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Box #6
Even Week
3 August 2022

Contents

Broccoli – Family Shares Only
Cauliflower – Couple Shares Only
Chard
Fennel
Kohlrabi
Onions: Torpedo
Peppers: Green Bell
Potatoes: New, Red
Zucchini and PattyPan Squash

New Stuff: chard, peppers, red potatoes
Choice Box: ?

Chard, often known as "Swiss" chard, is the ancestor of beets. Chard is high in vitamins A, E and C, plus minerals like iron and calcium. Because it doesn't contain oxalic acid like spinach does, your body readily absorbs the minerals. Both the stem and the leaves of chard are edible and delicious as well as beautiful. Store chard in a plastic bag in the vegetable drawer of your fridge. Wash it before cooking, and cut the large leaves in half lengthwise before chopping to make them easier to eat. Cook the stems 3-4 minutes longer than the leaves, to whatever doneness, *al dente* or soft, that you prefer. Chard stems and leaves are great, raw, in salads.

We grow what is called "rainbow" chard, or chard that is a mixture of colors: white, yellow, orange, light green, pink and red—sometimes a combination of these colors, too, most with green leaves. The different colors have slightly different flavors, much like orange beets that taste a little sweeter and milder than red beets. Some of the chard leaves have a rip or two in them: rain damage. When it rains very hard, the tender chard leaves can't tough it out. The tears don't affect the great flavor of the leaf. Insects who chew are also fond of chard, so you may find a roundish hole or two. We permit these only when they are few.

Chard with Walnuts and Feta

Wash: **1 bunch Swiss chard**

Cut off chard stalks near the base of the leaves and chop into ½" pieces. Cut large leaves in half, stack, and chop into ½" pieces.

In a large skillet over medium heat, heat:
2 Tbsp. olive oil
Add: **chard stems, chopped**
1/4 cup walnuts
2 cloves garlic, thinly sliced
Cook, stirring, until garlic is golden, about 2 minutes.
Add: **chard leaves, chopped**
½ tsp. Kosher salt
¼ tsp. pepper
Cook, stirring, until the chard ribs are just ender, 2 to 3 minutes.
Sprinkle with: **1/2 cup crumbled feta**
Serve immediately. Makes about 4 servings.

Peppers contain high levels of vitamins A, C and E, as well as iron and potassium. To get the greatest benefit, eat them raw. Store peppers in your crisper drawer with the other vegetables. They should keep for about a week or more. If you can't use up a whole pepper in whatever you're making, keep the remainder in your frig and use it ASAP—the edges start to break down in 4-5 days.

When young, most peppers are green with thin walls and a sharp, slightly bitter taste. As they grow and mature, the walls thicken, green changes to red, orange or yellow, and they sweeten up. This color change takes an extra 20-25 days for most varieties, and is most noticeable in sweet peppers

Chuck and I planted several different varieties of peppers this year. Our sweet bell peppers are Olympus, Red Ace, Flavorburst and Margaret.

In order to have a good supply of green bell peppers without robbing the patch of fruit that will turn color, we decided to plant a bell pepper to pick when it's still green, and let other cultivars fully mature. Olympus was our choice for that spot as it produces some absolutely huge peppers. This is the bell pepper in your box this week. Red Ace is the one we'll let turn fully red before harvesting. Margaret will be red when mature, and is a new one we're trialling. Flavorburst starts out as a light, green bell pepper with mild flavor, then turns yellow, and finally reddish. Yellow is when its flavor really punches up, so that's when we'll start picking. Believe me, you'll be glad we waited.

We always plant a sweet, Italian pepper called Carmen. It's long, cone-shaped and best when fully red. Carmen is probably the best-tasting pepper we grow, altho Flavorburst is giving Carmen a run for its money.

For the second time, we're growing Shishito peppers. They are green, slender, wrinkled, and about the size of a large Jalapeño. Shishitos are excellent on the grill, or dry-roasted in a cast iron pan. Most of the time, they are sweet. About 1 in 10 will be spicy at about the level of a Jalapeño.

