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Box #12
Even Week
15 September 2021

Contents
Cilantro
Broccoli
Brussels Sprout Tops
Kale: Green Curly
Kohlrabi
Peppers: Red Ace, FlavorBurst, Italian Carmen
Tomatoes: Juliets, Slicer
Winter Squash: Aunt Thelma's Sweet Potato

New Stuff: Brussels sprout tops, Thelma Sander's Sweet Potato squash
Choice Box: peppers, etc.

If you're new to our CSA family, you've probably never eaten the **top** of a **Brussels sprout** plant before. Well, you're in for a treat. Brussels sprout tops are tender--the leaves, the stems and ***especially*** the stalk—which I call the "tenderloin". Try them steamed, sautéed, stir fried, in soup--anything you put greens in you can put these in. Steaming is my favorite, followed by sautéing with bacon. Choose your favorite method and enjoy! And be sure to eat the stalk, it's the best part.
Store these greens in the plastic bag they come in, and enjoy them within 3-4 days. Cabbageworms enjoy the leaves as much as we do, so you may find some.
Why do we break off the top of our Brussels sprouts you ask? Without its top, the plant puts more energy into forming sprouts and not in growing upwards. Breaking the tops off Brussels sprouts is rather labor intensive. Several years ago, we gave this job to our Hmong crew, and watched with amazement while they stuffed the tops into garbage bags, and hauled them to their car (we always threw them on the ground). The next week, they brought lunch and we got to taste what all that foraging was about. Wow! Sweet, tender, especially the stalk. Who knew? We've been eating them ever since and sharing with our CSA members.

Thelma Sander's Sweet Potato squash is a beige, acorn-shaped, winter squash with light orange flesh and a smooth, buttery texture.
This winter squash will store in cool (50-55 degrees), dry conditions for about a month or two, but not much longer.
Check the skin before storing winter squash: if there are any holes, blemishes or soft spots, plan to use that squash soon and cut out the soft spots first. Winter squash contains far more vitamin A than summer squash, is an excellent source of potassium, high in fiber and complex carbohydrates.
The best way to bake winter squash is to wash the outside, cut off the stem, then cut the squash in half. Set your oven at 400 degrees, line a half-sheet pan with aluminum foil to make cleanup easier, and place the squash on the foil, cut side down. **Do not remove the seeds** yet—they give the roasted squash more flavor. Bake for 30-60 minutes, or until the squash is soft when you poke it with your finger. Remove from the oven, flip over and scoop out the seeds using a large spoon. Drizzle with melted butter, add a little brown sugar, terrific.

Sausage, Kale & Lentil Soup
In a Dutch oven over medium-high heat, put:
1 lb. Italian sausage
1 cup onion, chopped
2 cloves garlic, chopped
½ tsp. freshly ground pepper
-Cook, stirring often to break up the sausage, until the meat is in small pieces and onion is a little brown.
Add: **7 cups chicken broth**
-stir, scraping off any bits stuck to the bottom of the pan.
Add: **1 28 oz. can tomatoes**
2 cups orange lentils, rinsed
To rinse lentils, put them into a strainer with a small enough mesh so they won't fall thru. Rinse under running water, stirring with your hand to loosen any dust, dirt or grit. The water should get cloudy as soon as you start stirring with your hand, but will gradually get clearer. Washing off this dust/dirt improves the flavor of the final dish.
Dump the rinsed lentils into the pan and bring to a boil. Turn heat down so soup simmers and cook for 15-25 minutes, or until lentils are soft. Timing will depend on the size of the lentils.
Add: 5 loosely packed cups kale, stems removed, coarsely chopped
-Stir and simmer until kale is tender, 10-15 minutes. Taste for salt and add more if necessary.
You can substitute a different kind of lentil for the orange ones.

Everyone is getting both a slicing tomato and a number of Juliets: the large, grape tomato we like so much.

We grow several heirloom varieties: Black Krim, Striped German, German Johnson, Rose de Berne, and you will probably get most, if not all, of these slicing tomatoes in the coming weeks.
Heirloom tomatoes grow in strange shapes, oval, curved, knobby and scarred, but we accept that because they taste so darn good. There are a lot of the red-brown Black Krim this week, a few of the yellow and pink Striped German, many pink Rose de Berne, and some Mountain Merit, a classic, red, round salad tomato. Most are ripe, altho a few will need to finish ripening on your counter, especially many of the Juliets as they are a bit orangey. Juliets will turn a lovely red when ripe.
Here's a simple recipe from Catalonia to help you use up those slicing tomatoes:

Catalan Tomato Bread

Turn on your broiler.
On a wire rack set inside a rimmed baking sheet, place slices of ciabatta, cut horizontally and sliced 2" wide. (You can use a baguette too.) Toast under the broiler until the bread is browned and a little charred around the edges. Remove from oven. Slice a large, peeled clove of garlic in half and rub the toasted sides with it. Slice 1 or 2 tomatoes thru the equator, and grate the pulp on a box grater. Spread the pulp on the toasted ciabatta slices. Sprinkle with a little salt, and drizzle a bit of good olive oil over the top.
Makes a great snack!

Field Notes

The Sunday-Monday rain was on and off, but steady while it was raining, and totaled about an inch. Very welcome, and all the plants are the better for it.
There will be no lettuce for a few boxes—we're between patches.
Powdery Mildew has moved into the broccoli and cauliflower. It thrives in damp weather. Chuck believes that what was a small outbreak became much worse with the recent rain. Powdery Mildew expresses itself as a brown spot or line along the edge of 1 or more florets. That area starts to deteriorate. If it's only in a few places, you can often cut out the brown bit and use the rest.
Our tomatillo crop is fantastic. You'll find them in next week's box.

FARMIGO Update--End of the season Holds:
Farmigo allows you to schedule a Make-Up Box after your Hold, but not before. This is a problem when you need to place your Share on Hold at the end of the season, say on box #18-the last box, or, if you're an EOW—Odd member who wants to put box #17 on Hold. If you try, Farmigo won't allow you to complete the process. The solution is: **email me.** Tell me what date you want the Hold set for, and what date you want your Make-Up Box, and I'll schedule both. I just found out about this little nuance last week, and added this information to the "How-To" instructions.

Farm Day is Sunday September 26, from 2-5pm. Picking apples and making cider will start at 2pm, Chuck's farm tour will start around 3:30pm. You are welcome to take home a half gallon of unpasteurized apple cider. Please bring your own container. Friends and family are welcome too.

And that's it for this week.
Take Care,

Terry & Chuck