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Box #12
Even Week
16 September 2020

Contents
Brussels Sprout Tops
Cauliflower: Orange or Purple or White
Kale: Green Curly
Melons: Watermelon, Red or Yellow
Peppers: Carmen, Hungarian Hot Wax
Radishes: Daikon or Red
Tomatoes: Juliets, Slicers

New Stuff: Brussels sprout tops
Choice Box: tomatoes, peppers, ?

If you're new to our CSA family, you've probably never eaten the **top** of a **Brussels sprout** plant before. No worries: it may be unusual, but it's really very good. It's all tender, so eat everything: the leaves, the stems and ***especially*** the stalk. Wash the tops thoroughly before using. You can eat them steamed, sautéed, stir fried, in soup--anything you put greens in you can put these in. Steaming is my favorite, followed by sautéing with bacon. Choose your favorite method and enjoy!
Store these greens in the plastic bag they come in, and enjoy them within 3-4 days. Cabbageworms enjoy the leaves as much as we do, so you may find some.
One of the techniques for growing Brussels sprouts with nicely-sized sprouts is to break off the top of the plant at a certain point in its development. Without its top, the plant puts more energy into forming sprouts and not in growing upwards. Breaking the tops off Brussels sprouts is rather labor intensive. Several years ago, we gave this job to our Hmong crew, and watched with amazement while they stuffed the tops into garbage bags, and hauled them to their car (we always threw them on the ground). The next week, they brought lunch and we got to taste what all that foraging was about. Wow! Sweet, tender, especially the stalk. Who knew? We've been eating them ever since and sharing with our CSA members.
Chuck planted several different kinds of cauliflower a few months ago, and the field is ready to cut. Luckily, there are 3 colors out there, which make it more fun. So, what will be in your box?

I promised you some tasty kale recipes and I intend to make good on that promise. Here's a good story from CSA member Jeff back in 2007:
"I'm not sure that this is something that would be of general interest, but it's the only kale recipe that I've ever known and I thought you might enjoy the story. My parents are from the Netherlands and grew up during "the war" under German occupation. Some of the few things that were readily available were potatoes, onions, waste cuts of pork and kale. A coarse mashing of boiled potatoes, onions and kale is known as Boerenkool (Farmer's Kale). The lesser cuts of pork became bacon and bacon grease was the dressing for Boerenkool. Mom eventually took to laying a pre-cooked sausage, like Kielbasa, on top of the Boerenkool to warm up before the meal began. We six children didn't really care for Boerenkool, but, as adults, we never miss an invitation to have it now."
Jeff didn't have a recipe, but I found many variations online. This is a very easy dish to put together, and one that doesn't need exact measurements. The more ingredients you put into the casserole dish, the more people you can feed.

Boerenkool
makes one high-calorie dish
Into a casserole dish or Dutch oven, put:
a layer of potatoes, scrubbed and cut up
a layer of onions, roughly chopped
a layer of kale, washed, stem removed and roughly chopped
-now pour in enough **beef or chicken stock** to come halfway up the potatoes. If you don't have stock, use salted water. Lay **ring bologna, Polska Kielbasa, brats** or some other sausage on top. Crank some **pepper** over everything, and cover. If you're using a casserole dish, put it into a 350°F oven. If you're using a Dutch oven, put it over medium heat and simmer until the potatoes are fork-tender.
While the potatoes et al are cooking, fry up:
½ lb. bacon, cut into ½" strips
-until crisp. Remove from heat, let cool a few minutes, and add:
3 Tbsp. butter
1 Tbsp. cider vinegar
-Swirl around the pan to melt the butter and mix.
When the potatoes are done, remove the sausage and cut it into serving pieces. Pour the contents of the skillet into your casserole/Dutch oven. Mash all the ingredients with a potato masher leaving them still lumpy. Adjust the salt and pepper, add the sausage pieces, and enjoy!

Kale Salad with Cheddar and Apple

in a large bowl whisk together:

2 tablespoons fresh lemon juice
1 small garlic clove, minced
5 tablespoons extra virgin olive oil
Salt and pepper to taste

Add: **4 cups kale, stems removed, washed, finely chopped**

-toss kale with dressing and let sit for at least an hour. This softens and milds the kale as well as infusing some of the flavor of the dressing into the leaves.

When you're ready to serve the salad, add:

2-4 tablespoons coarsely chopped toasted almonds
1 apple, grated
2 ounces sharp Cheddar cheese, grated

Garnish with: **freshly grated Parmesan**

Braised Cauliflower

In a Dutch oven large enough to cover the cauliflower with a little to spare, on high heat, put:

3 Tbsp. olive oil

Add: **1 Lg. onion, coarsely chopped**

-sauté until the onion just starts to brown, stirring constantly.

Add: **3-4 garlic cloves, coarsely chopped**
1 tsp. chili powder
1 tsp. paprika/smoked paprika
4 anchovies, chopped ***optional***
1 tsp. capers ***optional***

-sauté until the garlic just starts to brown, stirring constantly—this won't take long.

Add: **25 oz. can chopped tomatoes (3 cups)**
1 Tbsp. red wine vinegar
1/3 cup Kalamata olives, pitted and halved
¼ cup chopped basil or parsley
Kosher salt and freshly ground pepper to taste

-stir to mix, then add:

1 lg. whole head cauliflower, core removed

-ladle some of the sauce over the cauliflower. Turn the heat to low, cover, and simmer until the cauliflower is tender, 30-40 minutes.

Chuck and I had a poor melon harvest this year. Add in the zucchini and cucumbers not doing well, we were feeling guilty, so decided to buy enough melons for one more box. Ray and Carol Knapp farm close by, growing a number of red, seeded watermelons, and that's what we purchased. All the Couple and EOW Shares will get a red, seeded watermelon. The Family Shares will get either a red, seeded watermelon, or our yellow, seeded watermelon.

The radish patch didn't quite produce enough for this week's boxes, so we raided the daikon radishes to make up the difference. Daikon are long and white with lots of green leaves. There are just a few daikon bunches, most of you will get red radishes.

Field Notes

1.75" of rain. Pretty muddy out there.

We're looking forward to an extended stretch of dry weather and sun to help our vegetables mature.

The slicers in our tomato patch are succumbing to bacterial speck, but the Juliets are still going strong. We'll keep tomatoes in your boxes as long as we can. If there are any extra, we'll let you know.

Our Brussels sprouts look great. Many plants already have small sprouts on them. With a month left to grow, they should be good sized by mid October. We prefer to cut our Brussels sprouts after we've had a few frosts. The plants are frost-hardy, and the sprouts get sweeter with each frost. Brussels sprouts generally go into the last several boxes.

Chuck and crew were out in the winter squash clipping the stems on all the squash that was mature. We clip the stem that attaches the squash to the plant and leave the squash out in the sun so the stem dries. Sunlight does a far better job of sealing those stems than anything else, and helps prevent bacteria and fungus from travelling inside the squash, rotting it from the center out.



We were picking peppers for the farmer's market last Friday, and had to take this picture—they were so beautiful! Next week, there may be enough bell peppers to put them in your boxes as well.

Have a great week!

Terry & Chuck