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Box #11
Odd Week
8 September 2021

Contents
Parsley
Broccoli
Garlic
Kohlrabi
Lettuce
Melon: **Muskmelon—Couple Only**
Watermelon—Family Only
Peppers: FlavorBurst
Tomatoes: **Cherry or Juliet—Couple Only**
Juliet and Slicers—Family Only

New Stuff: parsley, tomatoes
Choice Box: ?

Parsley has often been touted as a breath freshener, but did you know it helps relieve indigestion? That's one of the reasons it's so often used as a garnish in restaurants. Chinese medicine recommends parsley, along with cilantro, to remove heavy metals from the body. It's also packed with vitamins A, C and plenty of minerals, especially iron.
Chefs generally prefer flat leaf parsley, saying it has better flavor. Frankly, both the curly and flat leaf parsley grown on our farm taste about the same to me. This year, we're only growing curly parsley.

Tomatoes are native to Peru, and were first cultivated by the Aztecs and Incas in the 8th century. The word *tomato* comes from an ancient Mayan word "xtomatl. Europe got its first tomatoes via the Spanish explorers in the 16th century. The Italians embraced them first, followed by the Spanish and French. Now, we can't imagine a dish of spaghetti without them.
Store tomatoes, uncut, at room temperature. I have a bowl for them on my counter. They will keep for about a week or more, especially if they are ripening. If you cut into one and can't use it all, refrigerate it, but use the rest quickly.
Tomatoes get redder and softer the riper they are. Well, if they're normally red when ripe, that is. Most tomatoes start off green, change to light green, yellow to orange, then finally thru orange to red. Some of you will get tomatoes that are still in that orange stage. As they sit on your counter, you will see them change to red. The flavor gets a little better too. Worth the wait.
An easy way to store extra tomatoes is to freeze them whole. I'll wash mine, put them into the freezer anyplace they'll fit, then throw them into a ziplock freezer bag once frozen. This way, they don't clump together. If you just need one or two for a dish you're cooking, pull it out of the freezer, chop and add. If you don't like the skins, run some warm water over the frozen tomato. The skin will split and you can peel it away easily. Then chop and cook.
Chuck and I grow lots of different kinds of tomatoes every year. One of our favorites is Juliet, a large grape tomato. It has great tomato flavor, ripens early, and produces loads of bright, shiny fruit. It's not a juicy tomato, so makes a great salsa.
We've got a good stretch of the smaller, grape tomatoes, an orange cherry called Sungrazer, a striped cherry called Sunrise Bumblebee, and somewhere Chuck acquired a dark, pear-shaped tomato whose name is a mystery to me, but looks fascinating.
We grow several different varieties of what we call "slicers". These are the juicy, round tomatoes (Rose de Berne) folks use on sandwiches, in salads, etc. Some are smaller (Mountain Merit), some are larger, some are yellow (Striped German) instead of red, some are multicolored (Black Krim). We choose the varieties for their flavor, productivity, and tendency to NOT crack.
We've also planted a whole bed of paste varieties, including San Marzano. The hope is that we will have enough to offer them to you for sale as an Extra Item. That bed has not changed color yet.
It's a relief to **finally** have enough ripe fruit to put some in all 130 boxes. The plants look healthy, and have loads of green, in-between and some red fruit. We'll put tomatoes in your boxes as long as the weather (and diseases) hold out.

Cold Tomato Soup
In a blender or food processor, put:
2 lbs. tomatoes, coarsely chopped
½ onion, coarsely chopped (1/4 to ½ cup)
1 clove garlic
1-2 tsp. red wine vinegar
2 Tbsp. good-quality olive oil
½ tsp. cumin, ground
1 tsp. Pimenton/smoked paprika *optional*
½ tsp. Kosher salt
½ tsp. freshly-ground pepper
-Process all ingredients until everything is finely pureed. Store in refrigerator until ready to eat. Soup is better if allowed to sit for 2-4 hours so the flavors can "swap around".

Optional ingredients: cucumber, peeled and seeded; peppers, sweet or spicy; parsley; basil; anything else you think would be good.

The latest broccoli patch is producing well, and there's lots developing for next week.

Broccoli & Garlic Salad

In a large salad bowl, whisk together:

¾ tsp. red wine vinegar
1 tsp. Kosher salt
2 tsp. roasted sesame oil

Cut into bite-size florets: **1 lb. broccoli**
Add to bowl and toss.
In a small skillet over medium heat, put:

1/3 cup extra virgin olive oil

When oil is hot add:

2 lg. garlic cloves, chopped finely
2 tsp. cumin seeds
large pinch red pepper flakes ***optional***

Cook, stirring often, until garlic just starts to brown. Pour over broccoli and toss well. Allow to sit for at least an hour at room temperature so flavors can develop.
NOTE: If your broccoli has a strong, slightly bitter flavor, you can get rid of that by parboiling it: bring 2 quarts of salted water to a boil, put in broccoli florets, boil for 2 minutes, strain broccoli and add to large bowl with vinegar/sesame oil mixture, toss well.

We've been eying this kohlrabi for awhile now, buried in the grass as it was, and decided it was now or never, literally. The clincher was: has it gotten tough? We cut a few apart, and the answer is "NO—it's still good." So, we recommend the following recipe:

Mashed Kohlrabi

Remove the leaves, stems and peel from 1-2 large kohlrabi. Cut it into ½" chunks and place these in a pan. Cover with water by about an inch, and add 1 tsp. salt. Bring the kohlrabi to a boil, and cook 15-20 minutes, or until very soft. Drain off the water completely. Put the cooked kohlrabi into a bowl, then mash with a potato masher or use a mixer. Do not add any milk or cream: kohlrabi contains too much liquid to need anything added that would thin it down. Mix in some salt, pepper and butter to taste. Serve immediately.

Field Notes

Well, we got a short-lived downpour late Tuesday morning, but rain has been in short supply since the last deluge. It's really been all or nothing in the rain department. Thank God for drip tape.

Cauliflower plants are big, and some are producing decent heads. Sometime soon, we'll have cut enough to put it in your boxes again.
And, get ready for kale and chard.
We're now between lettuce crops, so there will be no lettuce in next week's box.

Farm Day: Sunday, Sept. 26th

Every year we host our CSA members at a Farm Day in late September. This year, Farm Day will be Sunday, Sept. 26th from 2-5pm. We try to schedule it on a Sunday when there's either no Packer game or a late one.
At 2pm, we'll head out to the orchard to gather apples for cider making. You are welcome to take some apples home with you, so bring a container. Fair warning: expect bug damage and misshapen fruit, we do not spray our orchard.
Once we have enough fruit, we'll wash the apples then cut them up into chunks. The chunks will go into the masher, and the mash will be put into cheesecloth "envelopes" that are stacked on the press and compressed to yield their juice. Every batch tastes a little different. We'll provide cups so you can try each and drink your fill. We invite you to bring a quart or half gallon container so you can take some of this unpasteurized apple cider home with you.
Around 3:30, Chuck will lead a tour of the fields and you can see just where your food is grown.
During the tour, we'll pull names out of a basket for Fabulous Prizes, so be sure to write your name on a slip of paper when you arrive. One of these prizes is always a half gallon of our cider.
You are welcome to bring your friends and family to **Farm Day**. Small children are welcome, but you must watch them carefully as our farm is definitely NOT child-proofed. There are bits and pieces of equipment hidden in the tall grass that could injure anyone, so please stay on the mown roadways and field edges. Also, do not allow children to climb or play around any farm equipment, or inside the upper part of the barn. Thank you for understanding. We look forward to seeing you!

Have a great week,

Terry & Chuck