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Box #16
**Even Week**
14 October 2020

**Contents**
Parsley: Italian Flat Leaf
Brussels Sprouts
Brussels Sprout Leaves
Carrots
Garlic
Lettuce: French Crisp and Romaine
Peppers: Bell, Hungarian Hot Wax or Jalapeño
Potatoes: Mixed
Winter Squash: Butternut

**New Stuff:** parsley
**Choice Box:** it's a mystery . . .

**Parsley** has often been touted as a breath freshener, but did you know it helps relieve indigestion? Chinese medicine uses parsley to remove heavy metals from the body. It's also packed with vitamins A, C and plenty of minerals, especially iron.
Chefs generally prefer flat leaf parsley, saying it has better flavor. Frankly, both the curly and flat leaf parsley grown on our farm taste about the same to me. We normally grow a big bed of both curly and flat leaf parsley so we can put it in our CSA boxes periodically. Parsley is hard to germinate, and ours dropped to about 10% this year-- that's with new seed. So we had to find another farmer with extra plants. That's how we came to grow just flat leaf "Italian" parsley. We couldn't buy a lot of plants, they grew very slowly, so we haven't had enough for everyone until now. At this time of year, with colder temperatures and shorter days, you are unlikely to get it again.
The Brussels sprout stalks look better this week, fuller, with a few more sprouts. Some stalks are so long, we have to cut them in half so they'll fit into the box.
Here's an unusual recipe Cindy, one of our Worker Shares, sent me several years ago. Make this one the day before you want to eat it:

**Raw Brussels Sprout Salad**
Hands-on time: 20 minutes
Time to table: 24 hours
Makes 2 cups
2 cups shaved Brussels sprouts, from about 10 medium sprouts
6 tablespoons fresh lemon juice, including the pulp if possible
1 tablespoon good olive oil
Salt and freshly ground pepper, be generous
3 tablespoons grated Romano cheese
3 tablespoons toasted pine nuts or toasted walnuts
Mix shaved Brussels sprouts, lemon juice, olive oil and salt and pepper, tasting as you go and adjusting to taste. Stir in cheese and pine nuts. Cover and refrigerate for 24 hours, stirring occasionally. Bring back to room temperature before serving.

Altho this recipe calls for kale, any kind of greens will work. especially those Brussels sprout leaves.

**Kale and Butternut Squash**
In a Dutch oven over medium heat, put:
**2 Tbsp. olive oil**
**2-3 cups butternut squash, peeled, seeds removed and cut into ¾" pieces**
-Cook, tossing occasionally, until squash starts to soften, about 10 minutes.
Add: **1 cup vegetable or chicken broth**
**1 Tbsp. whole-grain mustard**
**¾ tsp. kosher salt**
**¼ tsp. freshly ground pepper**
-Mix to distribute mustard.
Now add: **1 bunch kale, stems removed, chopped coarsely and washed, about 10 cups, loosely packed (or use whatever you have)**
-Simmer, covered, stirring occasionally, until the kale is tender. Serve.

And the lettuce is back. You wouldn't think it, but lettuce can survive several light frosts when it has its feet in the ground. The flavor also improves, getting sweeter. This should be some of the best lettuce of the year.

**Field Notes**
We got about ½" of rain on Monday, and a short shower Tuesday morning. The soil has dried out considerably, so a little moisture was welcome.
The long-term weather forecast is for the nighttime temperatures to take a dive Friday morning. It looks like we'll be in this freeze-thaw pattern for the next 2 weeks or so, with daytime temperatures in the 40's and 50's. If those temps don't dip into the mid-to-low 20's, we can cover our late crops of broccoli and cauliflower with row cover, and hope for some growth that would yield a harvestable crop.
Row cover is a wonderful thing. This lightweight, polyester fabric keeps the vegetables underneath it warmer, and protects them from hail and heavy rain as well as light frosts. We use a lot of row cover at this

time of year.  Here's a picture of how it looks when covering crops.



The trick to spreading it out over a crop is to lay it out on the windward side of the bed.  Then, anchor it to the ground with soil, weights or pins.  Lift the row cover up so the wind can take it, and let the wind unfurl the rest.  Finally, you secure the leeward side of the cover with more soil, weights or pins.  If the weather turns consistently warmer, you can uncover the crop and leave the windward side anchored to the ground.  When the weather changes to colder, simply recover the crop.

The packing crew wants to make 2 requests:
1.  Please bring your wax boxes back to your pickup site quickly so we can ensure a steady supply for Wednesday mornings.
2.  Please be careful when unfolding your box.  We've been finding some seriously ripped tabs on the bottom of several more boxes.  The produce is heavier this time of year, so a box with a ripped tab can't hold the weight of these heavier boxes.  Thank you!

Have a great week.

*Terry & Chuck*