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Box #16
Even Week
12 October 2022

Contents
Brussels Sprouts: Loose
Garlic: Mixed
Kale Tops
Onions: Red Torpedo
Peppers: Carmen, Jalapeño, Shishito
Potatoes: White Superior
Tomatillos
Winter Squash: Orangetti Spaghetti

New Stuff: Brussels sprouts, Shishito peppers
Choice Box: peppers, spaghetti squash, etc.

Brussels sprouts are one of those fall vegetables that taste better after they've been thru several frosts. These have been thru several frosts. Brussels sprouts also require a long time to mature, so we plant them by mid-May at the latest. They are grown mainly for the edible buds, or "sprouts", but the leaves are good too. Next week, you'll get Brussels sprouts on the stalk. You may notice that the sprouts grow up the stalk in a spiral pattern. Most of the sprouts will be firm, but sprouts at the top and bottom of the stalk may be loosely formed. Nothing wrong with that, they're still edible and taste great.
Brussels sprouts (*Brassica oleracea*) are part of the cabbage family and native to the Mediterranean. They first appeared in northern Europe in the 5th century. European farmers cultivated them around the 13th century, and they became very popular in the Netherlands and Belgium, especially around Brussels, hence the name.
Brussels sprouts are high in vegetable proteins, carbohydrates, vitamins A, B_6, C and K, dietary fiber and minerals. Their flavor and nutritional value are best when used soon after harvest.
To store, cut or snap the sprouts from the stalk and place them in a plastic bag. They will keep for a week or longer in the crisper drawer in your fridge.
Before cooking Brussels sprouts, trim the bottom, then peel off and discard any yellowed or damaged outside leaves. You can cook them whole or halved (my preference). Despite some claims, they do not cook faster if you cut an X in the bottom—it just takes longer to get them into the pan. Because of their stronger flavor, I prefer Brussels sprouts cooked until they're tender all the way thru, but still retain a light green color. I use 2-3 tablespoons of butter, some salt and pepper, a skillet on low heat, covered. Stir them a few times, let the edges brown to caramelize their sugars, and cook them 10-15 minutes or so, until just soft. Or, try them roasted, just like beets. Brussels sprouts are also good in soups, stews and pot roast. Their flavor improves with every frost.

Kung Pao Brussels Sprouts
Heat oven to 425°F with racks in upper and lower thirds.
In a large bowl, put:
2 pounds Brussels sprouts (trimmed and halved)
3 tablespoons vegetable oil
¾ teaspoon salt
½ teaspoon freshly-ground black pepper
Toss together until the Brussels sprouts are evenly coated. Turn out onto 2 rimmed baking sheets lined with aluminum foil. Save the bowl for later. You know those outer leaves that come loose when you cut the sprouts? Scoop 'em up and make sure they make it onto the sheet tray. In fact, the more, the better—they get extra charred and crunchy. Spread the Brussels sprouts out so they're not overlapping (this will prevent them from steaming). Roast, tossing once and rotating top to bottom halfway through, until browned and tender, about 20 minutes.
Meanwhile, in a small saucepan over medium heat, warm:
1 tablespoon vegetable oil
Add**: 4 chopped garlic cloves**
4 chopped scallions, the white and light green parts (save green parts for serving),
1 tablespoon peeled and finely chopped fresh ginger
1 teaspoon crushed red pepper flakes
Cook, stirring, until fragrant, about 30 seconds.
Add: **¼ cup tamari or soy sauce**
3 tablespoons pure maple syrup
2 tablespoons rice vinegar
Increase heat to high, bring to a boil, then reduce heat and simmer until thickened, 2 to 3 minutes.
Pour the sauce over the sprouts and toss. Serve directly on the sheet tray, or transfer to a platter.
Top with: **reserved scallion greens,**
chopped salted roasted peanuts
crushed red pepper flakes, if desired
Serve immediately, or wait to toss the sprouts with the sauce until just before you're ready to eat.

Shishito peppers come from eastern Asia. They are small, shiny, green, wrinkled, thin walled, have small

seeds and turn red when fully ripe. While not usually spicy, 1 in 10 will have a kick. In Korea, they're called *kkwari-gochu* because the wrinkled skin looks like the outer covering of ground cherries.
Wash these before using—some will be a bit dirty.
Shishito peppers are often cooked so the skins blister, and are eaten as is or with a little lemon juice. You grab the stem and eat everything else.

Blistered Shishito Peppers

Heat a 9" cast iron skillet over medium heat.
Into a bowl, put:

2 Tbsp. olive oil

½ lb. (or so) Shishito peppers, washed and dried

Toss together to coat the peppers with oil. This is the best method to get oil into the cavities of the skin.
Test the heat of the cast iron skillet with a drop of water. If the water skips around the pan and dries quickly, the skillet is ready.
Dump the peppers into the hot pan and distribute evenly over the bottom. Give them about a minute to start blistering, then stir. Continue to wait a minute, stir, wait a minute, stir, until all the peppers are tender and have dark spots on them, about 10 minutes.
Popping sounds are normal.
Put the peppers in a serving dish and enjoy.
I've chopped up raw Shishito peppers into eggs, curries and stir frys, and enjoyed them every time. Chuck and I have found the red Shishitos to be a little more likely to be spicy, but just a little more.

Potatoes will arrive dirty, so give them a nice scrub before using. They do store longer with the dirt on.

Orangetti is a spaghetti squash cultivar we've grown for several years because it has more flavor than most in this category. The outside is a light orange, as is the flesh, with the usual, plump strands inside. If you enjoy the flavor of these mild squashes, sauce them simply with butter, salt and pepper.
Some of you will get a squash with a brown spot or two on the rind. Bake it soon. A few will have scar lines on the outside. This is from the squash growing too fast, cracking and healing itself. The flesh should be just fine. Spaghetti is not a long-storing squash, and will be best eaten within the next few weeks.

Field Notes

The peppers, beets, lettuce, broccoli, and all the other plants we covered to protect them from Saturday morning's freeze have survived.
We're expecting at least one more freeze this Friday morning, and a frost, then freezes every morning thru next Thursday at least.
Peppers will not survive the low temperatures predicted, even under row cover. We plan to harvest the rest of the patch Wednesday and Thursday. They'll keep for a few weeks in the cooler, and likely end up in the last 2 boxes.
The crew are also harvesting leeks, since next week's low morning temperatures might harm them. Expect leeks in the last, 2 boxes.

Chuck and I have decided the particulars of the Winter Storage Box.

Winter Storage Box

Garlic	1 lb.
Leeks	2 lbs.
Onions, Red Storage	2 lbs.
Onions, Yellow Storage	2 lbs.
Brussels Sprout Stalk	1
Butternut Squash	5 lbs.+
Spaghetti Squash	5 lbs.+
Carrots, Mixed	3 lbs.
Potatoes, Mixed	3 lbs.
Salad Turnips	1 lb.

Price: $50
Delivery Date: Wednesday, November 16th
Along with the basic box, you will be able to order additional produce. Most of the items in the basic box will be available, but possibly not carrots. We also have: beets, shallots, salad turnips, Napa cabbage, Brussels Sprout leaves, winter squash, possibly kale, and a few other things that might survive all the freezes between now and Nov. 16th.
I'll configure the Winter Storage Box in Farmigo after Wednesday, then let you know it's ready to order by email. And, I'll give instructions on how to order one.

Chuck and I want to remind you that the WebStore does have produce available for sale. It opens Thursday morning and closes Sunday at midnight. Extra Produce deliveries are that Wednesday. And we have 2 more Wednesdays we can deliver. Something to think about.

Stay Warm,
Terry & Chuck