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Box #6
Even Box
2 August 2023

Contents
Cilantro
Beets: Mixed Types
Cabbage: Couple Shares Only
Carrots: Mixed Types
Lettuce: Mixed Types
Onions: Red Torpedo
Sweet Corn—Family Shares Only
Sugar Snap Peas
Zucchini / Patty Pan Squash

New Stuff: cabbage, red Torpedo onions, sweet corn
Choice Box: zucchini, ?

Cabbage is one of the most widely eaten vegetables in the world. Raw, boiled, pickled or sautéed, we do love our cabbage.
Luckily, it's low in calories but still contains significant amounts of vitamins A and C, calcium potassium and magnesium. Different kinds of cabbage vary in the amounts of their vitamins and minerals: purple cabbage is higher in vitamin C, while savoy has more vitamin A, calcium, iron and potassium. Traditionally, cabbage is considered a beneficial digestive aid and intestinal cleanser.
Store cabbage in your vegetable drawer, but don't remove any of the outer leaves unless they're starting to go bad. You can put it into a plastic bag, or not, it will keep well either way. Uncut, cabbage should store for 3 weeks to 2 months. If you use only part of a head, pare off any discoloration before using the rest.
When properly cooked, cabbage is delicious. One way to do that is to steam wedges for 5-7 minutes, then top with butter, salt and pepper. Go Italian with some grated Parmesan cheese, or be a good Wisconsinite and add grated cheddar. If you overcook cabbage, it turns an ugly gray color and has a sulfur smell.
Our early cabbage bed got buried in the weeds, so the cabbage did not grow very large. In fact, some of it is teeny weeny (we've give you 2, when they got that small). This is one of those situations where we have some of something, but not enough for everyone. So this week, the numbers favored the Couple Shares. There will be more cabbage later in the season, we just have to be patient.
Cabbage is one of the vegetables that actually seems to increase in volume after you cut it. This explains why a smallish head makes so much coleslaw.
Here is a recipe I love, that only needs some cabbage, not lots. The original came from Jacques Pepin.

Cabbage with Shrimp *serves 4*

In a large sauté pan over medium heat, put:
1 cup chicken or vegetable stock
Add: 4-6 cups cabbage, chopped into ¼"x2" pieces (any kind of green cabbage will work)
2 lg. cloves garlic, chopped coarsely
-Cook for 8-10 minutes, covered.
Add: 1 cup heavy cream
1 Tbsp. Dijon or brown mustard
¼ cup white wine (**dry**, not sweet)
-Stir and simmer for a few minutes to evaporate the alcohol.
Add: 12-16 oz. shrimp, shelled completely
salt & pepper to taste
-Stir, cover, and cook just until shrimp are done. Serve as is, over rice or noodles or whatever you like.
NOTE: I would not substitute 2% milk or anything else for the heavy cream in this recipe—the taste is worth the extra calories. And, cream does not curdle when boiled, so you can simmer your shrimp with an easy mind.
I've also made this with salmon filets and sea scallops, and it was just as good, altho you might want to increase the brown mustard a little bit.

Red Torpedo onions, also known as Rossa di Tropea, are an Italian heirloom onion, football-shaped—rather like torpedoes--with red skins. Their sweet, mild flavor makes them a good choice for salads and sandwiches. We plant a lot of these onions, so expect them in subsequent boxes.

Sweet corn is one of summer's treasures. Who doesn't love a freshly-cooked ear, dripping with butter and sprinkled with salt and pepper?
Corn has been around for tens of thousands of years, and seems to have originated in Central America. Early varieties were small, brightly colored, and a popcorn-type. Over the centuries, strains have been selected for size and sweetness, as they are today. Altho not as nutritious as older varieties, today's sweeter corn still contains vitamins A, B-complex, phosphorous, potassium, vegetable proteins and complex carbohydrates. Combined with most beans or dairy, it forms a complete set of proteins.
Sweet corn is best eaten as soon after harvest as possible—this was picked Tuesday. The longer you keep it, the more sugar will change to starch. Store

sweet corn in its husk in a plastic bag in the refrigerator.

You may find that some of the ears have ends with very small, immature kernels, and, a little further down, the kernels are suddenly much bigger. This is a result of uneven fertilization. Corn silk is a conduit that helps each kernel of corn develop. If some of those strands are not pollinated, some of the kernels will not form. Bugs can also interrupt fertilization when they eat the corn silk, which is why commercial farmers spray insecticides.

