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Box #15
Odd Week
9 October 2019

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Dill
Baby Bok Choi
Broccoli
Broccoli Raab
Lettuce
Melon: Peace Watermelon
Peppers: Purple Bell, Red Carmen
Spaghetti Squash
Tomatoes: Juliet, Heirloom Slicers, Skyway

New Stuff: baby bok choi, dill
Choice Box: peppers, spaghetti squash, zucchini

Baby bok choi, with lighter green leaves and stem, is a smaller cousin to bok choi, its taller, white-stemmed, green-leafed relative.
While spellings vary for this popular Asian brassica, bok choi remains a tasty, nutritious vegetable. It is high in calcium, vitamins A, B-complex, C and some minerals. It's a dieter's dream: 24 calories in 1 cup.
To use, pull off the stems and wash individually. Stack 2-3 on top of each other and cut as desired.
Store bok choi in a plastic bag in your refrigerator. It should keep at least a week.

Vegetable Fried Rice *Serves 4*
Fried rice is usually made with yesterday's rice so it is both cool and dry. If that's not available, cook the rice then turn it out onto a jellyroll pan, cookie sheet or half sheet pan and spread it out so it can cool and dry before using it in this recipe.
In a wok or heavy skillet, heat: **2 Tbsp. oil**
-over a medium-high flame.
Add: **4 mushrooms, cut into fine slices**
-stir and fry for about 30 seconds. Remove with a slotted spoon and put them on a large plate.
Add to the wok: **1 1/2 cups bok choi, thinly sliced**
-stir and fry for 1 minute. Remove the same way and put on plate with mushrooms.
Now add: **1 cup carrots, thinly sliced into half-moons.**
-Stir and fry for 1-2 minutes. Remove the same way and put on plate.
Add: **1/2 cup red onion, cut in half & thinly sliced**
-Stir and fry for 1 minute. Put on plate and sprinkle everything with a little salt.
Into the wok or skillet put: **1/4 cup oil**
-and heat.
Add: **4 cups cooked rice,** *approximately*
-stir once. Make a hole in the center of the rice and break an egg into that hole. Stir the egg inside the hole, then gradually incorporate the rice. Fry & stir for about 1 minute.
Add: **1 cup bean sprouts, washed and drained**
-Stir and fry for 1 minute. Add all the ingredients from the plate. Stir and fry for another minute. Sprinkle with some chopped parsley or cilantro and serve.
If you want to reduce or enlarge the recipe, figure 1 cup cooked rice per person. 1 cup raw, white rice will cook up to be about 3 1/2 cups. Brown rice will be a bit less.
The technique of cooking each vegetable separately results in each one maintaining more of its unique taste after the final combination is reheated, giving the dish a brighter flavor.
With frosts in the forecast, this will be the only week you'll get **dill**. To store, place in a small jar or glass with an inch of water in the bottom, then refrigerate. Use it as soon as possible. Fresh dill is great in potato, tuna, lettuce or cucumber salad.
Dill dries beautifully. Wash it to remove any soil, then spread out on paper towels to dry. If you have a dehydrator, you're all set. If you don't, turn your oven on its lowest setting, let heat for 2 minutes, then turn the oven off. Spread your dill sprigs out on a sheet pan or cookie sheet, place in the oven, and leave there until the leaves are crispy. You may have to turn your oven on again for a minute or 2 to get to this stage. When dry, gently pull the leaves off the stem above a piece of parchment or wax paper, crumbling them a bit smaller as you go. Use the paper to pour the dried dill into a jar and screw the lid on tight. Save the stems for stock. Your own, dried dill weed tastes better than what you can buy at the store.
This will be the last time you get broccoli this season: the patch is all but picked clean.
Here's a recipe I first put into our newsletter in 2002:

Quinoa Salad
In a small saucepan, boil: **1 1/2 cups salted water**
Add: **1 cup quinoa**
-Boil 5 minutes, then shut off heat and cover pan to finish cooking. Quinoa is done when the grain no longer has a whitish center but is all one color, and the outer "ring" has separated from the grain. Strain off any excess water, and put quinoa into a large bowl. Add the following dressing and stir to coat.
Dressing:
In a small skillet over low heat put:

3 1/2 Tbsp. olive oil

Add: **1 Tbsp. chopped garlic**

-simmer garlic gently until it browns slightly. Remove from heat.

Whisk in: **2 Tbsp. Tamari or soy sauce**
1 tsp. apple cider vinegar
pinch Kosher salt
freshly-ground pepper to taste

Chop as desired:

1 small head broccoli
carrots
celery
1 stalk scallion
2 oz. toasted almond halves

The easiest way to toast almonds is to put them into a shallow pan large enough for them to form a single layer. Put them into a 400° oven until they are as brown as you like them. Keep an eye on all nuts: they can be deceptive since they seem to be doing nothing for the first 5 or 10 minutes. Once nuts start to brown, they brown quickly. I like to use a pan with sides so I can shake them to turn some over just when they first start to color. Toasted nuts are good in so many things, I usually make extra.

Our lettuce beds are looking good, growing slowly, and may hold out for a few more boxes. Lettuce will survive light frosts as long as their feet are in the ground, getting sweeter with each one. We'll cover these beds with row cover to give them a hand.

While we were sorting thru the spaghetti squash, we found some that had some scarring on the side. We believe they are still fine eating, but use them soon if you get one with a scar.

Field Notes

We got more than 6" of rain last week. Parts of fields were under water for a short time, but that was mostly in areas where we didn't have anything planted. The smaller puddles soaked in quickly, leaving the ground muddy, but not affecting the plants growing there.

The problem with water that does not soak into the soil in a day or two is that it prevents a plant's roots from absorbing oxygen. Plants can adapt for a short while, but will be killed or stunted if that water surrounds its roots for too long. We had that situation last year when we got 15" of rain over a 10-day period in September.

This weekend, the forecast is for several mornings in a row of temperatures in the low 30's. We expect a few, successive light frosts. This will likely kill the tomatoes and the peppers. It may also kill the cucumbers and tomatoes in the hoophouse, unless we can put up the endwalls. It's on the schedule.

We'll be harvesting everything we can from our tomatoes and peppers Thursday and Friday. Any tomato in good shape will last a week or so, the green ones even longer. This means tomatoes in this and next week's box. Ever had fried, green tomatoes? Peppers store well in our cooler, so you may receive them in your remaining boxes. If they're piling up at your house, try the freezing instructions in newsletter #14—quick and easy.

Here's our **Field Crew**. These are the folks who have been planting, weeding, harvesting and doing all the other jobs that have kept us running smoothly this season. From left to right they are: Lawrence, Kris and Jonathan.



They are a great group to work with, and Chuck and I are eternally grateful for all their hard work!

I'll be including pictures of our Tuesday afternoon Worker Shares, and the ladies who pack your boxes on Wednesday morning, in the next few newsletters.

Enjoy these warm, sunny days of autumn. What a gift!

Take Care,

Terry & Chuck