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Box #9
Odd Week
24 August 2022

Contents
Cilantro
Cauliflower – Family Boxes Only
Chard – Couple Boxes Only
Kohlrabi
Lettuce: Green Leaf
Onions: Ailsa Craig and Red Torpedo
Peppers: FlavorBurst or Carmen, Jalapeño
Tomatoes: Juliet or Rose de Berne
Zucchini / PattyPan Squash

New Stuff: tomatoes
Choice Box: peppers, Garden Mix, ??

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. Since this is the first week you're getting tomatoes, most of you will get Juliets.
We've got some cherry tomatoes called "Yellow Mini", an orange cherry called Sungrazer, a striped grape called Sunrise Bumblebee, and a violently-colored grape tomato called "Brad's Atomic" that I can't wait to try.
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 multicolored, yellow and pink, some are green and red (Black Krim). We choose the varieties for their flavor, productivity, and tendency to NOT crack.
We've also planted a large bed of San Marzano. The hope is that we will have enough to offer them to you for sale as an Extra Item. That bed has started to change color too.
We'll put tomatoes in your boxes as long as the weather (and diseases) hold out. This year they are appearing 2 weeks earlier than last year.
I know we're not giving you enough tomatoes to make this, but file it away for the future (or the next farmer's market).

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 in this soup.

The next cauliflower patch is producing well, just not enough for everyone this week.
And that is fortuitous, as we also didn't have enough chard in that patch to give it to everyone. We pretty much decimated the chard to come up with enough for the Couple boxes. As usually happens about this time of year, the chard develops small, grey spots on the leaves. This is a fungal infection called "cercospora leaf spot". It likes damp conditions, and the dew in the

morning is pretty heavy. We don't worry much about a few spots, but more than that and we don't use those leaves at all. We throw them on the ground and let them become compost. Cercospora leaf spot tends to die down some as we head towards fall, so we like to pick heavily now to reduce the number of spotty leaves on the chard plant.

Randa, one of our Worker Shares, passed this recipe on recently:

White Bean Soup with Greens

Heat a large, deep skillet over medium heat.
Put in: **2 Tbsp. olive oil**
Add: **1 medium onion, diced**
salt
freshly-ground black pepper
-Sauté until the onion turns slightly golden. Turn heat to low, cover skillet and cook another 5 minutes, or until the onion starts to brown.
Add: **3 cloves garlic, minced**
-Sauté until garlic is fragrant, 3-4 minutes.
Add: **2 tsp. fresh thyme, chopped, or 1 tsp. dried**
-Sauté another 2 minutes.
Add: **3 cups cooked navy beans, drained & rinsed**
1 cup vegetable stock or water
-Cover and cook at a simmer for another 5-10 minutes, or until the beans are very soft. To make the soup thicker, mash some of the beans with a fork or a potato masher.
Add: **4-5 drops liquid smoke, *optional***
4 cups chopped greens: chard, spinach, kale, beet tops, collards, etc.
Simmer until the greens have wilted.
Add: **2 tsp. apple cider vinegar**
Stir, add salt and pepper if needed. Great with crusty bread.

Our kohlrabi patch is officially cleared. Our field crew brought in some whoppers. We're putting most of these in your boxes this week, with a few left over for the farmer's market.

The FlavorBurst peppers are just starting to turn a lovely yellow-orange. We picked as many as we could find, then filled in with red Carmens.
Chuck planted plenty of Jalapeño peppers, and they are heavy bearers. It only took us 15 minutes to pick 190 Jalapeños for the boxes this week.

Field Notes

The rain that considerately held off until after the farmer's market on Saturday dropped 2" on us. All the plants are happy, and the weeds are now easier to pull. Everybody wins.
We're starting to bring in our onion crop to dry. We have a large number of big shallots on trays in the greenhouse, with box after box of round, yellow onions joining them every day. Amazing what a little weeding can do, eh?



I made Dave's Pickled Beets and Eggs last week, and had to include this picture, it looked so pretty!

Have a wonderful week everyone!

Terry & Chuck