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Box #4
Even Week
21 July 2021

Contents
Beets: Mixed, Mostly Red
Broccoli
Carrots
Green Beans: Family Boxes Only
Kale: Green Curly
Kohlrabi
Lettuce: Mixed Types
Sugar Snap Peas
Zucchini

New Stuff: Green beans, zucchini
Choice Box: ?

Late last week we looked thru a weedy bed of **green beans** hoping for some to pick, and found 12 lbs. There were more ready on Monday, so we got just enough to give some to the Family Shares, but there's more to come.
Store your beans in the plastic bag they come in in your refrigerator, and use them soon. Green beans contain vitamins A, B_1, B_2, calcium and potassium. Interesting note: fresh beans are not as high in protein as dried beans. Terry's Favorite Way To Cook Any Vegetable is an excellent way to cook beans. Wash them, snap off the stem end then proceed with your recipe. A friend once showed me how much quicker it is to simply break a green bean into smaller chunks than it was to use a knife. Another method is to roast them. Use the Roasted Beets recipe in newsletter #2 as a guide and check them after 10 minutes (or sooner).

Zucchini contains a lot of water—about 94%--is low in calories, easily digested, and a good source of vitamins A, C, potassium and calcium. Store zucchini in the vegetable drawer in your frig—it should keep 4-5 days or longer.
A common problem with zucchini is poor pollination. Since insects move the pollen from the male flowers to the female flowers, plenty of insects mean plenty of pollination. Many of you know that the bee population has decreased dramatically in the last 10 years due to neonicotinoid insecticides, parasites and habitat loss. When the insect population is low, pollination suffers causing some fruits to be badly formed, with one end narrow and pointy instead of sausage shaped. Some of you may get zucchini with this configuration. Simply cut off the pointy, soft end and use the rest.
Breeders have come up with a type of zucchini that does not require pollination to produce fruit. They call these "parthenocarpic" fruit. This year, we're trying out a parthenocarpic zucchini. So far, I can't tell the difference: we're still finding some poorly-formed fruit among the good ones. But they taste good. Zucchini will be a constant, but not overbearing, item in your boxes for many weeks.
Zucchini tastes especially good on the grill. Simply slice into planks, brush with olive oil, sprinkle with salt and pepper and grill until soft.
Or, try this recipe:
Baked Parmesan Zucchini Sticks
Preheat your oven to 350 degrees F.
In a small bowl, put:
½ cup grated Parmesan
½ tsp. dried thyme
½ tsp. dried oregano
½ tsp. dried basil
¼ tsp. garlic powder
In a medium bowl put:
2 Tbsp. olive oil
Add: 4 small zucchini (or the equivalent), quartered lengthwise
Toss to coat zucchini evenly. Add cheese/herb mixture to zucchini and toss together.
Place zucchini on a rimmed baking sheet lined with aluminum foil or parchment paper, spreading them out in a single layer. Place in oven and bake until tender, about 15 minutes. Then, broil 2-3 minutes until crisp and golden brown. Serve immediately. Garnish with parsley, if desired.

And now it's time for **Terry's Favorite Way To Cook Any Vegetable**: Get out a 9"-10" skillet with a lid. Put it on a low flame and add **2 Tbsp. butter**. Add the vegetable(s) you want to the skillet, some **salt and freshly-ground pepper**. Stir, cover and cook until you reach the desired doneness, stirring a few times along the way.
I think this simple method brings out the purest flavor of the vegetable you're cooking. When you know what something really tastes like, you can make better choices when combining it with other vegetables.
CSA member Sandy M. sent me this recipe a few weeks ago. She enjoyed it over sautéed chard:
Fresh beets are roasted, then sliced and pickled in vinegar, celery seed and salt for a delicious and easy side.
Beet Relish
2 pounds (907g) whole beets, washed and cut into large, even chunks

1 cup (237ml) apple cider vinegar * see note
½ cup (64g) granulated sugar * see note
¼ teaspoon celery seed
½ teaspoon salt
½ teaspoon cornstarch
Preheat oven to 400°F.
Take 1 large piece of foil and wrap the beets tightly together, sealing the foil well. Roast for 1 hour or until tender.
While the beets are roasting, add the vinegar, sugar, celery seed and salt to a medium saucepan. Over medium heat, bring the mixture to a simmer until the liquid is reduced by half. Mix the cornstarch with 1 teaspoon water and whisk into the vinegar. Simmer until thickened and remove from the heat.
Remove the beets from the oven and leave to cool in the foil for 20 minutes this will give the steam time to dissipate and will prevent any steam burns.
Cut the cooled beets into thin slices, and then into thin matchsticks, then chop into fine pieces. Put into a bowl.
Pour vinegar mixture over the beets, mix well.
Allow to sit at room temperature before refrigerating.
Transfer to warm, clean jars.
** To make the relish less sweet and a bit more vinegar-y, use 1/4 cup of sugar and keep the vinegar at 1/2 cup.*

I can not leave this section without giving you another kale recipe. Chuck and I love this one:

Kale & Lentils with Tahini Sauce

In a small saucepan, put:
2 cups water
1 cup lentils, picked over and rinsed
¼ tsp. turmeric
¼ tsp. ground coriander
-Cover, bring to a simmer, and cook until the lentils are soft but still retain their shape.
While the lentils are cooking, whisk together in a large bowl: 2 Tbsp. tahini
2 Tbsp. lemon juice or wine vinegar
2 Tbsp. olive oil
¾ tsp. kosher salt
¼ tsp. pepper
When the lentils are done, whisk 2-3 Tbsp. of the remaining water in the pan into the sauce. Drain the lentils and add to the bowl. Toss with sauce.
Into a skillet, put:
¼ cup water
1 bunch kale, washed, center rib removed and sliced into thin strips
-Simmer, covered, for 6-8 minutes, until kale is tenderer but still green—water will probably cook away about the time the kale is done. Add kale to bowl and toss with lentils. Serve.

Field Notes

We got ½" of rain last week, but the soil soaked that up right away. It's still dry. Still no real rain in the forecast for quite awhile. The drip tape is going to be running overtime.
The sugar snap peas have developed a bad case of powdery mildew, and the plants are starting to yellow and die, so these are going to be the last for this season. I can't say I will miss picking them, but I will miss eating them.
The field crew just added another layer of support to our tomatoes. We use a "Florida Fence" to support these vines, making them easier to harvest and less likely to become diseased. We pound T-posts in the ground between every 3 plants, then tie twine to the first post, weave the twine between the plants, wind it a few times around the next T-post, and on the next section. Every so often, we turn around and go back, weaving in the opposite direction so the plants have support on both sides. We also keep the lower 6" clear of branches to allow air to flow freely thru the bottom of the plant, keeping it drier and less likely to develop a fungal disease.
The tomatoes went in rather late, so I reckon we're about 4 weeks from ripe ones.

Delafield site manager Dave Deaven helped us weed the leek patch Sunday afternoon. He finished twice as much as I did, champion weeder that he is. Thanks Dave!

Make-Up Boxes are starting to appear. I will bring the fact to your attention, that you are getting 2 boxes instead of 1, by highlighting your name and the number of boxes you're to take that week. Every-Other-Week members often choose to get their Make-Up Box on an off week, so I'll highlight those too.

Enjoy this week's box!
Take Care,
Terry & Chuck