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Box #10
Even Week
4 September 2019

Contents

Carrots: Family Shares Only
Cucumbers: Couple Shares Only
Kale
Melons: Cantaloupe, Torpedo
Onions: Ailsa Craig
Peppers: Carmen, Hungarian Hot Wax
Potatoes: Red Norland
Tomatoes: some Cherry, Juliet, Mixed Slicers
Zucchini

New Stuff: potatoes
Choice Box: peppers, tomatoes, zucchini

Potatoes are one of the leading vegetables grown worldwide. They come in all shapes, sizes and colors, and thrive in areas below sea level, and those 14,000 feet above. Native to the Andean mountains of South America, they were brought to Europe by the Spaniards.

Potatoes are an excellent source of complex carbohydrates and minerals, especially potassium, providing you eat the skin since most of these nutrients are in or near the peel. Because you're getting organic potatoes, you don't have to worry about anything sprayed on them to prevent sprouting or greening.

Your potatoes have not been washed: the soil acts as a preservative. Scrub them with a brush to remove the soil before using.

Altho we sort thru our potatoes when we bag them, you may find one we missed with a green spot. This is due to exposure to sunlight: potatoes trying to make chlorophyll, so keep them away from sunlight. The green spot will taste bitter, so peel that off. To keep potatoes fresh for the longest time, store potatoes someplace that's between 45-55 degrees and has rather high humidity. Storing them in the refrigerator encourages some of the starch to change to sugar resulting in browner potatoes when you bake or fry them. There is some research that says onions and potatoes should not be stored close to each other or they spoil quicker.

Roast potatoes using the same method we recommended for beets.

Red Norland has a dark red skin and white flesh, and is considered a "waxy" potato, as opposed to starchy, like an Idaho russet, which bakes so beautifully. Red Norland is especially good for soups, salads and roasting.

"Caldo Verde", which means "green broth", is a traditional Portuguese soup often eaten at weddings, birthdays, etc. "Black" kale, the kind used in Portugal, is not grown much in this country, but any kale will work, as will collard greens, chard, beet greens, mustard greens or spinach—or any combination of these.

Caldo Verde *serves 6-8*

In a Dutch oven over medium-high heat, put:
1 Tbsp. olive oil
Add: 12 oz. sausage, cut into pieces (use whatever you prefer)
-Cook, stirring occasionally, until lightly browned, 4-5 minutes. Remove sausage to a bowl.
Add to the pot: 1 onion, chopped
4 cloves garlic, chopped
1 tsp. salt
¼ tsp. red pepper flakes (*optional*)
-Cook, stirring often, until onion is transparent.
Add: 2 lbs. potatoes, cut into ¾" pieces
8 cups chicken broth
-Bring to a boil, turn down heat and simmer, until potatoes are just tender, 10-15 minutes.
Add: 1 bunch kale, washed, stems removed, and chopped into 1" pieces (approx.)
To make a thicker soup, put about 1 cup solids and 1 cup broth into a blender and process until very smooth. Put the puree back into the soup.
Stir in: sausage pieces
salt and pepper to taste
2 tsp. white vinegar (*optional*)
Serve with a crusty bread.

The cucumbers are growing nicely, but not producing enough cucumbers to give them to everyone consistently. This week, the Couple and Every-Other-Week boxes will get cucumbers, and the Family Shares will get carrots. Next week, the Family Shares will receive cucumbers for sure.

Torpedo melons are in the Couple and EOW boxes, cantaloupes in the Family boxes. As soon as we harvest enough cantaloupes, everyone will get them. I'm sure the Family Shares would like to try those Torpedo melons. We'll see how this week's harvest goes, eh?

The onions, buried in weeds, will continue to be on the small side this year.

