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Box #9
Odd Week
28 August 2019

Contents
Cabbage: Green
Cauliflower: Purple
Cucumbers
Garlic
Kale
Kohlrabi
Melons: Cantaloupe, Torpedo-Couple Shares Only
Peppers: Green Carmen
Tomatoes: Juliets, Mixed Slicers
Zucchini

New Stuff: cantaloupe & Torpedo melon
Choice Box: zucchini, scratch & dent tomatoes, ?

Torpedo is a new **melon** for us. The description says "Extra-early Korean melon, high-yielding plants produce avg. 1.2 lb. cylindrical fruits that are lemon yellow with white sutures. Refreshingly crisp, moderately sweet white flesh". For a CSA farmer who's looking for a good melon small enough to fit inside a box, it sounds about perfect.
According to the picture in Johnny's Seed catalog, this melon is fully ripe when the "sutures" are all white and the melon is a nice, lemon yellow.
Chuck and I have eaten a few Torpedo melons that ripened early, and found that the riper they were, the better they tasted. If you get a Torpedo melon that has some green in the "sutures", or the yellow has a greenish cast, leave the melon at room temperature for a few days and see if it ripens. If you notice any rot or mold, cut that out and eat the melon right away. A few Torpedos have some scarring on the side or in the sutures. This looks brown and happens when the melon has rubbed against something abrasive while it grew, a thorny stem or rock. Sometimes they'll grow very fast, split a little along the sutures, then the plant heals that area by scarring it over. If you get one with some scarring, check there for problems while it ripens.
Another detail: these melons are very small. Some weigh about a half pound, most more. We've given you what Mother Nature gave us, and that was only enough for most of our Couple Share boxes.
Altho most Couple Shares will receive the Torpedo melon, about a dozen will get a cantaloupe instead. A few cantaloupes could also stand for a few days to ripen. When the undercolor changes from green to a light orange, the melon is ripe. Again, if you notice any spot starting to rot, cut that part out and eat it right away.
Cantaloupes are ripening one here and one there. We hope to be able to give them to everyone in the next few weeks, instead of parceling them out bit by bit, but we'll see how it goes.
The detailed information on **cucumbers** can be found in newsletter #7.

Cucumber, Kohlrabi and Carrot Salad
In a medium salad bowl, put:
1 small onion, cut in half and sliced thinly
1 medium cucumber, cut in half and sliced into thin half-moons
1 carrot, scrubbed and cut into julienne matchsticks
½ kohlrabi, peeled and cut into julienne matchsticks
-Toss vegetables together to mix them and break up the layers of onion.
Dressing: in a small bowl, put:
1 Tbsp. light soy sauce or Tamari
2 tsp. rice or black vinegar
1 tsp. sesame oil
1 Tbsp. lightly-crushed, roasted sesame seeds
Just before serving, stir the dressing to mix it and pour over the vegetables. Toss together and serve immediately: the longer this salad sits with the dressing on it, the more liquid the cucumber will release.
When cabbage is cooked properly, meaning not over-cooked, it is a delicious vegetable. The original recipe came from Jacques Pepin's cooking show. The combination intrigued me, so I had to make it: an elegant dish, simple and quick to make.

Cabbage with Shrimp *serves 4*
In a large sauté pan over medium heat, put:
1 cup chicken or vegetable stock
Add: 5-6 cups cabbage, chopped into ¼"x 2" pieces (any kind of green cabbage will work)
2 lg. cloves garlic, chopped coarsely
-Cook for 8-10 minutes, covered.
Add: 1 cup heavy cream
1 Tbsp. Dijon or brown mustard
¼ cup white wine (**dry**, not sweet)
-Stir and simmer for a few minutes to evaporate the alcohol.
Add: 1 lb. shrimp, shelled completely
salt & pepper to taste

-Stir, cover, and cook just until shrimp are done. Serve as is, over rice or noodles or whatever you like.
NOTE: I would not substitute 2% milk or anything else for the heavy cream in this recipe—the taste is worth the extra calories. And, cream does not curdle when boiled, so you can simmer your shrimp with an easy mind.
I've also made this with salmon filets and sea scallops, and it was just as good, altho you might want to increase the brown mustard a little bit.
Here is an excellent recipe using kale:

Kale & Lentils with Tahini Sauce

In a small saucepan, put:
2 cups water
1 cup lentils, picked over and rinsed
¼ tsp. turmeric
¼ tsp. ground coriander
-Cover, bring to a simmer, and cook until the lentils are soft but still retain their shape.
While the lentils are cooking, whisk together in a large bowl: 2 Tbsp. tahini
2 Tbsp. lemon juice or wine vinegar
2 Tbsp. olive oil
¾ tsp. kosher salt
¼ tsp. pepper
When the lentils are done, whisk 2-3 Tbsp. of the remaining water in the pan into the sauce. Drain the lentils and add to the bowl. Toss with sauce.
Into a skillet, put:
¼ cup water
1 bunch kale, washed, center rib removed and sliced into thin strips
-Simmer, covered, for 6-8 minutes, until kale is tenderer but still green—water will probably cook away about the time the kale is done. Add kale to bowl and toss with lentils. Serve.
Here are a few details on the tomatoes you may get this week: Juliets are red, oval shaped, with intense tomato flavor; Black Krim is a large, heirloom slicing tomato, a dusky red with green to browny "shoulders" (the area around the stem end); Solar Flare is a pinky-red tomato with golden stripes; Striped German is a large, golden, heirloom tomato with a large "pink" area, delicious eating; Skyway is a round, red, beefsteak-style tomato, juicy and tasty; Pink Berkeley Tie Die is a large, bright pinky-red tomato with green stripes. Heirloom tomatoes tend to be misshapen, crack easily and develop odd scarring and pits. The reason they're still grown is they taste so darn good. Don't let their weirdness put you off, just slice of the scars, dig out the pit and enjoy!
As the tomato season progresses, chances are you'll get a sample of each of these varieties. Then you can decide which you like best.

Field Notes

It rained all day Monday, often quite hard, and totaled 1.8". Needless to say, Tuesday's harvest was a muddy one. Luckily, we didn't have to dig anything, like potatoes or carrots.
We planted another 2 lettuce beds Friday, with one more in the plans, weather willing.
The cilantro is growing out there, keeping the dill company. Only an inch or so tall right now, but cilantro grows fast, so look for bunches in your box in a few weeks. Salsa!

Many thanks for bringing your wax boxes, especially the Family ones, back to your pickup site!

Have a wonderful Labor Day weekend everyone!

Terry & Chuck