For hot peppers, we're growing Jalapeños, in the medium range for spiciness. Jalapeños are a deep, glossy green that changes to bright red at maturity. To test how hot/spicy a pepper is, cut off the tip and hold the cut end to your tongue. If it's spicy, you'll know pretty quickly.

Potatoes are one of the leading vegetables grown worldwide. They come in all shapes, sizes and colors, and thrive in areas below sea level, and those 14,000 feet above. Native to the Andean mountains of South America, they were brought to Europe by the Spaniards.

Potatoes are an excellent source of complex carbohydrates and minerals, especially potassium, providing you eat the skin since most of these nutrients are in or near the peel. Because you're getting organic potatoes, you don't have to worry about anything sprayed on them to prevent sprouting or greening. Your potatoes have not been washed and have some soil on them. New potatoes have thin skins that are easily torn. To wash, cup a few in your hands under running water, and rub them lightly together. If you have a very soft brush and use it very gently, you can may keep most of the skin intact.

Altho we sort thru our potatoes when we bag them, you may find one we missed with a green spot. This is due to exposure to sunlight: potatoes trying to make chlorophyll (so keep them away from sunlight, or any strong light). The green spot will taste bitter, so cut that off.

To keep potatoes fresh for the longest time, store them someplace that's between 45-55 degrees and has rather high humidity. Since few of us have such a specialized place, storing them in the refrigerator is a good choice. There is some research that says refrigerator storage encourages some of the starch to change to sugar resulting in browner potatoes when you bake or fry them. That doesn't sound so bad to me. There is some research that says onions and potatoes should not be stored close to each other or they spoil quicker.

Roast potatoes using the same method we recommend for beets.

Chuck and I have two kinds of potatoes in the ground this year, the red-skinned, white-fleshed potato you're getting this week, and a white-skinned, white-fleshed potato called "Superior". Superior is in the russet family, makes a good baking potato. The reds are more in the "waxy" style, supposed to be good for potato salad.

Member Jim Melberg sent me this recipe last year.

Roasted Broccoli and Potato Tacos With Fried Eggs

1 pound broccoli, florets plus peeled stems cut into 1/4 inch slices

1 pound baby white potatoes, sliced crosswise 1/4-inch thick

1 bunch scallions, cut into 1-inch pieces

3 large garlic cloves, thinly sliced

2 teaspoons smoked paprika

10 tablespoons extra-virgin olive oil

Kosher salt and black pepper

8 (6-inch) corn tortillas

8 large eggs

2 avocados, cut into wedges

Salsa, sour cream, cilantro sprigs and lime wedges, for serving

Step One: Heat oven to 450 degrees. On a large rimmed baking sheet, combine broccoli, potatoes, scallions and garlic with the paprika and 6 tablespoons oil. Season with salt and pepper, toss to coat, then spread in an even layer. Roast, undisturbed, until tender and charred in spots, 30 minutes.

Step Two: Stack tortillas and wrap tightly in aluminum foil. Five minutes before the vegetables are done, transfer foil-wrapped tortillas to the oven to warm up.

Step Three: Just before serving, heat 2 tablespoons oil over medium heat in a 12-inch nonstick or cast-iron skillet. Crack in 4 eggs and fry until whites are set and yolks are still runny, about 5 minutes. Transfer to a large plate. Repeat with remaining oil and eggs.

Step Four: Divide vegetable filling and avocado among the tortillas and top each with an egg. Spoon over some salsa and sour cream and garnish with cilantro sprigs. Fold over tortillas to form tacos or enjoy with forks and knives. Serve with lime wedges. *Serves four.*

The cauliflower harvest is coming in, but there weren't enough heads in the barn to give them to everyone. Couple Shares are getting cauliflower. Broccoli is abundant, so the Family Shares will find a generous portion in their boxes. The recipe above could also be made with cauliflower instead of broccoli.

Field Notes

The forecast for Tuesday evening/Wednesday morning includes the chance for some rain. We could use some—the 4" we got 10 days ago is long gone. Tomatoes are just starting to ripen. I'm not sure if there will be enough for everyone next week, or if we'll have to wait longer to put them in your boxes. Time will tell.

Have a wonderful week!

Terry & Chuck