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Box #7
Odd Week
11 August 2021

Contents
Beets: XL Red
Broccoli
Chard
Cucumbers
Garlic: Georgia Crystal
Lettuce: Green Leaf or Green Romaine
Peppers: Green Bell, Jalapeño
Sweet Corn

I'd just like to say: "Don't be scared of the big-ass beets." They are not tough, but tender. I've cooked plenty of these mongo beets before, and never found any to be tough to chew. I will say that it's a good idea to have a sharp knife to cut them up with. Scrub them, chunk them up and roast them. Then, turn them into something else, like the beet relish in newsletter #4, or the following recipe.
Our Delafield pickup site manager, Dave Deaven, loves to cook. Last year, he sent me this recipe. I expect the "4 beets" the recipe refers to are medium-sized, so, use 1 big-ass beet for the 4 beets here.

Pickled Eggs and Beets
A: 4 beets
B: 8 eggs, hard boiled, peeled
1 onion, sliced thin
C: 1 cup white vinegar
2 tsp. sugar
2 tsp. salt
1 tsp. pepper

1. Cover beets (A) with water, bring to a boil, reduce heat to low and simmer for about 30 minutes, or until beets are soft. (Or roast them instead.)
2. Place beets in cold water, remove skins and slice into ¼" thick slices.
3. Place B into jar, cover with A, and pour in C, topping off with water until beets are covered. Refrigerate for 48 hours before eating.

The chard has a rather tender leaf that can get damaged by heavy rain and hail. Some of the leaves in your bunch may show tears, indicating exactly this kind of damage. The tears are recent and do not affect the flavor, they just look, well, like tears. Use your chard sooner, if you can, and remember, both leaf and stem are delicious!

Asian-Style Chard
Wash chard and cut out stems. Grouping several stems together, cut into 1" lengths and set aside.
Pile leaves together, and chop roughly.
In a large skillet over medium-high heat, put:
1 Tbsp. oil
-and heat until it shimmers. Add stems, toss and cook 1-2 minutes.
Put in: chard leaves
2 garlic cloves, minced
-cook until leaves begin to wilt, 2-3 minutes.
Stir in: 1 Tbsp. soy sauce
2 Tbsp. hoisin sauce
-stir and cook until chard is tender, 2-3 more minutes.
Add: freshly-ground pepper to taste
Serve immediately.

I'm not sure if we've given you the hardneck garlic variety called "Georgia Crystal", when we were putting fresh, green garlic in your boxes. Here it is, all cleaned up and dried. The cloves will be larger and there will be fewer in the bulb than in softneck varieties. Georgia Crystal is a good garlic for cooking with and eating raw in salads and dips.
The corn harvest was a bit bigger this week, so there's a little more in your box.

Field Notes
Saturday evening to Sunday morning showered us with 5.25" of rain. More rain during the day on Sunday, and again on Monday, at least another inch. As I write this on Tuesday evening, we're getting more rain and strong winds.
Our rain dances have worked!
If anything out there is looking wilty, it isn't from lack of water.
The winds are a concern, as those can blow our precious transplants off the tables, flip the flats over and make the plants unusable. To prevent this, our flats and flats of transplants are safely stowed in either the greenhouse, the delivery truck, or tucked under a large table near the silo.
I talked about the tender leaves in vegetables like chard. Some lettuce varieties also have very tender, thin leaves. Red leaf is one of these. Chuck had planned to give everyone red leaf lettuce this week, but the rains shredded the outer leaves too badly. Green leaf and romaine are thicker and survived in better shape.

I'm keeping the newsletter short this week—it's been a long, hot and sweaty day.
Stay Cool,
Terry & Chuck