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Box #18
Even Week
26 October 2022

Contents
Carrots: Orange and Purple
Garlic
Leeks
Lettuce: Mixed
Napa Cabbage
Onions: Red Storage
Peppers: Green Bell, Green Carmen, Jalapeños
Potatoes: Red and White
Winter Squash: Butternut

New Stuff: Napa cabbage
Choice Box: ??

Napa cabbage is also called "Chinese" cabbage. It originated near Beijing before the 15th century, and is widely used in Asian cuisine. It's mild, sweet flavor tastes wonderful in a stir fry and works beautifully in the "Cabbage with Shrimp" recipe I gave you earlier this year.
The head of Napa is large, so you'll likely have enough to try it in a few recipes.
Asian cooks do a multitude of wonderful things with cabbage. Here is one recipe, adapted from Yamuna Devi's "Lord Krishna's Cuisine: The Art of Indian Vegetarian Cooking".

Cabbage with Green Peas
Serves 6 to 8
In a heavy, 10" cast iron skillet, over medium-high heat, put:
4 Tbsp. butter or ghee
-When the butter is melted and starts to sizzle,
add: **¼ tsp. caraway seeds**
½ tsp. coriander seeds
1 tsp. cardamom seeds
½ tsp. turmeric, ground
½ tsp. paprika
1/8 tsp. ground cloves
1/8 tsp. cayenne pepper (optional)
-Stir and cook the spices for 30-60 seconds only. Burned spices will taste bitter.
Add: **1 12 oz. can peeled & chopped tomatoes** (1 ½ cups)
-Cook, stirring often, until the mixture is reduced to a thick sauce.
While the tomato mixture is cooking, chop:
1 lb. cabbage, cored, cut into quarters and sliced thinly
(No need to core Napa cabbage, just cut it in half, place cut side down, and slice.)
If you have more than 1 lb., put it into a plastic bag and store it in your refrigerator, unchopped.
Now add the cabbage, stir it in thoroughly, turn the heat to low, cover, and cook 10-15 minutes, stirring occasionally.
Add: **1 cup frozen peas**
-Stir, cover and cook 2-3 minutes, or until the peas are just hot.
Add: **2 Tbsp., fresh cilantro or dill, chopped**
freshly-ground pepper
salt to taste
Stir to mix, and serve.

Lettuce heads will be on the small side in this box. The patch is our last of this season and is growing slowly in these cold temperatures.

You may get a butternut squash that still has some green in the skin. Not to worry—it still tastes great, just not as intense. I ate part of one last night and it didn't need a thing on it: no salt, no pepper, no butter. So good.
You can buy premade paneer/panir at Indian or Asian food stores. Or, just use tofu.

Paneer with Winter Squash
4 cups peeled, winter squash (I used butternut), cut into 1 inch cubes
6 oz. paneer, cut into 1/2 inch cubes
3 Tbsp. sunflower oil (or any other neutral oil), divided
1 Tbsp. coconut oil (or other oil)
1 small onion, diced
3 Tbsp. ginger, minced
2 large cloves garlic, minced
1/2 tsp. mustard seeds
1/2 tsp. cumin seed
1/2 tsp. turmeric
3/4 tsp. curry powder
1/2 tsp. sea salt, plus more to taste
1 15 oz. can coconut milk
Preheat the oven to 400 degrees. Place the peeled and cubed squash in a bowl and drizzle with 1 1/2 Tbsp. of the sunflower oil. Sprinkle with sea salt, toss until all the cubes are evenly coated. Spread on a sheet pan lined with aluminum foil. Bake for 20 minutes or until fork tender.
Meanwhile, heat the remaining 1 1/2 Tbsp. sunflower oil in a skillet over medium heat. Add the paneer (or tofu) in a single layer and cook for a couple minutes on

each side until very lightly browned. Transfer to a plate lined with paper towels to absorb any excess oil. Using the same skillet, heat the coconut oil over medium heat. Add the cumin and mustard seeds and cook for a couple minutes, until the seeds start to sizzle. Add the onion and turmeric and cook until the onion is softened, about 3-4 minutes. Add the ginger and garlic and cook for a couple more minutes. If the mixture starts to stick, add a splash of water and give it a stir.
Add the coconut milk, sea salt and curry powder and cook until the coconut milk comes to a boil. Add the butternut squash, cover, reduce the heat and let simmer for five minutes. Stir in the paneer and cilantro and heat through for another minute or so.
Serve hot with rice.

Field Notes
Tuesday's early rain gave us about 1/2", with more falling overnight. Luckily, we didn't have a lot to harvest in the fields in the morning, so we only had to deal with a little light rain.
Last week, Chuck and the crew dug the last of the potatoes, and got a nice haul. Interestingly, the red potatoes produced lots of medium-sized roots, and fewer large tubers, as we've seen in the past. Frankly, the medium-sized potatoes are easier to sell.
The next big job on the farm is to plant garlic. We're in the process of breaking up the largest bulbs into cloves. We use our waterwheel transplanter to put them into the ground because it creates a hole a few inches deep. The clove is pushed into the hole root end down, then covered with dirt. We plant 4 rows of garlic in each 6' bed. Lastly, we mulch our garlic beds with several inches of straw to keep the ground an even temperature in the spring: we don't want a freeze to kill the young garlic leaves.

The Winter Storage Box will be available to order starting Thursday, Oct. 27. I'll be sending you an email that will include instructions on how to go about it. The process is simple, a lot like signing up, and you've already done that at least once, right?

Chuck and I would love to see you at the West Bend Farmer's Market (the 2nd largest in the state) this Saturday, Oct. 29th. It's the last market of the season, and our stand will be full of produce. Come and say "hi".
The market opens at 7:30am and closes at 11am. We're in downtown West Bend and our stand is in front of the old Washington House Hotel on Main St., right in the middle of the market.
Come early for the best selection. There are lots of vegetable vendors, 3 are certified organic, bakery, canned goods, and the Barton Brew coffee is awesome!

It's hard to believe that we've come to the last CSA box of the year—seems like it went by so fast.
Looking back, I'd say we had a successful season on several fronts. The onion crop was one of the best we've ever had, and there are lots of potatoes in storage right now. Lettuce was abundant, as were beets, at least at first, garlic, peppers, zucchini and tomatoes. Cucumbers improved over last year, and I hope to do an even better job with my trellis in 2023.
Our biggest disappointment was not getting the sweet corn in the ground, and we usually do such a good job of that. Thank goodness we have another year to get back on track, corn-wise.
Our other crops did well, rain was pretty consistent, and we were happy not to have long, hot spells—short, hot spells are easier to take.
Chuck and I hope you enjoyed your boxes, the newsletters, the recipes, and that you'll join us again next year for another 18 weeks of fresh, delicious organic vegetables.
Until then,

Happy Holidays,
and **Stay Safe**!
Terry & Chuck