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Box #7
Odd Week
10 August 2022

Contents
Cilantro
Broccoli
Carrots: Mixed Colors
Kohlrabi
Onions: Sweet, Ailsa Craig
Peppers: Sweet, Green Carmen
Potatoes: New, Red, and White Superior
Zucchini

New Stuff: cilantro
Choice Box: ?

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.
In Chinese medicine, cilantro is one of the herbs, along with parsley, that helps cleanse the body of heavy metals.
Coriander is the name common to cilantro's round 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 for about 3 weeks before it flowers and goes to seed. To keep a continuous supply in your garden, 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.
Jeff Siuta, one of our pickup site managers, gave me this recipe several years ago:
Broccoli, Cilantro and White Miso Soup
500g (1 lb 2 oz) frozen broccoli florets, or 1 head of fresh broccoli, chopped into florets
250g (9 oz/2 cups) frozen peas
500ml (17 fl oz/2 cups) vegetable stock
leaves from 5 sprigs of fresh cilantro
200ml (7 fl oz/generous 3/4 cup) canned full-fat coconut milk
2 tablespoons coconut butter (or unrefined oil)
2 teaspoons white miso paste (or stock concentrate)
hulled hemp seeds, to serve
coconut milk, to drizzle
Put broccoli florets, peas and vegetable stock into a large saucepan. Place over a high heat and bring to the boil. Reduce the heat to a gentle simmer. Cover and cook for approximately 3–5 minutes or until the broccoli is cooked but still al dente.
Remove from the heat and let sit for 5 minutes to cool slightly. Add the coriander leaves, coconut milk, coconut butter and miso paste. Transfer to a blender or use a hand blender to purée the soup until smooth. Serve the soup with a sprinkle of hemp seeds and a drizzle of coconut milk.

We've harvested most of the broccoli out of the latest patch, so this will be the last for several weeks.

Many of you will get a bunch of carrots with 2 or 3 different colors in it. Some folks will get only orange carrots. What will be in your box?

I asked my farmer's market customers what do they do with their kohlrabi? Many times they reply that they mash it. So, I had to try it. Oh yeah.
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.
For another good kohlrabi recipe that calls for cilantro, make the couscous recipe in newsletter #3.

I was bragging about our onion crop and we harvested some beauties this week. They may not weigh 5 lbs. apiece, but they're plenty big enough for me.

Looks like we grew more of the sweet Italian Carmen peppers than we intended, so we picked some for this week's box. This pepper tastes best when fully mature

and intensely red. Now you can compare the taste of it green to the taste when you get it red, in a few weeks.

Chuck and the field crew have dug the other type of potato we grow, Superior. Superior has light beige skin and white flesh, and is in the russet family—in other words, a baking potato. Also makes a dandy potato salad.

Here's a good recipe to use up some of that zucchini:

Zucchini Soup

In a soup pot over medium heat, put:

2 Tbsp. olive oil
1 giant or 4 medium zucchinis, peeled, seeds removed if necessary and cut into ½" dice
4+ cloves garlic, diced
1 large onion, cut into ½" dice
3-4 carrots, cut into ½" dice
1 Tbsp. curry powder
1 tsp. dried thyme leaves
1 tsp. dried dill
½ tsp. ground pepper

Sauté until onion is cooked.
Add: 4-6 cups chicken or vegetable stock
-use enough stock to just cover the vegetables.
Simmer about 20 min. until everything is soft. Puree.
Add: 1 cup heavy cream
Adjust for salt and serve as is, or you can add ground meat:
While vegetables are cooking, put into a 9" saute pan:
1 lb. (approx.) ground meat, cut up brats or sausage, etc.
-cook until just done. After vegetables have been pureed and cream added, put in meat. Bring soup to a simmer and serve.

Field Notes

Sunday's rain that extended into Monday gave us about an inch. The ground was still damp from previous rain. That moisture was just what the weeds were waiting for: water, heat, and no one to bother them, they shot upwards. Now, they're 2 ft. tall and shading the shorter plants. But not for long . . .
Chuck has been busy plowing so he can plant vegetables for the fall. We've got lots of transplants that are ready to go into the ground, and a stretch of dry weather to do it.
Among those plants are flats of sweet corn, overgrown, but possibly worth transplanting. If these don't go in, there will be no sweet corn this season. A shame, but not all crops work out.

If you know you will be gone, please place a Hold on your box by midnight of the Sunday before the delivery date. If you forget, or have a sudden change in plans, email me by 8pm Tuesday that you want the box on Hold, and I will do it for you. Also, tell me when you'd like to schedule a Make-Up Box. You can choose any date we deliver on. Once Wednesday dawns, it's too late.

Thank you for unfolding your box so the bottom tabs remain intact. The Wednesday morning packing crew has happily found very few ripped boxes. I know the brand new boxes are difficult to unfold, being so stiff, but please make the attempt. I've braced the box against my thighs and pushed with both hands for especially difficult boxes, so I know it can be done without ripping anything. We appreciate you!

And that's it for this week.
Enjoy this beautiful weather!

Terry & Chuck