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Box #13
Odd Box
20 September 2023

Contents
Beans: Green and Yellow
Broccoli
Brussels Sprout **Tops**
Carrots
Chard: Family Shares Only
Cucumbers: Couple Shares Only
Lettuce: Green Romaine
Peppers: Anaheim, Green Bell, Red Carmen
White Salad Turnips

New Stuff: Brussels sprout tops, white salad turnips
Choice Box: peppers, ?

If you're new to our CSA family, you've probably never eaten the **top** of a **Brussels sprout** plant before. Well, you're in for a treat. Brussels sprout tops are sweet and tender--the leaves, the stems and ***especially*** the stalk—which I call the "tenderloin". Try them steamed, sautéed, stir-fried, in soup--anything you put greens in you can put these in. Steaming is my favorite, followed by sautéing with bacon. Choose your favorite method and enjoy! **And be sure to eat the stalk,** it's the best part.
Store these greens in the plastic bag they come in, and enjoy them within 3-4 days. Cabbageworms enjoy the leaves as much as we do, so you may find some.
Why do we break off the top of our Brussels sprouts you ask? Without its top, the plant puts more energy into forming sprouts and not in growing upwards. Breaking the tops off Brussels sprouts is rather labor intensive. Several years ago, we gave this job to our Hmong crew, and watched with amazement while they stuffed the tops into garbage bags, and hauled them to their car (we always threw them on the ground). The next week, they brought lunch and we got to taste what all that foraging was about. Wow! Sweet, tender, especially the stalk. Who knew? We've been eating them ever since and sharing with our CSA members. We only have enough Brussels sprout tops to give them to you once.

Here's a recipe for greens, if you want to do something a bit more elaborate:

Coconut-Braised Greens
Ingredients:
1 large bunch greens, kale, chard, mustard, (Brussels sprout tops)
1 bunch scallions
1 tablespoon butter
1 tablespoon coconut oil
1 1/2 cups coconut milk, homemade or canned
1 tablespoon soy sauce
1/2 teaspoon salt, or to taste
Freshly ground black pepper
Directions:
Trim the bottoms of the stalks, then coarsely chop the leaves (and stems, if edible) and set aside.
Cut off the bottoms of the scallions, then thinly slice the whites and greens.
Melt the butter with the oil in a large wok or skillet over medium-high heat. Add the scallions and sauté for 1 minute.
Add greens and sauté for another minute, stirring well to incorporate, then add the coconut milk and soy sauce and bring to a simmer.
Lower the heat to medium-low and simmer, uncovered, stirring frequently, until the greens reach your desired doneness—7 to 10 minutes, or longer if you like your greens more tender. Season with salt and pepper and serve.

White turnips, or salad turnips as they're sometimes called, are a sweeter, milder version of the classic, purple-topped, turnip. Turnips are high in potassium, vitamin C, and contain some iron, magnesium, calcium and vitamin B_6.
White turnips are white from top to bottom and all the way thru with tender, leafy green tops. Turnip greens are edible and have a spicy flavor. Because the leaf has tiny hairs on it, most folks choose to cook turnip greens rather than eat them raw.
Store turnips in the vegetable drawer in your refrigerator. The roots should keep for a few weeks, the leaves 4-5 days.
White turnips are especially good raw, in salads, coleslaw or as a snack, like radishes. You can roast them, braise them or put them in stews—very versatile.
Chuck and I have been watching the 2 rows of white turnips grow slowly bigger as we harvested the cilantro and beets around them.
There's a small critter called a wireworm that finds turnips, radishes, rutabagas and other brassicas very tasty. They are the larvae of click beetles, and eat their way into root crops. You may see some in the turnips as you cut them up. They aren't harmful, but I cut them out of my turnips and use the rest.

The green and yellow bean beds have produced loads of beans this week. We've given you some of each.

The broccoli beds are slowing down. This may be it for several weeks.

Avocado Cucumber Salsa

In a medium bowl, put:

1 avocado, peeled, pitted and diced small
1 cucumber, peeled and diced small
2 Tbsp. finely chopped red onion
1 ½ Tbsp. chopped fresh cilantro
1 ½ tsp. finely grated lime zest
1 Tbsp. freshly squeezed lime juice
½ jalapeño, seeded, if desired, and finely chopped
¼ tsp. kosher salt
¼ tsp. black pepper

Mix together and enjoy. A great salsa to serve with chicken quesadillas.

Field Notes

We've gotten little bits of rain over the past week, but not much. Still, plants are doing well.
Last week we planted the last long season crop: Napa cabbage. It'll be a long shot whether it gets big enough to make it into the last box, but we'll be hoping hard. Otherwise, we plant quick crops like lettuce and spinach at this point in the year.
As we were topping Brussels sprout stalks, we checked out the sprouts: looking good, already a good size. We should have enough for the last 3 boxes of the season.

Farm Day is coming up in a few weeks: Sunday October 1st, from 1-4 pm.
Farm Day is open to all CSA members, their families and friends.
We start at 1pm gathering apples in the orchard, move to the barn to press cider—free samples for everyone. At 3pm, Chuck will take you around our fields for a grand tour. A raffle with Fabulous Prizes is part of the afternoon's festivities. Be sure to bring a half gallon or gallon jug so you can take some cider home.
A word to the wise: If you bring small children to the farm, you must watch them carefully so they do not wander into areas with equipment where they might get hurt. Farms have lots of stuff that is partially buried in the tall grass, so stay on the mowed areas, and do not go into the upstairs portion of our barn. Thank you!
And that's it for this week.
Cheers,

Terry & Chuck