I like to cook my sweet corn with a cup of water in a skillet, a teaspoon of salt, then the husked ears. Bring the salt water to a simmer, cover, and cook for 5 minutes. Turn the ears with tongs, and cook for 5 more minutes. Ready for butter! Save the tasty corn water for soups or other recipes where you need a little stock.

Sweet corn is great on the grill. Leave the husk intact, and soak your corn for about 30 minutes in a bucket of cold water. Prepare the coals as usual, and spread them out over ½ or 1/3 of the bottom of the grill. When ready, place the ears on the grill rack directly over the fire. With a tongs, turn the ears a quarter about every 5 minutes. Don't worry if the husk gets charred, that adds flavor to the corn. When you've grilled all sides, move the corn to the cool side of the grill, and remove the bits of husk and silk from the rack. Now, cook your meat on the hot side. When the meat is almost done, pile the corn on a platter to cool a bit before serving. When it's cool enough to handle, remove the charred husk and enjoy.

This year, we 're growing 2 types of sweet corn, Luscious and Café. Café is a smaller plant, but matures before Luscious. We only planted 5 rows of Café, but they didn't yield as much as we hoped.

I've given you lots of information about sweet corn, but we can't give you a lot of sweet corn. Despite surrounding the field with electric tape—which has worked in the past—raccoons have gotten into the corn field several times, and done much more damage than we've ever seen before. Raccoons love sweet corn and they're very destructive about how they look for ripe ears. They reach up for an ear that smells good, pull it down, rip the husk open and taste the kernels. If they don't like it, they move on. In this picture of raccoon damage, you can see a stalk that's been broken and several ears on the ground partially eaten. That's what we found when we went into the field.

This week, we had enough sweet corn to give to the Family Shares. Next week, we hope to have enough sweet corn to give a taste to the Couple Shares. Fingers crossed.



As an adult, I've developed a taste for pickled beets. Here's a recipe I adapted from several I found online for easy, refrigerator, pickled beets. Let me know what you think:

Refrigerator Pickled Beets

Roast a quantity of beets so you'll have extra for other dishes.

Peel (peels can be bitter when pickled) and slice into desired shape:

3 cups beets

In a small saucepan, bring to a boil:

1 cup apple cider vinegar
1 cup water
1/3 cup granulated sugar
1 tsp. Kosher salt
¼ tsp. dry, ground mustard

-Bring the vinegar, water, sugar, salt and mustard to a boil, stirring until the sugar is dissolved. Simmer the mixture for a few minutes, then remove from heat and allow to cool about 5 minutes.

-Clean a 1 quart/1 liter glass jar and put sliced beets into it.

Add: **5 whole black peppercorns**

-Pour the brine in, covering all the beets. Close jar tightly and leave on counter for several hours or up to 24, then put into refrigerator. Beets will keep up to 6 weeks in the refrigerator.

If you have a pickled beet recipe you'd like to share with us, or any recipe you're fond of, please email it to me and I'll print it in our newsletter.

Field Notes

We're very happy with the amount of rain we've gotten in the past week. The plants are looking green and perky and happy.

Before it came down, we planted more broccoli and lettuce, white turnips and radishes.

Like many folks, we had some tree limbs come down with the wind. Here's a shot of our Red Delicious apple tree that split near the top. Another factor in our little orchard is that our trees are struggling under the heavy load of an unusually abundant crop in some varieties. The Macintosh, Red Delicious, Paula Red, Haralson and Tolman Sweet trees are amazing—the biggest crop we've seen in our 22 seasons here. One of my Macintosh trees broke 2, large limbs under the weight of all that fruit.



I'm used to cutting limbs off my trees—I've been pruning our orchard for the past 21 years. What breaks my heart is all those unripe apples lying on the ground. Oh, well.

I want to remind everyone to put your CSA Share on Hold in your CSA account before you go away. You can do this up to Sunday, midnight, of the week that box would be delivered. Part of the Hold process is scheduling the Make-Up Box. You paid for a certain number of boxes, and we want you to get them all. If the timing gets away from you, email me by 8pm Tuesday evening to put your Share on Hold.

That's it for this week.

Take Care,

TERRY & CHUCK