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Box #15
Odd Week
7 October 2020

Contents
Broccoli
Brussels Sprouts (on the stalk)
Brussels Sprout Leaves
Carrots: Orange
Garlic
Onions: **Red Storage—Couple Shares**
Red Storage and Red Torpedo—Family Shares
Peppers: **Green Bell—Family Shares**
Green Carmen—Couple Shares
Potatoes: Rose Gold
Winter Squash: Honeynut

New Stuff: Brussels sprouts, Brussels sprout leaves
Choice Box: Peppers, winter squash, and ?

Brussels sprouts are one of those fall vegetables that taste better after they've been thru several frosts. These have been thru several frosts. Brussels sprouts also require a long time to mature, so we plant them by mid-May at the latest. They are grown mainly for the edible buds, or "sprouts", but the leaves are good too (as you already know). You may notice that the sprouts grow up the stalk in a spiral pattern. Most of the sprouts will be firm, but sprouts at the top and bottom of the stalk may be loosely formed. Nothing wrong with that, they're still edible and taste great.
Brussels sprouts (*Brassica oleracea*) are part of the cabbage family and native to the Mediterranean. They first appeared in northern Europe in the 5th century. European farmers cultivated them around the 13th century, and they became very popular in the Netherlands and Belgium, especially around Brussels, hence the name.
Brussels sprouts are high in vegetable proteins, carbohydrates, vitamins A, B_6, C and K, dietary fiber and minerals. Their flavor and nutritional value are best when used soon after harvest.
To store, cut or snap the sprouts from the stalk and place them in a plastic bag. They will keep for a week or longer in the crisper drawer in your fridge.
Before cooking Brussels sprouts, trim the bottom, then peel off and discard any yellowed or damaged outside leaves. You can cook them whole or halved (my preference). Despite some claims, I do not find they cook faster if you cut an X in the bottom—it just takes longer to get them into the pan. Because of their stronger flavor, I prefer Brussels sprouts cooked until they're tender all the way thru, but still retain a nice, green color. I use 2-3 tablespoons of butter, some salt and pepper, a skillet on low heat, covered. Stir them a few times, let the edges brown to caramelize their sugars, and cook them 10-15 minutes or so, until just soft. Or, try them roasted, just like beets. Brussels sprouts are also good in soups, stews and pot roast.
Expect to see them in these last, 4 boxes.
The leaves also improve after several frosts. To prepare them, wash the leaves, remove the stem, and chop as you prefer. A little bacon, salt and pepper, cook them until the leaves are tender, and you have some good eatin'. Here's a recipe with sausage:

Brussels Sprouts with Chorizo
In a wide skillet, over medium-high heat, warm:
2 Tbsp. extra-virgin olive oil
Add: **8 oz. Spanish chorizo, chopped in 1/2-inch pieces**
Let chorizo sizzle for a minute or so and mash with a wooden spoon until it crumbles and releases some of its fat. Cook, stirring, until slightly browned, about 2 minutes more. Use a slotted spoon to remove chorizo and set aside. Leave oil bubbling in skillet.
Add: **1 ½ pounds Brussels sprouts, trimmed and sliced in half**
Salt and pepper
3 garlic cloves, minced
½ tsp. pimentón (Spanish smoked paprika)
Stir to mix thoroughly, turn heat to low, cover and cook until sprouts are tender and lightly browned, about 15-20 minutes. Stir now and then during cooking.
When Brussels sprouts are tender, return chorizo to pan and cook, stirring, 2 minutes more. Sprinkle with parsley and transfer to a serving dish. Serve hot.
NOTE: If you don't have chorizo, any sausage or ground meat will do.

Red, storage onions are round, and a deep purple-red. As you may recall, we did not stay on top of the weeds in our onion beds this year, so our onions did not get very big. This bag of onions is the last you'll get this year. Couple and EOW Shares contain the round, red storage onions. Family Shares have mostly round, red storage onions, 1 or 2 yellow onions, and some red, torpedo onions.

This week, the Couple and EOW Shares are getting green Carmen peppers, while the Family Shares will receive a bag of small, green bell peppers. If you like

to make stuffed peppers, these are a good, single-serving size.
Chuck and I are trying a new type of butternut squash called "honeynut". It's been bred to be small (easier to fit into a CSA box), a bright orange color, and sweeter than your usual butternut. Please let us know what you think of it.
Because they are small, cutting them in half and baking will yield a quick, easy vegetable side. Another way to use them is to peel the skin off, cut in half, remove the seeds, and cut up for a stir fry, vegetable medley, or steaming. Be sure you cut off all the whitish part under the skin—it's very fibrous.
Here's a recipe our friend Wendi made for us--a new favorite:

1 Pot Cheesy Squash Pasta

In a large pan or medium pot, put:

4 cups chicken or vegetable stock
1 ½ cups peeled and cubed butternut squash

-Bring to a boil, turn down to a simmer, and cook the squash until it is very soft. Puree with a hand blender.

Add: **1 medium onion, minced**
3 garlic cloves, minced
¼ tsp. red pepper flakes, *optional*
¼ tsp. salt
¼ tsp. freshly ground pepper
1/8 tsp. nutmeg
1 lb. pasta, such as farfalle, penne, etc.

Put pan back on the stove, bring to a boil, stir to mix ingredients thoroughly, turn down to a simmer, and cook, covered, until pasta is *al dente* (check package directions for cooking times).

Now Add: **2 Tbsp. butter**
4 oz. cream cheese, cubed

-Stir until cream cheese is melted. Add salt and pepper to taste. Serve immediately.

Top with: **chopped parsley, chives, etc.**

NOTE: You can use any kind of winter squash to make this sauce: each will give it a different flavor. To save time, open a can of pumpkin puree (NOT pumpkin pie filling) and measure out **1 cup** to replace the cubed, raw squash. Then you add the rest of the ingredients, including the pasta. Save the butter and cream cheese until the end. Cooking the pasta in the sauce enables the pasta to absorb the flavors of the sauce, making an even better dish. And, no grated cheese necessary.

Field Notes

After a week of on and off rain and a few frosts, we hope to enjoy about 2 weeks of mild, glorious weather. A second Indian Summer? We'll take it.
Altho the tomatoes are done, everything else should continue to grow with these warmer temperatures. Shorter days affect plant growth, so they will not grow as fast.
We covered the peppers, and they made it thru the frost just fine. Some top leaves and flowers were damaged, but nothing important. So, we'll have peppers for a week or 2 yet.
We have several beds of carrots we're eager to dig and put into the last, few boxes. Chuck planted some yellow ones, which I really enjoy. The 2nd patch of beets is looking good. Chuck planted some (very late) white turnips—fingers crossed on those.
Leeks are still waiting to be harvested. Our plan is to put them into the last, 2 boxes.
Another bed of cauliflower is starting to form heads. Looks like we'll be tying it soon. I believe Chuck planted all white varieties.
All in all, the vegetables look good.

Have a great week, everyone!

Terry & Chuck