded with vitamins A, C, calcium, potassium and iron. To enjoy most of its nutritional value tho, eat broccoli raw. Or, gently cook or steam broccoli just until bright green and *al dente*. It's best stored inside a plastic bag in your refrigerator. Broccoli should keep for about a week. You may find a green cabbage worm or two in your broccoli. They don't bite, and are easy to remove. Check for them underneath the florets as you wash or cut broccoli up, and deposit them in your compost container if you find any. Because we're organic, we do not spray for cabbage worms unless there is a large infestation, and there isn't right now. I imagine the killdeer and barn swallows find them quite a tasty treat.

The patch this broccoli was harvested from is small, so we're only able to give you small amounts. When the rest of the patch starts producing in a few weeks, broccoli will show up for a few weeks in a row, at least.

Broccoli florets are aptly named: they are flower buds. If left to bloom, the buds open up into bright, yellow flowers. The younger a head of broccoli is, the smaller the buds. We try to harvest them when the buds are around 1/16". Sometimes, the buds don't mature evenly and you'll see larger and smaller buds on one head.

Depending on the heat and moisture, broccoli can have a sharp taste. Cooking it gets rid of that sharpness, even if it's 2 minutes in boiling water.

Terry's Favorite Way To Cook Any Vegetable:

Get out a 9"-10" skillet that has a lid. Put it on a low flame and add 2 Tbsp. butter. Add the vegetable(s) you want to the skillet, some salt and freshly-ground pepper. Stir, cover and cook until you reach the desired doneness, stirring a few times along the way. I think this simple method brings out the purest flavor of the vegetable you're cooking. When you know what something really tastes like, you can make better choices when combining it with other vegetables. You don't have enough broccoli to do this recipe exactly, but substitute other vegetables to make up the full pound.

Broccoli & Garlic Salad

In a large salad bowl, whisk together:
- ¾ tsp. red wine vinegar
- 1 tsp. Kosher salt
- 2 tsp. roasted sesame oil

Cut into bite-size florets:
- 1 lb. broccoli

Add to bowl and toss.

In a small skillet over medium heat, put:
- 1/3 cup extra virgin olive oil

When oil is hot add:
- 2 lg. garlic cloves, chopped finely
- 2 tsp. cumin seeds
- large pinch red pepper flakes *optional*

Cook, stirring often, until garlic just starts to brown. Pour over broccoli and toss well. Allow to sit for at least an hour at room temperature so flavors can develop.

We harvested this fresh garlic Tuesday morning. Because it is fresh out of the ground, the covering over each clove is still moist and tender. This means you can chop up the whole clove and use it in a recipe. Peel off the top 2-3 layers over the bulb first, since they're likely to be tough. New garlic is a little milder in flavor than garlic that has dried. If you don't use it right away, you can leave the garlic out on your counter to dry. As it does, the covering layers will lose their moisture and become dry and paper-like. Raw

garlic is believed to be helpful in fighting infections, as an expectorant and decongestant, a reducer of blood pressure, cholesterol and triglycerides. Unfortunately, consuming raw garlic usually gives you "garlic breath". Chewing some raw parsley may help.
The original recipe is from a book called "Cooking for Madam" by Marta Sgubin, who was nanny to Jacqueline Kennedy Onassis's children, and later cook and companion to Jackie. She says this salad was a huge favorite of Teddy Kennedy's.

Red Beet Salad

Vinaigrette: whisk together:

1 tsp. dry mustard
1 ½ tsp. Dijon or other brown mustard
¼ cup balsamic vinegar
salt and freshly-ground pepper to taste

Now whisk in: **¾ cup olive oil**
This makes enough for 2-3 salads.
Scrub 3-4 beets, cutting off the tops and root, and trimming off the brown skin around the top. Slice beets into julienne sticks and sauté on low heat, covered, in a few tablespoons of olive oil. When beets are folk-tender, dump the contents of the pan into a bowl, pour some of the vinaigrette dressing over them and sprinkle with salt and pepper. Toss to coat and allow beets to cool. Vegetables absorb much more flavoring when they're hot or warm than they do when they're cold.
Now add: **½ cup chopped parsley or cilantro**
Toss to distribute the parsley. Serve now or chill for later.
Last week's newsletter was so full, I didn't have room for a chard recipe. Here's a simple one:

Braised Chard

In a large sauté pan, over medium heat, put:
2 Tbsp. olive oil
Add: 1 bunch chard, washed, stems and leaves roughly chopped
Sauté for 3-4 minutes, stirring occasionally.
Add: ½ cup vegetable stock
½ tsp. salt
freshly-ground pepper
Cook for another 5 minutes.
Now add: 1 Tbsp. butter
Melt butter, then toss with chard to distribute. Serve while hot.

Field Notes

Monday found us outside putting plastic on our lower hoophouse. We've been preparing it for weeks, between all our other jobs, and Monday was a low-wind day, perfect for pulling a huge sheet of plastic over a metal frame. We'll be tilling up the ground underneath our new "roof" and putting cucumbers and tomatoes inside.
The rain and heat seem to have pushed a number of crops along quickly. The sweet corn has doubled in size and begun to form ears, zucchini has tripled, flowered, and small fruit has appeared. You can expect zucchini in next week's box. Tomato plants have grown large enough to schedule the building of supports, and the green beans just started to flower.
The early planting of cauliflower looks like it's starting to form heads—that'll be several weeks in the future—and the peppers have finally adjusted to being in the ground and are getting bigger.
This year we're experimenting with growing our melons and winter squash on paper mulch instead of plastic. The paper biodegrades, whereas plastic has to be pulled up from the ground and disposed of. We'll keep you apprised.
July is garlic-harvesting month. Right now, the bulbs are growing fast. Soon, the leaves will turn brown and it'll be time to dig the bulbs out. We try to do that when we're having several dry days so they can dry in the sun, then we bring them into the barn to finish drying down. This year, the garlic harvest is late due to the cold weather in spring.

Have a great week everyone!
Terry & Chuck