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Box #10
**Even Week**
1 September 2021

**Contents**

Cilantro
Cauliflower
Cucumber
Lettuce: Red Leaf
Melon: **Yellow Watermelon: Couple Boxes**
**Muskmelon or Galia Melons: Family Boxes**
Peppers: FlavorBurst or Red Carmen
Sweet Corn
Tomatillos

**New Stuff:** cilantro, cauliflower, tomatillos
**Choice Box:** a variety

**Cilantro**, also called Chinese parsley, is a native plant from southern Europe all the way to India. It's used in many cuisines, particularly Asian and Mexican. Americans have come to love it also. There's nothing like chopped cilantro in a good bowl of salsa. Coriander is the name common to cilantro's seeds and is a staple in the spice cupboard of Indian cooks. Cilantro is the fruit fly of the herb world. Once it comes up, you can harvest it for about 3 weeks before it goes to seed. To keep a continuous supply in your garden, you have to plant it about every 3 weeks. Cilantro grows close to the ground, so, altho we've given it an initial dunk, wash it again before using. One method of storing cilantro is to wrap it in a damp paper towel, put in a plastic bag in your frig. Another is to clip the bottoms, stand the bunch in a glass with an inch of water, change the water every 2 days and keep in the frig. Cilantro will last about a week, properly stored. To keep it long-term, freeze the cleaned leaves in a zip-lock bag, and don't thaw them prior to using. Altho most herbs taste more intense when they're dried, cilantro loses its flavor when dehydrated, tasting nothing like the fresh version.

**Cauliflower** has no saturated fat, is low in cholesterol, high in dietary fiber, vegetable protein, vitamins C, K and B6 as well as many minerals. Research has found that regularly eating cruciferous vegetables (broccoli, cabbage, cauliflower, Brussels sprouts, etc.) may lower your overall risk of cancer. (Broccoli, cauliflower, Brussels sprouts and olives have the highest concentration of plant sterols that can lower serum cholesterol.)
Like broccoli, a head of cauliflower is a collection of small flower buds. If left to mature, small, yellow flowers bloom all over the head.
Store cauliflower in the refrigerator, inside a plastic bag. It should keep for a week or 2. The sprayer on your sink does a great job of blasting off dirt and other debris.

**Braised Cauliflower**

In a Dutch oven large enough to cover the cauliflower with a little to spare, on high heat, put:
**3 Tbsp. olive oil**
Add: **1 Lg. onion, coarsely chopped**
-sauté until the onion just starts to brown, stirring constantly.
Add: **3-4 garlic cloves, coarsely chopped**
**1 tsp. chili powder**
**1 tsp. paprika/smoked paprika**
**4 anchovies, chopped** ***optional***
**1 tsp. capers** ***optional***
-sauté until the garlic just starts to brown, stirring constantly—this won't take long.
Add: **25 oz. can chopped tomatoes (3 cups)**
**1 Tbsp. red wine vinegar**
**1/3 cup Kalamata olives, pitted and halved**
**¼ cup chopped basil or parsley**
**Kosher salt and freshly ground pepper to taste**
-stir to mix, then add:
**1 lg. whole head cauliflower, core removed**
-ladle some of the sauce over the cauliflower. Turn the heat to low, cover, and simmer until the cauliflower is tender, 30-40 minutes.

**Tomatillo** means "little tomato". It is shaped like a small tomato enclosed in a papery husk. The fruit starts out small and is completely hidden by the thin, green husk. As it grows, the fruit fills the husk and eventually splits it open. Tomatillos are a member of the nightshade family (solanaceae), as are tomatoes and potatoes. Its Latin name is *physalis philadelphica*. Another *physalis* member is the ground cherry, smaller, sweeter, and often used to make jam and pies. Tomatillos are a very good source of vitamins C, K, niacin, potassium, manganese and dietary fiber, and a good source of iron, magnesium, phosphorus and copper.
To store tomatillos, pull off the papery husk, wash off any dirt and the sticky residue from the husk under warm water (I roll 3-4 around inside my cupped hands so they bump against each other). Then, drain them briefly and put inside a sealable plastic bag. They'll keep 2 weeks in your vegetable drawer, and still taste good. You can use them raw in salads, put them in stir