We still have lots of green Carmen peppers (remember, these are sweet), but I'm seeing many in the process of

turning red. Maybe there will be some red ones next week?
Our Hungarian Hot Wax peppers have gotten a lot bigger, and are maturing. These turn from light green to yellow, then a pinky-red. Very pretty. As far as spiciness goes, they're similar to a Jalapeño.
The cherry tomatoes are lagging behind in their maturity this year—usually, they ripen earlier. We had a few, so sprinkled them among the quarts.
Our zucchini plants are winding down—instead of 5 crates of zucchini in one harvest last week, we found only 2 yesterday. Ah well, all good things must come to an end.
One of our CSA members sent me this recipe in 2012:

Kale with Bacon and Cannellini beans

3 slices uncooked bacon
3 cloves garlic, minced
1/2 tsp. crushed red pepper flakes
1 cup onion, diced
1 bunch uncooked kale, de-stemmed, roughly chopped
1 cup canned chicken, vegetable or beef broth
15 oz. canned cannellini beans, rinsed and drained (about 2 cups)
1 tsp. kosher salt
1 Tbsp. balsamic vinegar
1 tsp. sugar

Set a large, heavy pot or skillet over medium heat; add bacon and cook to desired crispness. Remove bacon from pot and set aside; leave bacon drippings in pot. Add garlic and red pepper flakes to bacon drippings; cook, stirring, until garlic becomes fragrant, about 30 seconds to 1 minute. Add onion; cook, stirring occasionally, until soft, about 10 minutes. Add kale; cook, stirring occasionally, until it starts to wilt, about 5 to 7 minutes. Add broth; cover and simmer over low heat until kale is just tender, about 8 to 10 minutes. Add beans; simmer, uncovered, until liquid is almost evaporated, about 5 to 7 minutes. Stir in salt, vinegar and sugar; sprinkle with crumbled bacon and serve immediately. Yields about 1 1/4 cups per serving.

Field Notes

Tuesday's rain dropped .4" on us, enough to water plants and make the ground muddy.
Anticipating a wet harvest day, we did most of our picking on Monday. We brought in a nice haul of potatoes
The beds of sweet corn we put in are not growing well. The stalks are about 2 ft. high, have tassels and ears, but the ears are tiny—about the size you would get in a stir-fry. So, altho we tried, there will be no more sweet corn.
On the plus side, the next bed of lettuce is growing nicely, so lettuce will reappear in next week's boxes.
The broccoli is about 2 weeks away from maturity out in our field west of the barn.
In the next field are beds and beds of cauliflower. Most are white, but some are purple. Those are about 4 weeks away from maturity.
This week Chuck planted broccoli raab and radishes using our paper pot system. The radishes will grow the fastest, and you'll see them in about 4 weeks. Broccoli raab should be ready around mid-October.

Farm Day: Sunday, Sept. 29th

Every year we host our CSA members at a Farm Day in late September. This year, Farm Day will be Sunday, Sept. 29th from 2-5pm. We try to schedule it on a Sunday when there's no Packer game.
When you arrive around 2pm, we'll head out to the orchard to gather apples for cider making. You are welcome to take some apples home with you, so bring a container. Fair warning: expect bug damage and misshapen fruit, we do not spray our orchard.
Once we have enough fruit, we'll wash the apples then cut them up into chunks. The chunks will go into the masher, and the mash will be put into cheesecloth "envelopes" that are stacked and pressed to yield their juice. Every batch tastes a little different, and we'll have cups for you to drink your fill. We invite you to bring a quart container so you can take some of this unpasteurized apple cider home with you.
Around 3:30, Chuck will lead a tour of the fields and you can see just where your food is grown.
During the tour, we'll pull names out of a basket for Fabulous Prizes, so please enter. One of these prizes is always a half gallon of our cider.
You are welcome to bring your friends and family to Farm Day. Small children are welcome, but you must watch them carefully as our farm is definitely NOT child-proofed. There are bits and pieces of equipment hidden in the tall grass that could injure anyone, so please stay on the mown roadways and field edges. Also, do not allow children to climb or play around any farm equipment, or inside the upper part of the barn. Thank you for understanding. We look forward to seeing you!

The packing crew wants me to compliment you on the nice job you've done unfolding those wax boxes. We found fewer ripped tabs last week. Thanks!
Enjoy this beautiful weather.

Terry & Chuck