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Box #5
Odd Week
31 July 2019

Contents
Basil
Beets: Big, Red—COUPLE Only
Broccoli
Carrots
Green Beans—FAMILY Only
Lettuce: Red Leaf
Sweet Corn
Zucchini

New Stuff: sweet corn
Choice Box: a variety

Sweet corn is one of summer's treasures, for who doesn't love a freshly-cooked ear, dripping with butter and sprinkled with salt and pepper?
Corn has been around for tens of thousands of years, and seems to have originated in Central America. Early varieties were small, brightly colored, and a popcorn-type. Over the centuries, strains have been selected for size and sweetness, as they are today. Altho not as nutritious as older varieties, today's sweeter corn still contains vitamins A, B-complex, phosphorous, potassium, vegetable proteins and complex carbohydrates. Combined with most beans or dairy, it forms a complete set of proteins.
Sweet corn is best eaten as soon after harvest as possible—this was picked Tuesday. The longer you keep it, the more sugar will change to starch. Store sweet corn in its husk in a plastic bag in the refrigerator.
I like to put a cup of water in a skillet, a teaspoon of salt, then the husked ears. Bring the salt water to a simmer, covered, and cook for 5 minutes. Turn the ears with tongs, and cook for 5 more minutes. Ready for butter! Save the tasty corn water for soups or other recipes where you need a little stock.
You may find that some of the ears have ends with very small, immature kernels, and, a little further down, the kernels are suddenly much bigger. This is a result of uneven fertilization. Corn silk is a conduit that helps each kernel of corn develop. If some of those strands are not pollinated, some of the kernels will not form. Bugs can also interrupt fertilization when they eat the corn silk, which is why commercial farmers spray insecticides.
Sweet corn is great on the grill. Leave the husk intact, and soak your corn for about 30 minutes in a bucket of cold water. Prepare the coals as usual, and spread them out over ½ or 1/3 of the bottom of the grill. When ready, place the ears on the grill rack directly over the fire. With a tongs, turn the ears a quarter about every 5 minutes. Don't worry if the husk gets charred, that adds flavor to the corn. When you've grilled all sides, move the corn to the cool side of the grill, and cook your meat on the hot side. You'll want to remove the bits of husk and silk from the rack first, tho. When the meat is almost done, pile the corn on a platter to cool a bit before serving. When it's cool enough to handle, remove the charred husk and enjoy.
We picked our basil patch down pretty hard to give everyone large bunches in case you wanted to make:

Basil Pesto

makes approx. 2 cups pesto
In the bowl of a food processor, put:
2 cups, packed, fresh basil leaves, washed and spun/dried
4 medium cloves garlic, chopped coarsely
1/2 cup extra-virgin olive oil
1/2 tsp. salt
1/2 tsp. freshly-ground pepper
1/4 cup almonds, walnuts, pine nuts, etc.
1/4 cup grated Parmesan cheese
Process all ingredients just until uniform in size. Add more salt, pepper, etc. to suit your taste. You can also freeze this pesto, altho the flavor and texture are better if you leave out the cheese. Pesto is a pretty potent sauce on pasta, so use sparingly. Start with about 1 Tbsp. per serving, taste, then increase the amount, if desired. Pesto can be frozen easily. I buy a package of the ½ cup containers and put the finished paste in those. To thaw, take a container out of the freezer the night before and put it into your refrigerator. Do NOT try to thaw it in the microwave: it'll turn black. Basil oxidizes easily, so always cover it when you're not actually spooning some out. If you can, pour a thin film of olive oil over the top of the paste to protect it from the air.
"Pesto" simply means "paste". You can make pesto with other herbs besides basil. People often substitute parsley when they're a bit short on basil for this recipe. I've made delicious herb pestos using tarragon, thyme, parsley, fennel, sage, lovage, oregano, rosemary, marjoram, Summer savory and sorrel. Use one quarter to half as much of the stronger herbs: sage, rosemary and lovage, as the others.



Sometimes we don't have enough of one item to give it to everyone. After picking green beans and getting just enough for the Family boxes, we decided to give the Couple and EOW Shares red beets. These beets are from our 1st patch, and some of them are LARGE. **DO NOT BE AFRAID OF THE LARGE BEETS.** They will not be tough, and will have lots of flavor. In fact, they are perfect for roasting (newsletter #1), which is what I did with several of the LARGE beets. Once you have them roasted, you could make the beet salad in newsletter #2.

The broccoli is big, beautiful and abundant. We're harvesting from the bed we planted in May. It's possible you may get more broccoli next week. Here's an excellent use for broccoli, and fairly easy to make as well as delicious. Family cooking project?

Broccoli Balls

Steam: 4 cups broccoli
-until tender.
Put in a food processor:
1 cup almonds, raw or toasted
-pulse in 1-second bursts until finely ground. Put into large bowl.
Now put the into the food processor:
steamed broccoli
¼ cup fresh basil leaves (or 2 Tbsp. dried basil)
¼ cup fresh parsley leaves
2-3 cloves garlic, peeled
-and pulse in 1-second bursts until finely chopped. Transfer to large bowl.
Add: 1/3 cup grated Parmesan cheese
1/8 tsp. cayenne pepper, *optional*
2 lg. eggs, beaten
½ tsp. kosher salt
freshly ground pepper
Mix all ingredients together thoroughly. Use a scoop to form balls, pressing down firmly to pack mixture into scoop, and space balls out on a sheet pan lined with parchment paper.
Bake in a 350 degree oven for 25 minutes, or until golden brown.
Serve over cooked pasta with your favorite sauce.
Broccoli balls freeze beautifully.

Field Notes

It's been on the dry side, for which we are thankful—so much easier to transplant when you want to if the ground is dry. Chuck and I plant repetitions of broccoli, cauliflower, lettuce, carrots and cabbage, all of which went into the ground last Friday and this Monday. In fact, the fall carrots were seeded on 3 beds Monday, and the sprinklers are running on them as I write this.

Another repetition of red and orange beets sits on the outdoor tables soaking up the sun. We'll get beds ready for these this week.

It's the end of July, time to dig our garlic. We'll use an undercutter to loosen the soil under the garlic, pull them out, brush the soil off each bulb and lay them in the sun to dry for a few days. We find the sunlight helps prevent mold later on as the garlic continues to dry inside our barn.

Enjoy this beautiful weather.

Take Care,

TERRY & CHUCK