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Box #4
Even Week
22 July 2020

Contents

Basil: Mostly Green, Some Purple.
Beans: Green & Yellow
Cabbage: Green
Carrots
Cauliflower / Broccoli / ?? some Family Boxes Only
Garlic
Lettuce
Onions: Mixed, Young
Sugar Snap Peas

New Stuff: green & yellow beans, cabbage

When Chuck and I looked over catalogs this past winter, we vowed we'd carefully select a yellow **bean** for flavor as well as disease resistance and yield. Let us know what you think of these. We've given you a mixture of both yellow and green to compare.
Store your beans in the plastic bag they come in in your refrigerator, and use them soon. Green beans contain vitamins A, B_1, B_2, calcium and potassium.
Interesting note: fresh beans are not as high in protein as dried beans.
Terry's Favorite Way To Cook Any Vegetable is an excellent way to cook beans. Another method is to roast them. Use the Roasted Beets recipe in newsletter #1 as a guide and check them after 10 minutes (or sooner). Wash them, snap off the stem end then proceed with your recipe. A friend once showed me how much quicker it is to simply break a green bean into smaller chunks than it was to use a knife.
We picked the whole bean patch Tuesday, but there was only enough for ½ lb. for each box. Feel free to add other vegetables to your roasting pan when you make this salad:

Roasted Green Bean Salad

Turn your oven on to 425 degrees.
Using a half-sheet or jellyroll pan lined with aluminum foil (something with sides), roast: **1 cup walnuts** -just until they're a little browner, about 5 minutes. Set them on a rack to cool a bit. While the walnuts are browning, rinse **a pound of green beans (or whatever you have),** snap off the stem end and spread them out on a dishcloth to dry.
In a large bowl put: **1 Tbsp. olive oil**
Put green beans into bowl and toss with oil until all beans are thinly coated. Transfer the walnuts to a plate to cool and spread the beans out on the half-sheet or jellyroll pan in a single layer. Roast on the top shelf about 20 minutes, stirring once or twice.
While the beans are roasting, whisk together in a large bowl:

3 Tbsp. Extra-Virgin olive oil
1 Tbsp. balsamic or sherry vinegar
1 tsp. minced garlic (more if you like)
½ tsp. dried thyme
salt & freshly ground pepper to taste

When the beans are done, put them in the bowl and toss: while hot, they'll absorb more of the flavor of the dressing. Allow green bean mixture to cool some.
To the cooler green beans, add:

1 cup tomatoes, cut into ½" dice
2 Tbsp. chives, chopped
½ cup Parmesan cheese, coarsely grated (or shaved with a vegetable peeler)
2 Tbsp. fresh basil, thinly sliced (or ½ tsp. dried)

Toss together, add toasted walnuts and toss again.

Cabbage is one of the most widely eaten vegetables in the world. Raw, boiled, pickled or sautéed, we do love our cabbage.
Luckily, it's low in calories but still contains significant amounts of vitamins A and C, calcium potassium and magnesium. Different kinds of cabbage vary in the amounts of their vitamins and minerals: purple cabbage is higher in vitamin C, while savoy has more vitamin A, calcium, iron and potassium.
Traditionally, cabbage is considered a beneficial digestive aid and intestinal cleanser.
Store cabbage in your vegetable drawer, but don't remove any of the outer leaves unless they're starting to go bad. You can put it into a plastic bag, or not, it will keep well either way. Uncut, cabbage should store for 3 weeks to 2 months. If you use only part of a head, pare off any discoloration before using the rest.
When properly cooked, cabbage is delicious. One way to do that is to steam wedges for 5-7 minutes, then top with butter, salt and pepper. Go Italian with some grated Parmesan cheese, or be a good Wisconsinite and add grated cheddar. If you overcook cabbage, it turns an ugly gray color and has a sulfur smell.
After heading into the field to cut cabbage, Chuck found that we were about 20 heads short for the Family Shares. Some Family boxes will contain cabbage, some will have cauliflower, some broccoli, some may have another item, but we'll make up for the cabbage.

Chuck loves coleslaw, but it was not a dish I grew up with, or made in any of the restaurants I worked in. Luckily, the paper published an article with several coleslaw recipes, one of which provided a base for this one. The rest is me experimenting with flavors and ingredients. Along the way, I realized that it's pretty easy to make a good coleslaw, and there's no good excuse to make a bad one.

Full Harvest Farm Coleslaw
Serves 6-8 as a side dish
Dressing:
½ cup mayonnaise
¼ cup apple cider vinegar
¼ cup Rapadura sugar, or dark brown sugar
2 Tbsp. brown mustard
1 tsp. dill seed
1 tsp. celery seed
2 tsp. salt
1 tsp. freshly-ground pepper
-Whisk the dressing ingredients together in a large bowl until combined. Rapadura/sucanat sugar looks like round, brown granules. It does not dissolve as readily as other sugars, so you need to let the dressing sit for awhile so liquid can be absorbed into the granules, 10-15 minutes should be enough. Whisk the dressing again before adding the vegetables to be sure there are no more granules of sugar. Brown sugar dissolves more easily.
Vegetables:
8 cups shredded green and/or red cabbage, carrots, celeriac, kohlrabi, fennel bulb, radish, rutabaga, turnip, etc.
½ cup onion, minced
-Add to dressing and toss until all the vegetables are dressed. Allow to sit at room temperature for 30 minutes so the flavors meld. Serve. Better the next day.

Remember, **there's no need to peel a fresh garden carrot.** The skins are thin and sweet and very nutritious.

Looks like these are the last of the sugar snap peas this season.

Field Notes
We certainly can't say it's dry in our fields with all these bits and drips of rain that keep falling. The weeds are certainly happy.
I asked Chuck to check on the sweet corn Monday, and he brought me a lovely, fat ear that was torn open to reveal small, immature kernels. Yep, it needs another week.
The broccoli beds are slowly producing heads. Fingers crossed they speed up soon.
The cauliflower next to them is also showing a head here, a head there—it's like hide and seek. I cut some beautiful purple cauliflower late last week, and found a number of white cauliflower that wasn't so white because we didn't realize it had gotten big enough to tie. Fun fact: farmer's tie the "wrapper" leaves over a young head of cauliflower so the sun doesn't reach it, thus keeping the head as white as possible. When those wrapper leaves aren't tied and sun reaches the head, it turns it an off-white color. You can still eat the cauliflower, and it'll taste good, but won't look as nice as when you tie it. No need to tie purple, orange, green or Romanesco cauliflower.

And that's it for me this week, folks.
Stay Cool,

Terry & Chuck