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Box #6
Even Week
7 August 2019

Contents
Carrots: Orange and Yellow
Cauliflower: White
Kohlrabi
Lettuce: Red Leaf or Romaine
Onions: Ailsa Craig
Sweet Corn
Zucchini

New Stuff: knob onions
Choice Box: lettuce, zucchini, ??

Onion, or *Allium cepa*, is the most widely used seasoning in the world. Historical references go back to 3200 BC. There are 300 species of alliums, and 70 of them are native to North America.
Onions are an excellent source of vitamins C and B_6 and a good source of dietary fiber, folate, potassium and manganese. Onions also contain sugars, hence that sweet taste when you sauté them.
Ailsa Craig is a sweet onion, like Walla Walla, so they taste sweeter, but don't do well in long-term storage (like, months). If you plan to use them up in the next few weeks, leave them out at room temperature. The leaves will continue to dry to a brown covering that protects the onion. If you know you'll have these for a month, store them in the refrigerator.
Because some tops are still green, you can use them like scallions. To keep the leaves green, store them in the vegetable bin in your refrigerator.
When they're this fresh, onions contain more liquid and may squirt when you chop them.
Storage onions (which we also grow, but you won't get those for awhile yet), will keep for months, especially in cool conditions. An onion's layers are actually leaves, and are thick because this is the plant's nutrient storage for next year's growth. Storage onions have more, but thinner, leaves in their bulbs. Sweet onions have fewer leaves and the leaves they have are thicker.

Mediterranean Ratatouille Chicken
Into a 10" skillet over medium heat, put:
2 Tbsp. olive oil
1 clove garlic, crushed and minced
1 medium onion, sliced
1 small green pepper, chopped
-Sauté until onion starts to brown a little around the edges.
Add: 1 lb. boneless, skinless chicken breast, cut into large strips
1 cup eggplant, cut into ½ inch cubes
1 small zucchini, thinly sliced
1 14.5 oz. can diced tomatoes
2 tsp. capers, drained
12 oil cured olives
Fresh Basil, 8 leaves, chopped (or ½ tsp. dried)
-Stir, cover and simmer for 15-20 min. or until chicken is cooked and vegetables are tender.
Sprinkle over top: 2 Tbsp. Parmesan cheese
Pairs well with a crusty bread.
We had to wait awhile for the rest of the kohlrabi to grow, but they matured nicely. For instructions on how to peel it, see newsletter #3.

Couscous with Kohlrabi & Chermoula Dressing
Makes 6 servings.
In a small saucepan, put:
1 cup water or stock
-cover, and bring to a boil.
Add: 1 cup couscous
Cover, turn off heat and let sit for 5 minutes. Uncover, fluff with a fork and put into a large serving bowl.
In small bowl, put:
1-2 tsp. minced garlic
2 Tbsp. minced cilantro
2 Tbsp. minced fresh parsley
1 tsp. paprika
½ tsp. ground cumin
1 tsp. Kosher salt
-mash these together with a fork.
Add: 3 Tbsp. fresh lemon juice
3 Tbsp. olive oil
Whisk together, then pour over couscous. Mix.
Add: 2 cups peeled, diced kohlrabi
½ cup diced radishes
16 olives (kalamata are recommended)
½ cup crumbled feta cheese
Toss gently, and serve.

Our 2nd batch of sweet corn has begun maturing its ears, so that's the majority of the corn in your box. There wasn't as much as last week, so quantities are a little smaller.
The zucchini beds have hit their stride and are cranking out the fruits. The last 2 pickings netted 8 crates each.
Question: does anyone have a recipe they really like for zucchini lasagna?

Field Notes

Saturday's storms dropped 1" of rain on us, with Monday night's leaving another 1" on the ground. It was a little muddy picking for the CSA boxes Tuesday, but not as bad as we feared. The ground was pretty dry prior to the rain, so it all soaked in quickly.

The plants we put in last week really needed a good drink, and they sure got it. The sweet corn has greened up, and the broccoli, cauliflower and lettuce have grown a bit.

The green beans have really slowed down, with the old patch not producing much and the new patch just starting to produce some beans.

Weeding is always a huge job, and staying ahead of it a challenge. The melon beds are being cleared this week, and the difference is amazing. Plus, it gives us a chance to see how many lovely muskmelons are forming on those plants. A lot!

We'd like to remind you to return your wax boxes to the pickup site when you come to get this week's Share. We take them back to the farm and reuse them, if they're in good shape. Since each box costs $1.50, this saves us a lot of money. If you bring your own container to the site, you can unfold that wax box and leave it with your site manager.

When unfolding the boxes, please **slide** the short, bottom sides out of the cutouts. Pulling up on those short sides often causes the tabs to rip, making the box unfit for CSA use, since it won't hold the weight of heavy contents. There's a great YouTube video at our website, on the CSA Member Handbook page, if you need quick instructions, or just a refresher.

Thanks!

Have a great week!

TERRY & CHUCK