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Box #6
Even Week
4 August 2021

Contents
Beets: Orange
Broccoli
Cabbage
Cucumber
Green Beans
Peppers: Green Bell, Jalapeño
Sweet Corn
Zucchini

New Stuff: cabbage, peppers
Choice Box: a little of this and a little of that . . .

Cabbage is one of the most widely eaten vegetables in the world. Raw, boiled, pickled or sautéed, we do love our cabbage.
Luckily, it's low in calories but still contains significant amounts of vitamins A and C, calcium potassium and magnesium. Different kinds of cabbage vary in the amounts of their vitamins and minerals: purple cabbage is higher in vitamin C, while savoy has more vitamin A, calcium, iron and potassium.
Traditionally, cabbage is considered a beneficial digestive aid and intestinal cleanser.
Store cabbage in your vegetable drawer, but don't remove any of the outer leaves unless they're starting to go bad. You can put it into a plastic bag, or not, it will keep well either way. Uncut, cabbage should store for 3 weeks to 2 months. If you use only part of a head, pare off any discoloration before using the rest.
When properly cooked, cabbage is delicious. One way to do that is to steam wedges for 5-7 minutes, then top with butter, salt and pepper. Go Italian with some grated Parmesan cheese, or be a good Wisconsinite and add grated cheddar. If you overcook cabbage, it turns an ugly gray color and has a sulfur smell.
Our poor, early cabbage beds got buried in the weeds, so the cabbage did not grow very large. In fact, some of it is teeny weeny (we've tried to give you 2, when they got that small). This was one of those situations where we have some of something, but not enough for everyone right away. We harvested some of this cabbage, then stored it in the cooler while the rest grew, at least in theory, larger. Tuesday we went out to see if it actually had. Well, some had and some, not so much. But we were able to come up with enough to put cabbage in all the boxes, stretch as it was.
Cabbage is one of the vegetables that actually seems to increase in volume after you cut it. This explains why a smallish head makes so much coleslaw.
Here is a recipe I love, that only needs some cabbage, not lots. The original came from Jacques Pepin.

Cabbage with Shrimp *serves 4*

In a large sauté pan over medium heat, put:
1 cup chicken or vegetable stock
Add: 4-6 cups cabbage, chopped into ¼"x2" pieces (any kind of green cabbage will work)
2 lg. cloves garlic, chopped coarsely
-Cook for 8-10 minutes, covered.
Add: 1 cup heavy cream
1 Tbsp. Dijon or brown mustard
¼ cup white wine (**dry**, not sweet)
-Stir and simmer for a few minutes to evaporate the alcohol.
Add: 12-16 oz. shrimp, shelled completely
salt & pepper to taste
-Stir, cover, and cook just until shrimp are done. Serve as is, over rice or noodles or whatever you like.
NOTE: I would not substitute 2% milk or anything else for the heavy cream in this recipe—the taste is worth the extra calories. And, cream does not curdle when boiled, so you can simmer your shrimp with an easy mind.
I've also made this with salmon filets and sea scallops, and it was just as good, altho you might want to increase the brown mustard a little bit.

Peppers contain high levels of vitamins A, C and E, as well as iron and potassium. To get the greatest benefit, eat them raw. Store peppers in your crisper drawer with the other vegetables. They should keep for about a week or more. If you can't use up a whole pepper in whatever you're making, keep the remainder in your frig and use it ASAP—the edges start to break down in 4-5 days.
When young, most peppers are green with thin walls and a sharp, slightly bitter taste. As they grow and mature, the walls thicken, green changes to red, orange or yellow, and they sweeten up. This color change takes an extra 20-25 days for most varieties, and is most noticeable in sweet peppers
Chuck and I planted several different varieties of peppers this year. Our sweet bell peppers are Olympus, Red Ace, Flavorburst and Sweet Sunrise.
In order to have a good supply of green bell peppers without robbing the patch of fruit that will turn color, we decided to plant a bell pepper to pick when it's still green, and let other cultivars fully mature. Olympus was our choice for that spot as it produces some

absolutely huge peppers. Red Ace is the one we'll let turn fully red before harvesting. Sweet Sunrise will be orange when mature. Flavorburst starts out as a light, green bell pepper with mild flavor, then turns yellow, and finally reddish. Yellow is when its flavor really punches up, so that's when we'll start picking. Believe me, you'll be glad we waited.
We always plant a sweet, Italian pepper called Carmen. It's long, cone-shaped and best when fully red. Carmen is probably the best-tasting pepper we grow, altho Flavorburst is giving Carmen a run for its money.
For the first time, we're growing Shishito peppers. They are light green, slender, wrinkled, and about the size of a large Jalapeño. Shishitos have become quite popular on the grill, or dry-roasted in a cast iron pan. Most of the time, they are sweet. Every once in a while, one will be spicy at about the level of a Jalapeño.
For hot peppers, we're growing only Jalapeños, in the medium range for spiciness. Jalapeños are a deep, glossy green that changes to bright red at maturity. To test how hot/spicy a pepper is, cut off the tip and hold the cut end to your tongue. If it's spicy, you'll know pretty quickly.

Orange beets this week for everybody. This is the beet that's milder and sweeter than red. Patch #2 is pretty mature, so we need to clean it out. Plus, patch #3 is almost ready to harvest, so time's a-wastin'. If you haven't tried them sautéed in butter yet, now's your chance.

Broccoli is going gangbusters, so we'll have it for a week or more.
Here's a recipe that may just get your kids to eat broccoli. Worth the time, and you'll have extra to freeze.

Broccoli Balls

Steam: 4 cups broccoli
-until tender.
Put in a food processor: 1 cup almonds, raw or toasted
-pulse in 1-second bursts until finely ground. Put into large bowl.
Now put the into the food processor:
steamed broccoli
¼ cup fresh basil leaves (or 2 Tbsp. dried basil)
¼ cup fresh parsley leaves
2-3 cloves garlic, peeled
and pulse in 1-second bursts until finely chopped.
Transfer to large bowl.
Add: 1/3 cup grated Parmesan cheese
1/8 tsp. cayenne pepper, *optional*
2 lg. eggs, beaten
½ tsp. kosher salt
freshly ground pepper
Mix all ingredients together thoroughly. Use a scoop to form balls, pressing down firmly to pack mixture into scoop, and space balls out on a sheet pan lined with parchment paper.
Bake in a 350 degree oven for 25 minutes, or until golden brown.
Serve over cooked pasta with your favorite sauce.
Broccoli balls freeze beautifully.

Field Notes

Last week's storm came thru the farm late Wednesday night/early Thursday morning. We were lucky on a few counts: we didn't get any hail or straight-line winds, and the rain gauge said 1.75". That moisture soaked right into the ground and gave everything a boost. Yes, we could use more, but chances are slim on that score.
The tomatoes have really shot up. The field crew went thru and wove a Florida Fence thru the vines for the 3rd time. Keeping them supported lets more air and light into the plant, reducing the chance of disease. Plus, the tomatoes are easier to find and pick, and the fruit is cleaner.
We also wove twine around the tomatillo plants to keep them supported. They've reached the top of their stakes, and are full of flowers. Tomatillos have formed on the lower part of the plants, altho we're probably about 3 weeks away from harvest.
This may be the last time you get zucchini from us for a week or two, maybe longer. Many of the plants are dying from a disease, so there aren't many flowers, and thus fewer fruits. The drought hasn't helped. Chuck drip-irrigated them, and the healthier plants look a lot perkier. We'll have to wait and see.

Looks like we'll have temps in the 80's for a few weeks yet, but not much rain. Summer is still here.
Enjoy your box!

Terry & Chuck