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Box #14
Even Week
30 September 2020

Contents
Beets: Red or Chioggia or Mixed
Broccoli
Cabbage
Lettuce: Red Leaf
Peppers: Green Bell, Hungarian Hot Wax
Tomatoes: Juliets, Slicers
Winter Squash: Delicata or Orangeti Spaghetti
Zucchini: Couple Shares Only

New Stuff: Delicata squash
Choice Box: peppers, tomatoes, ??

Delicata squash is a small, oval, yellow winter squash with green stripes. It has a large seed cavity and delicious flesh. Its small size makes it great for splitting in half, baking and serving as is with a little butter. You can certainly add brown sugar, cinnamon, etc., but you may not want to: Delicata is just that good.
All of the Family Shares and most of the Couple/EOW Shares will get an Orangeti spaghetti squash. This is a new variety for us, so please let us know how you like it.

My request for beet recipes garnered lots of replies. Here are a few of them:
From Sandy, a salad: "I do beets, arugula or spinach, feta cheese, chopped walnuts, drizzle some balsamic vinegar over it."
From Paul: " I like to dice or shred them (match the potatoes) and make multicolored hash browns."
From Rachel, "My whole family likes this beet burger recipe:"
Beet Burgers
2 medium beets, peeled (about 2 cups; 300 g)
1 cup (95 g) walnuts
1/2 cup (45 g) rolled oats
1/4 cup (25 g) ground flax seed
2 cloves of garlic
1 teaspoon dried rosemary
1/2 teaspoon dried thyme
1/4 teaspoon cinnamon
1/4 teaspoon cayenne (optional)
1/2 teaspoon sea salt
1 cup (170 g) white beans*, rinsed if using canned
1 tablespoon low-sodium tamari
Preheat the oven to 375F and line a baking sheet with a silicone mat, parchment paper or aluminum foil.
Finely grate the beets using a food processor attachment or handheld grater. Set aside. Quickly clean out the processor, then re-attach it to the base with an S-blade attachment. Add the walnuts, oats, flax, garlic, all dry spices, and salt. Process until a slightly coarse flour forms.
Add the shredded beets, beans, and tamari to the food processor and blend until combined, scraping the sides of the device with a spatula as necessary. It's okay if there are still some pieces of beans or beets left – this will add texture!
Scoop out the burger "batter" to form patties; I used a ½ cup measure to make 6 large patties. Use slightly damp hands to flatten and shape the burgers, then place on a baking tray.
Bake in the middle rack of the oven for 20 minutes, then flip the burgers and bake in the *top* rack of the oven for 15-20 minutes, until the edges are crispy and slightly browned.
Serve as desired; leftovers will keep in the fridge for up to 5 days, or can be frozen for up to two months.
NOTE: The ground flax seeds act as a binder in this recipe, replacing the egg-and-breadcrumb mixture we usually see in things like meatloaf. If you don't have ground flax seeds (not whole), substitute a similar amount of cornstarch, potato starch or tapioca flour.

This broccoli patch is producing some enormous heads—some over 2 lbs. We had to cut some of those in half in order to get enough portions for our Couple/EOW boxes.

Similarly, one of our cabbage cultivars grew much larger than the other. We cut some of these extra large heads in half to portion them for our Couple/EOW boxes.
Here's a recipe from Russia that sounds an awful lot like the one my mother used to make:
Cabbage Rolls in Tomato Sauce (*golubtsi*)
Trim about 12 cabbage leaves. (The book doesn't say what "trim" means but the thick central stem makes the leaves hard to roll, and having leaves that are about the same size is rather nice for your final result.) Blanch the leaves in a pot of boiling water for 5 minutes. Transfer hot leaves to a bowl of ice water, then drain well.
In a skillet, melt: **2 Tbsp. butter**
Add: **1 large onion, chopped**
-sauté until the onion is transparent. Put into a bowl with: **1 lb. ground beef**

1/2 lb. ground pork
1 cup cooked rice
2 Tbsp. fresh parsley, chopped
1 egg
Salt and freshly-ground pepper

-mix thoroughly.
To fill the cabbage leaves, lay them out flat and put a quantity of filling on them near the top of the leaf. Fold the top over the filling, then both sides, then continue rolling towards the bottom of the stem. To keep them from unrolling, you can tie each cabbage roll with string or stick a toothpick thru it.
In a large skillet, melt: **4 Tbsp. butter**
- sauté the cabbage rolls until lightly browned, about 5 minutes Reduce heat to low, cover pan and cook gently for 30 minutes. Remove from pan, discard string and arrange on a heated platter. Keep warm.
To this pan add: **2 Tbsp. flour**
-whisk over moderate heat about 2 minutes.
Add: **1 1/2 cups tomato juice**
-bring to a boil and cook until thick. Reduce heat.
Add: **1 cup sour cream**
1 tsp. dill weed
Salt and freshly-ground pepper
-heat until sauce is steaming but not boiling. Pour sauce over the *golubtsi* and serve.

The tomato plants are succumbing to disease, and are about ¾ dead. This may be the last time we are able to put tomatoes in your box. If there are any next week, they'll be mostly green. You'll notice some tomatoes are light red to partially green. We picked some plants clean of tomatoes that were a reasonable size. Leave these on your counter, and they will redden over time. They won't taste as good as a sun-ripened tomato, but they'll be okay. For those of you who like fried green tomatoes, now's your chance.

Field Notes
We had rain Sunday afternoon and Monday. Some plants were looking dry, so they're much happier now. Fall is here.
Along with the cooler temperatures, we're expecting our 2nd frost Friday morning. This is good news for the Brussels sprouts, kale, lettuce and spinach. All can survive a frost, and all taste better after one. This is not such good news for the tomatoes and peppers. We may cover the tomatoes, altho the plants have deteriorated due to bacterial speck, with some being completely dead, so it may not be worthwhile.
We will definitely cover the peppers. Most of them look great, nice, green, healthy leaves, good fruit, still maturing nicely and worth saving.
Cabbage, broccoli and cauliflower can handle light frosts and be fine too.
We have a large beet patch in one of our NE fields which will be covered, altho the chard up there will not. Once we get past Saturday morning, the temperatures are supposed to rise for awhile. I'd like to enjoy a few more weeks of beets.

Time to end this newsletter and head to bed.
Have a great week!
TERRY & CHUCK