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Box #5
Odd Week
29 July 2020

Contents
Beans: Green and Yellow
Broccoli
Garlic
Kohlrabi
Lettuce: Red French Crisp or Red Leaf or Romaine
Peppers: Hungarian Hot Wax or Jalapeño
Potatoes: New
Sweet Corn

New Stuff: Hungarian Hot Wax peppers, Jalapeño peppers, new potatoes, sweet corn

Peppers contain high levels of vitamins A, C and E, as well as iron and potassium. To get the greatest benefit, eat them raw. Store peppers in your crisper drawer with the other vegetables. They should keep for about a week or more. If you can't use up a whole pepper in whatever you're making, keep the remainder in your frig and use it ASAP—the edges start to break down in 4-5 days.
When young, most peppers are green with thin walls and a sharp, slightly bitter taste. As they grow and mature, the walls thicken, green changes to red, orange or yellow, and they sweeten up. This color change takes an extra 20-25 days for most varieties, and is most noticeable in sweet peppers
We've planted a few different varieties of peppers this year. The sweet ones are Olympus (bell), King of the North (bell) and Carmen. Carmen is our sweet, Italian pepper, long, cone-shaped and best when fully red. Carmen is probably the best-tasting pepper we grow. For hot peppers, we're growing Jalapeño and Hungarian Hot Wax, both in the medium range for spiciness. The Hungarian Hot Wax actually starts out as a yellow/light green pepper that turns a definite light yellow, then acquires a rosy blush. When they're fully ripe they turn red or have a strong, reddish blush. Jalapeños are a deep, glossy green that changes to bright red at maturity. For some reason, the hot peppers are maturing earlier than the sweet bells. I don't know why.

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. But these are NEW potatoes, and their skins are very thin. To wash, cup a few in your hands under running water, and rub them lightly together. If you have a very soft brush and you use it very gently, you can keep most of the skin intact.
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, or any strong light). The green spot will taste bitter, so cut 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 recommend 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.
Member Jim Melberg sent me this recipe, timely, as it contains both broccoli and new potatoes:

Roasted Broccoli and Potato Tacos With Fried Eggs

1 pound broccoli, florets plus peeled stems cut into 1/4 inch slices
1 pound baby white potatoes, sliced crosswise 1/4-inch thick
1 bunch scallions, cut into 1-inch pieces
3 large garlic cloves, thinly sliced
2 teaspoons smoked paprika
10 tablespoons extra-virgin olive oil
Kosher salt and black pepper
8 (6-inch) corn tortillas
8 large eggs
2 avocados, cut into wedges
Salsa, sour cream, cilantro sprigs and lime

wedges, for serving

Step One: Heat oven to 450 degrees. On a large rimmed baking sheet, combine broccoli, potatoes, scallions and garlic with the paprika and 6 tablespoons oil. Season with salt and pepper, toss to coat, then spread in an even layer. Roast, undisturbed, until tender and charred in spots, 30 minutes.
Step Two: Stack tortillas and wrap tightly in aluminum foil. Five minutes before the vegetables are done, transfer foil-wrapped tortillas to the oven to warm up.
Step Three: Just before serving, heat 2 tablespoons oil over medium heat in a 12-inch nonstick or cast-iron skillet. Crack in 4 eggs and fry until whites are set and yolks are still runny, about 5 minutes. Transfer to a large plate. Repeat with remaining oil and eggs.
Step Four: Divide vegetable filling and avocado among the tortillas and top each with an egg. Spoon over some salsa and sour cream and garnish with cilantro sprigs. Fold over tortillas to form tacos or enjoy with forks and knives. Serve with lime wedges. *Serves four.*

Sweet corn is one of summer's treasures. Who doesn't love a freshly-cooked ear, dripping with butter and sprinkled with salt and pepper?
Corn has been around for tens of thousands of years, and seems to have originated in Central America. Early varieties were small, brightly colored, and a popcorn-type. Over the centuries, strains have been selected for size and sweetness, as they are today. Altho not as nutritious as older varieties, today's sweeter corn still contains vitamins A, B-complex, phosphorous, potassium, vegetable proteins and complex carbohydrates. Combined with most beans or dairy, it forms a complete set of proteins.
Sweet corn is best eaten as soon after harvest as possible—this was picked Tuesday. The longer you keep it, the more sugar will change to starch. Store sweet corn in its husk in a plastic bag in the refrigerator.
You may find that some of the ears have ends with very small, immature kernels, and, a little further down, the kernels are suddenly much bigger. This is a result of uneven fertilization. Corn silk is a conduit that helps each kernel of corn develop. If some of those strands are not pollinated, some of the kernels will not form. Bugs can also interrupt fertilization when they eat the corn silk, which is why commercial farmers spray insecticides.
This year, we have 3, different plantings of sweet corn. This one is the biggest, but there's more coming on. Something to look forward to.
I like to like to cook my sweet corn with a cup of water in a skillet, a teaspoon of salt, then the husked ears. Bring the salt water to a simmer, cover, and cook for 5 minutes. Turn the ears with tongs, and cook for 5 more minutes. Ready for butter! Save the tasty corn water for soups or other recipes where you need a little stock.
Sweet corn is great on the grill. Leave the husk intact, and soak your corn for about 30 minutes in a bucket of cold water. Prepare the coals as usual, and spread them out over ½ or 1/3 of the bottom of the grill. When ready, place the ears on the grill rack directly over the fire. With a tongs, turn the ears a quarter about every 5 minutes. Don't worry if the husk gets charred, that adds flavor to the corn. When you've grilled all sides, move the corn to the cool side of the grill, and cook your meat on the hot side. You'll want to remove the bits of husk and silk from the rack first, tho. When the meat is almost done, pile the corn on a platter to cool a bit before serving. When it's cool enough to handle, remove the charred husk and enjoy.

This is the first week we've had a large enough broccoli harvest to give it to everyone. These plants have been in the ground a long time, during some very hot weather, and may taste pretty strong. We recommend cooking it before you eat it. To make this broccoli even milder, blanch it first, then proceed with any cooking you wish.

Be sure to wash your lettuce thoroughly this week: that ½" of rain on Sunday really splashed a lot of dirt onto it. We gave it an initial dunking in the tank, but it needs more.

Field Notes
After all the heat and humidity, a little rain was much needed, but the cooler temperatures were the most welcome.
We've been breaking thru the larger weeds with lawn mowers, string weeders and Chuck's new tool, a 2-wheeled, walk behind string weeder. He says it's exactly what we need for the weeds that get away from us. Go Chuck!
We were surprised to find lots of bell peppers forming on our plants, along with the spicy peppers we put into this week's box. Several have grown to good size, but are still thin-walled, not yet ready to pick. We started our plants early this year, and had larger transplants to put into the ground in June. This is paying off with earlier peppers.
Peppers are susceptible to sunburn. When this happens, the sunburnt spot turns beige, then brown, then black, and dries up. Eventually, it cracks open

and insects enter. While this is happening, the plant tries to mature that fruit so it can propagate itself thru the seeds. That's why you often see a sunburnt pepper with a blackened area on it that's a decent size and even turning red. The leaves on a pepper plant are there partially to shade the fruit from getting too much sun.
Bell peppers are 2-3 weeks away from finding their way into your box.
The same problem occurs on tomatoes, causing a light red to beige area of sun damage. The flesh underneath can be just fine to eat, but the beige area should be cut out and composted.
This year's tomato crop looks good so far, with the fruit slowly turning red. I think we're about 2 weeks away from putting them in your boxes.

And that's it for this week.
Enjoy this milder weather!
Terry & Chuck