frys, or in any number of Mexican dishes, like salsa verde or enchiladas.
The cultivar we're growing matures thru green to light green then light yellow, getting sweeter as it gets older. Most Mexican cooks prefer to use tomatillos when they're green, as they believe tomatillos have the best tart-sweet contrast at this stage. I prefer mine on the sweeter, more mature side, and they are perfect for this:

**Raw Salsa Verde** *Makes about 2 cups*

In a blender or food processor, put:

**1 lb. tomatillos, husks removed, washed and cut into quarters**
**1 tsp. chopped garlic (or more as you wish)**
**1 shallot or small onion, coarsely chopped**
**1/3 cup cilantro, roughly chopped, loosely packed**
**½ tsp. ground cumin**
**½ cup Anaheim or Italian pepper, roughly chopped, or 1-2 Tbsp. Jalapeño**
**salt & freshly ground pepper**

Process until the ingredients reach a fine consistency.
Serve with corn chips, in tacos, etc.
If you prefer the roasted version, try this:

**Roasted Salsa Verde** *Makes about 1 cup*

Turn on your broiler, or set your oven as high as it will go. Line a half sheet or jellyroll pan with aluminum foil.
Put on the pan in a single layer:

**1 lb. tomatillos, husks removed, washed and cut in half**
**1-2 Jalapeños, washed, halved, stem, seeds and/or ribs removed**
**1 small onion, cleaned and quartered**
**2 lg. garlic cloves, UNpeeled**

-Roast until the contents are slightly charred, 5-15 minutes or more, depending on the temperature of your oven. When done, remove from oven and let cool 15 minutes on a rack.
Peel the roasted garlic and put it and the contents of the pan into a food processor or blender.
Add: **1 Tbsp. lime juice (fresh if you have it)**
**1/3 cup fresh cilantro, loosely packed**
**salt and freshly ground pepper to taste**
Process until you've reached the consistency you desire: less for a chunky salsa, more for a smooth one. Taste and adjust the seasonings.

Late last week, Chuck harvested a lot of watermelons. Watermelons keep well in the basement of our barn, and don't ripen further once they're off the vine, so he wasn't worried about any getting overripe. On his circuit of the farm Monday checking on how crops were maturing, Chuck found a lot of muskmelons that were ready to pick. There were enough to give them to the Family Shares, extended by a smattering of those small, Galia melons. So, Family Shares will get either a muskmelon, or a couple of small Galia melons. Couple and EOW Shares will get yellow watermelon. Next week, the Family Shares will get yellow watermelon, and the Couple Shares will get muskmelon. (At least, that's the plan.)
Sweet corn is winding down, so this is likely the last time you will get it. Our last patch is fully mature and there were lots of ears to pick, so you're getting a lot of it.

**Field Notes**

Cucumbers are not producing as many fruits as previously. The older leaves are turning yellow, but the new growth is still a nice, dark green. We are experimenting with training the vines up a trellis, but this may make no difference to their overall health. We hope to be able to put cukes in your boxes for a few weeks yet, fingers crossed.
The tomatoes are ripening at last! We've never had to wait this long to pick tomatoes, and, frankly, are a bit confounded as to why they are so late. It's been dry, but we've drip-irrigated them. We planted them a little late, but we've done that before and still picked earlier. Whatever the reason is, you'll start getting tomatoes in next week's box.



Here's the Worker Share crew who helps harvest the vegetables in your box: Randa, Amy and Chris. A great team and fun to work with. We couldn't do it without them. Thank you!
Enjoy this cooler weather folks. We sure are!

Terry & Chuck