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Box #11
Odd Week
7 September 2022

Contents
Parsley
Cucumbers
Zucchini: Some Couple Boxes
Garlic
Green Beans
Some Yellow Flat Beans: Family Boxes
Lettuce: Green Romaine
Onions: Ailsa Craig, Red Torpedo
Peppers: Carmen, FlavorBurst, Jalapeño
Tomatillos
Tomatoes: Juliet, mixed Slicers

New Stuff: parsley, tomatillos
Choice Box: ?

Tomatillo means "little tomato". It is shaped like a small, green tomato enclosed in a papery husk. The fruit starts out small and is completely hidden by the thin, green husk. As it grows, the fruit fills the husk and eventually splits it open. Tomatillos are a member of the nightshade family (solanaceae), as are tomatoes and potatoes. Its Latin name is *physalis philadelphica*. Another *physalis* member is the ground cherry, smaller, sweeter, and often used to make jams and pies.
Tomatillos are a very good source of vitamins C, K, niacin, potassium, manganese and dietary fiber, and a good source of iron, magnesium, phosphorus and copper.
To store tomatillos, pull off the papery husk, wash off any dirt and the sticky residue from the husk under warm water (I roll 3-4 around inside my cupped hands so they bump against each other). Then, drain them briefly and put inside a sealable plastic bag. They'll keep 2 weeks in your vegetable drawer, and still taste good. You can use them raw in salads, put them in stir frys, or in any number of Mexican dishes, like salsa verde or enchiladas.
The cultivar we're growing matures thru green to light green then light yellow, getting sweeter as it gets older. Most Mexican cooks prefer to use tomatillos when they're green, as they believe tomatillos have the best tart-sweet contrast at this stage. I prefer mine on the sweeter, more mature side, and they are perfect for this:

Raw Salsa Verde *Makes about 2 cups*
In a blender or food processor, put:
1 lb. tomatillos, husks removed, washed and cut into quarters
1 tsp. chopped garlic (or more as you wish)
1 shallot or small onion, coarsely chopped
1/3 cup cilantro, roughly chopped, loosely packed
½ tsp. ground cumin
½ cup Anaheim or Italian pepper, roughly chopped, or 1-2 Tbsp. Jalapeño
salt & freshly ground pepper
Process until the ingredients reach a fine consistency. Serve with corn chips, in tacos, etc.
If you prefer the roasted version, try this:

Roasted Salsa Verde *Makes about 1 cup*
Turn on your broiler, or set your oven as high as it will go. Line a half sheet or jellyroll pan with aluminum foil.
Put on the pan in a single layer:
1 lb. tomatillos, husks removed, washed and cut in half
1-2 Jalapeños, washed, halved, stem, seeds and/or ribs removed
1 small onion, cleaned and quartered
2 lg. garlic cloves, UNpeeled
-Roast until the contents are slightly charred, 5-15 minutes or more, depending on the temperature of your oven. When done, remove from oven and let cool 15 minutes on a rack.
Peel the roasted garlic and put it and the contents of the pan into a food processor or blender.
Add: **1 Tbsp. lime juice (fresh if you have it)**
1/3 cup fresh cilantro, loosely packed
salt and freshly ground pepper to taste
Process until you've reached the consistency you desire: less for a chunky salsa, more for a smooth one. Taste and adjust the seasonings.

Thai Cucumber Salad
Put into the bottom of a medium bowl:
1/4 cup rice vinegar
1 Tbsp. granulated sugar
1 Tbsp. toasted sesame oil
1/4 to 1/2 tsp. red pepper flakes
1/2 tsp. salt
-whisk together.
Add: 1 large cucumber, julienned
3 green onions or 1 small red onion, sliced thinly
1/4 cup chopped peanuts

½ hot pepper, chopped (if you don't have red pepper flakes)
1 large carrot, julienned
Toss everything together.

Field Notes

The onions are done growing and ready to be dried. When the greens die back and the bulbs are nice and big, we pull the onions out of the ground, lay them on their sides and let the sun do the rest. Sunlight dries the neck and the outside layers of onions, and kills the spores that cause fungal decay. Give them 3 days in the sun, then move them to the greenhouse or the barn to continue to dry, and you have a lovely crop of keepable onions.

We now have loads of beautiful, delicious, red Carmen peppers to harvest. We'll be putting them up on our webstore for sale starting this Thursday. Chuck and I will determine an amount and a price and let you know when we post them.

Other items will get posted soon as well. Watch this space!

Farm Day: Sunday, Sept. 25th

Every year we host our CSA members at a Farm Day in late September. This year, Farm Day will be Sunday, Sept. 25th from 1-4pm.

At 1pm, we'll head out to the orchard to gather apples for cider making. You are welcome to take some apples and pears home with you, so bring a container along. Fair warning: expect bug damage and misshapen fruit, we do not spray our orchard.

Once we have enough fruit, we'll head back to the barn to 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 2:30, 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.

That said, the cider press has always been fascinating for children, and Chuck makes a special effort during the farm tour to let the kids pick or pull a vegetable for themselves.

We'll hope for a beautiful, crisp fall day that Sunday. Maybe we'll even get one.

We look forward to seeing you!

Have a great week,

Terry & Chuck