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Box #8
Even Week
18 August 2021

Contents
Basil
Broccoli
Chard: **All Couple Boxes**, **Some Family Boxes**
Cucumbers
Garlic
Lettuce
Kale: Most Family Boxes
Peppers: FlavorBurst or Green Bell or Red Ace
Radishes
Sweet Corn

New Stuff: Radishes
Choice Box: ?

The name "**radish**" is from the Latin *radix* meaning root. Radishes have been eaten for hundreds of years by the Egyptians, the Romans, the Greeks and on up the ages. Radish roots are mostly water with a few minerals, but the leaves, my goodness, the leaves are an excellent source of vitamins A, C and the B's. Radishes are often used as blood cleansers and digestive aids. The leaves have a spicy flavor, much like mustard greens. Flea beetles like them too, and are the cause of the small holes that give the leaves a lacey look. The holes do not affect the flavor of the leaf or the root. Wash both thoroughly before eating, and store in the vegetable drawer in the frig.

It was time to pick down the basil patch, and putting it in this week's box was the perfect solution. Harvesting



the leaves on a regular basis forces the plant to branch and produce more leaves, which will have better flavor. Then you harvest again. In between, you pinch off the flowers and flower buds so the plant can not complete its life cycle, because if it does, the leaves turn bitter.

We also did our best to find chard for everyone. Sadly, the patch did not have enough, so most of the Family Shares will get kale, either green curly, or red curly. The following recipe calls for Pardina lentils. These are a smaller, browner lentil than the larger, gray lentil that's more common. Pardina lentils cook faster and taste better (to me). If you use the large, gray lentils, increase the water to 2 cups.
If you don't have asafetida powder, leave it out, but the dish is better with it. Available at most Asian food stores.

Lentils with Greens
In a 2-qt. pan put: **1 cup Pardina lentils**
-run water into the pan until it's about an inch above the lentils. Stir them around with your fingers until the water is cloudy to remove any dust and grit they contain. Strain the cloudy water out.
Add: **1 ½ cups water**
½ tsp. turmeric
½ tsp. ground coriander
½ tsp. salt
-Bring the lentils and water to a boil. Reduce heat to a simmer, cover, and cook the lentils until they are done but not falling apart. Add more water if necessary.
When lentils are done, stir in: **1 Tbsp. butter**
-The butter will help keep the lentils from sticking together and add flavor.
In a 10" skillet, put: **2 Tbsp. oil**
2 Tbsp. butter
Add: **2 tsp. cumin seeds**
-Fry until cumin seeds turn a little browner.
Add: **¼ tsp. asafetida powder**
-Fry briefly.
Add: **15 oz. can chopped tomatoes**
1 tsp. ground coriander
1/8 tsp. cayenne pepper, *optional*
½ tsp. paprika
½ tsp. turmeric
1 tsp. salt
-Stir, cover and cook about 3 minutes.
Add: **½ to 1 lb. greens, chopped: chard, beet greens, spinach, kale, collards, mustard, turnip, etc.**
(If using chard, beet greens, or spinach be sure to chop the stems and use them too.)
-Cook, covered, until greens are tender. Time will vary depending on which type of greens you choose.
When done, stir in:
1 tsp. lemon juice
2 Tbsp. parsley or cilantro, chopped
¼ tsp. ground nutmeg
Hope for leftovers.

The regular cucumbers are doing great! Vines are healthy and producing lots of fruit. The thin-skinned cucumbers are not as prolific, and some of those plants have started to die.
Just in case you have more cucumbers than you can handle, here's a pickle recipe one of our CSA members sent us way back in 2013:
"[Here's] the recipe I used the week we got an abundance of cucumbers...it's called **Easy Refrigerator Pickles** and we found the recipe to not only be very tasty, but also very little fuss. We've also been enjoying the pickled onions that are a part of it on burgers, etc. The recipe is from an old Cooking Light magazine (2007)."
Ingredients:
6 cups thinly sliced pickling cucumbers (about 2 pounds)
2 cups thinly sliced onion
1 1/2 cups white vinegar
3/4 cup sugar
3/4 teaspoon salt
1/2 teaspoon mustard seeds
1/2 teaspoon celery seeds
1/2 teaspoon ground turmeric
1/2 teaspoon crushed red pepper (I used about 1/4 teaspoon and they still have a kick!)
1/4 teaspoon freshly ground black pepper
4 garlic cloves, thinly sliced
Preparation:
Place 3 cups cucumber in a medium glass bowl; top with 1 cup onion. Repeat procedure with the remaining 3 cups cucumber and remaining 1 cup onion. Combine vinegar and remaining ingredients in a small saucepan; stir well. Bring to a boil; cook 1 minute. Pour over cucumber mixture; let cool. Cover and chill at least 4 days. Pickles may be stored in the refrigerator for up to one month.
Note: At first, it doesn't appear that there is enough liquid to cover the cucumbers; however, by about 12 hours after you mix everything and it has a chance to sit in the fridge, there is more than enough liquid to cover everything. Also, I made sure to stir the mixture once a day for those first four days and the flavor was really the best after the fourth day."
You know, a few hot peppers might be an excellent addition to this recipe . . .

We're watching our peppers closely, waiting for some varieties to fully mature before we put them in your box. There weren't enough for everyone to get something new, so many of you will get green bell peppers. For those who are lucky enough to get a FlavorBurst, here's what it looks like: light green to lemon yellow, bell pepper shape. When they're light green, they taste like a mild green pepper. When FlavorBurst matures to yellow, it has a much better flavor profile. There are a lot of light green to yellow-green FlavorBursts in the field. It may take another week or 2 to find enough that are fully yellow.
Red Ace is a bell pepper that turns red when fully mature. We're growing these specifically to let them turn red before harvesting any. We found more Red Ace than FlavorBurst. Again, it may be 2 more weeks before we have enough for everyone.

This week's sweet corn is from our first planting, which is pretty well played out. The 2nd planting is coming right along, and we expect to harvest some of that next week. The raccoons have found it, so Chuck moved the electric fence to surround the next planting on Tuesday.

Field Notes
It's been dry since last week's storm. That 6.5" has soaked into the soil and the plants, and everything is the better for it.
We have cauliflower tying on the schedule for this week. To keep white cauliflower heads as light as possible, you tie the long wrapper leaves over the top of the head when it's about fist-sized, leaving room for the head to get bigger. Our early cauliflower patch is ready to tie.
The tomatoes are taking their time. I walked thru the beds Tuesday, and found lots of green and light green fruit, but almost no ripe tomatoes. Chuck and I were hoping to put them in next week's box, but it's not looking like that can happen. They're growing tho, and we also need to tie the next level in the Florida Fence that supports them.

Have a great week.
Terry & Chuck