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Box #12
Even Box
13 September 2023

Contents
Cilantro
Beans: Green and Yellow
Broccoli
Carrots
Cucumbers
Garlic
Lettuce: Mixed
Peppers: Green Bell, Red Bell, Jalapeño

Choice Box: peppers, and . . .

This patch of cilantro is winding down so the bunches are not large. As the rows regrow, we hope to be able to give you cilantro once or twice more this season.

The new patch is producing loads of beautiful beans. There is a single row of tasty, green flat beans, so some of you will find these in with your round green beans. Beans should appear in next week's box as well.

Another planting of broccoli is starting to produce, but it is much smaller than the planting we finished harvesting for this week's box. This may be the last of the broccoli for a few weeks.

Broccoli & Garlic Salad
In a large salad bowl, whisk together:
¾ tsp. red wine vinegar
1 tsp. Kosher salt
2 tsp. roasted sesame oil
Cut into bite-size florets:
1 lb. broccoli (approx.)
Add to bowl and toss.
In a small skillet over medium heat, put:
1/3 cup extra virgin olive oil
When oil is hot add:
2 lg. garlic cloves, chopped finely
2 tsp. cumin seeds
large pinch red pepper flakes ***optional***
Cook, stirring often, until garlic just starts to brown. Pour over broccoli and toss well. Allow to sit for at least an hour at room temperature so flavors can develop.

NOTE: If your broccoli has a strong, slightly bitter flavor, you can get rid of that by parboiling it: bring 2 quarts of salted water to a boil, put in broccoli florets, boil for 2 minutes, strain broccoli and add to large bowl with vinegar/sesame oil mixture, toss well.

The carrots are abundant and delicious, as usual. Remember that carrots will keep in your refrigerator for, literally, months. No need to eat them up quickly--unless you want to, of course.

Hooray for the cucumber trellis! Another bumper crop, putting my fears to rest about having enough cucumbers this week.



You may not have the kohlrabi this recipe calls for, but substitute something else—or just add more cucumber and carrot.
Cucumber, Kohlrabi and Carrot Salad
In a medium salad bowl, put:
1 small onion, cut in half and sliced thinly
1 medium cucumber, cut in half and sliced into thin half-moons
1 carrot, scrubbed and cut into julienne matchsticks
½ kohlrabi, peeled and cut into julienne matchsticks
-Toss vegetables together to mix them and break up the layers of onion.
Dressing: in a small bowl, put:
1 Tbsp. light soy sauce or Tamari
2 tsp. rice or black vinegar
1 tsp. sesame oil
1 Tbsp. lightly-crushed, roasted sesame seeds
Just before serving, stir the dressing to mix it and pour over the vegetables. Toss together and serve immediately: the longer this salad sits with the

dressing on it, the more liquid the cucumber will release.

Lettuce heads will tend to be on the smaller side this week as we have a new bed coming on. More next week.

The pepper patch is doing us proud! Our bell peppers are maturing, and the Italian Carmens are also starting to turn red. Plenty of Jalapeños out there as well for those who prefer a bit of spice. I have my eye on the Anaheims as a possibility for next week . . .
The FlavorBurst have not matured in sufficient numbers to warrant another round, but maybe next week?

Field Notes
Last Wednesday's rain dropped .4", and Monday morning's gave us another .75", so everyone is happy. Then, lo and behold, another rain shower moved thru Tuesday evening. Hallelujah!
Our winter squash field is sporting some Canada thistle, but there are plenty of squashes out there getting bigger by the day. We're looking forward to putting these in your October boxes.
Chuck and I planted several beds of Brussels sprouts this season, and most are coming along just fine. The others are struggling with weeds, but we're working on those. If the weather cooperates, we'll get a nice, late crop.
Another crop we're watching anxiously is potatoes. The plants are healthy and still growing, so we don't want to dig anything up just yet. Not sure we'll wait for October, tho.
Chuck also planted white, salad turnips awhile back. These are reaching a good size for picking, so our plan is to put them into next week's box.

And that's it for this week.
Take Care,
Terry & Chuck