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Box #10
Even Week
2 September 2020

Contents

Cilantro: Couple & EOW Shares Only
Dill: Family Shares Only
Carrots: Orange & Purple
Cauliflower: Cheddar or White
Garlic
Kale: Green Curly
Lettuce
Pears
Peppers: Carmen, Hungarian Hot Wax
Tomatoes: Juliets, Slicers

New Stuff: kale, pears
Choice Box: peppers, tomatoes

Kale is highly nutritious, loaded with vitamins A, B, C, calcium and many minerals, and has the highest protein content of any cultivated vegetable. It keeps for a long time in the fridge, but you'll get the most nutrition from it if you use it soon, and eat it raw. Check online for a "green drink" or smoothie incorporating kale.

Kale will stay hydrated best inside a plastic bag with just a little water on it. To prepare kale, remove most of the center rib (very fibrous), then chop up as your recipe indicates. Depending on the size of the pieces, kale will cook in 10-20 minutes. You want it soft, just a little chewy but still green in color.

The curly green kale tends to be a bit on the bitter side (good for the heart). If a little bitterness is not to your taste, remove that by blanching the leaves in boiling water for 2 minutes, then proceed with whatever recipe you wish. Frost tends to sweeten the taste of kale, or, at least makes it less bitter. In some years, one type of kale will be considerably milder than another, for no discernible reason. Young kale leaves are usually sweeter and milder than older ones.

You may find some leaves with small holes or rips due to insect damage. They do not affect the flavor, but you should use those leaves first.

We have a few varieties in the ground this year: green curly, red curly, red Russian and white Russian.

Here's a great way to use kale:

Kale Chips

Preheat oven to 350ºF.

Cut out the stems & center veins of a large bunch of kale. Chop the kale roughly into 1"-1½" pieces, wash and spin them as dry as you can. (You may have to do that step in batches.)

In a large bowl, stir together:

2 Tbsp. olive oil
Kosher salt or sea salt
freshly ground pepper

Toss the kale pieces in the mixture until all are coated. Line a rimmed baking sheet with aluminum foil or parchment paper. Spread the kale out on the baking sheet as evenly as possible. Bake for 10-15 minutes, or until the leaves are very crispy. They will shrink some. Remove from oven, cool for 10 minutes, and enjoy.


One of our cats, Saffron, watches Terry and Will pick pears Tuesday.

When we bought our farm in 2002, we got an orchard of approximately 85 trees as part of the deal. In that orchard are 13 **pear** trees, with the rest apple. The pears bear abundantly in good years, altho 2020 is more of an okay year. These pears are a mix of Bartlett, Spartlett, Lincoln and Delicious. Bartlett pears tend to have that classic pear shape: large with a rounded bottom and a defined neck. Spartletts are a

little larger. Lincoln is a smaller, shorter, rounder variety with a very short neck. Delicious is shaped like a small Bartlett.
Pears ripen best off the tree, at room temperature. A pear is ripe when the stem end yields to gentle pressure. They often lighten in color as well. I put mine in a bowl in my kitchen and check them daily. These pears will take 3-4 days to ripen, approximately. Refrigerating them delays ripening, but not forever. Because our pears are organic and unsprayed, few will look like the perfect fruit you see in supermarkets. Some will have dimples, or rub marks, or slight insect damage. We have tried to sort out the ones with any kind of damage that would make them inedible, tho. One thing I can say is that our pears, when properly ripe, are delicious. Certainly worth waiting for.

This year, Chuck and I planted Purple Dragon carrots—deep purple on the outside, orange on the inside. Yes, they taste differently from orange carrots. We enjoyed them most when we roasted a bunch. Let us know what you think.

The tomatoes are producing more than we expected. Everyone will have a nice quart of them this week.

Field Notes
Our crops really needed the drink this rain provided. Everything is bigger, greener, healthier.
The new zucchini patch is starting to produce some lovely fruit with good size. Chuck planted a nice, dark green zucchini, a all-yellow, and Zephyr—a yellow zucchini with a green end. We're hoping that, in a few weeks, the patch will produce enough to put them into your boxes.
The pepper plants are nice and green and full of peppers. Some of our bell peppers have even matured to red or yellow. That takes about 3 weeks after the younger, green pepper has reached its full size.

Enjoy this cooler weather!
Terry & Chuck