

July 7, 2004

This week's share:

- Baby salad mix*
- Broccoli OR Cauliflower
- New potatoes*
- Purple scallions
- Mei qing choy OR Joi choy
- Kale, Swiss Chard, OR Beet greens
- Peas: U-pick for farm shares
- Cucumber OR Zucchini (snacks at farm)*
- Herbs: Oregano, Chives, OR Lemon Balm

*=items from the hoopouses

Announcements: *these are the same old announcements, but please read them, and come out to volunteer, and be aware of the cooler situation. Then scroll on down for some recipes and info about new veggies this week.*

1. Refrigeration Station

Situation: The coolers at the Horticulture Farm will be out of commission for at least the next four weeks. Fortunately we have backup cooler space available if necessary, but only on Thursdays. For you CSA members who pick up at the farm (not those who pick up on campus), this means that if you miss Thursday pick-up, your share will NOT be refrigerated until you pick it up. (Normally if you miss

Thursday pick-up, you can stop by the farm Friday or Monday and pick up your share out of the cooler) We will still leave unclaimed shares in our cooler (#11) in the main garage space of the building where you normally pick up, but the refrigeration will be turned off. Please make every effort to claim your share on Thursday between 4:00 and 6:30, or have a friend pick up for you during that time if you can't make it, rather than planning to pick up on Friday or Monday.

**2. Volunteers wanted:
First, Thanks to Simon,
Ian, and Isabelle for
coming out to help on
Monday!**

**Three volunteer
opportunities:**

1) The last two Thursdays in July, 7:00-11:00 a.m., we need harvesters. Please call, email, or ask in person beforehand, so we know who to expect, and hopefully you can even come harvest at least once before then, to get an idea of what to expect.

2) Weekend watering: thanks to those who have volunteered to

water on weekends, and we can still use more help – please call or email to set up a time to learn the ropes – the walk-through takes about half an hour; the actual watering takes close to two hours, early in the morning.

3) Would you like to meet your fellow members and learn how CSA pick-up works? Come volunteer to staff the pick-up table at the farm Thursdays from 3:30- 6:45 (includes set-up and take-down). Call, email, or ask in person if you're available and would like to work one or more Thursdays this summer.

New veggies?

Beet Greens: You'll get either beet greens OR chard OR kale this week. And there will be plenty more of all to come. Plant trivia of the week: Beets and Swiss chard are the same plant! Have we already said that? It's still true. They are both varieties of *Beta vulgaris*, the beets bred for large roots, the chard bred for large leaves. And beet greens, while they have a distinctly beety flavor compared to chard, can be used interchangeably with chard (or spinach) in any recipe.

Cucumber OR Zucchini:

Again, we may not have enough for all the shares, so these may just be snacks at the farm when

you pick up your share, but there may be enough for everyone to get one of one OR the other.

And since these are still coming out of the handful of plants in the hoopouses, it's a mere hint of what's to come out of the field in coming months.... In case we do include them in shares, we've also included oregano OR chives (OR lemon balm) for herbs this week.... A delicious summer salad or relish, depending on how finely you chop the cucumber OR zucchini (interchangeable in this recipe, but of course you'll end up with two different things): Chop either coarsely or finely, depending on if you want a salad or a relish (don't bother to peel unless you enjoy peeling; many minerals are concentrated in and under the peel). Toss with a little light vinegar, salt, pepper, and sugar (just a pinch). Mince fresh oregano, toss with cuke/zuke-voila. Try substituting chives, see what happens. I suppose you could use lemon balm too, I've never done it, but it sounds good.

Broccoli OR Cauliflower! Yum.

You know what to do with these, but I'm including my favorite recipe for cauliflower at the end of this newsletter. You get a choice of one or the other because there aren't enough mature heads of either one for everyone to get the same thing,

but next week, you'll get to choose to take the opposite of what you got this week.

Farm (not PSSB) Shares:

Please remember next week to take the opposite of what you took this week, so everyone in the CSA gets both. Also, if you share a share, take one head and cut it in half, or eat it together, or whatever you want, but please don't take two heads, even if they're small – we count enough for each share to get one, and if you take more than one, someone else won't get one. Thanks!

Choice of Chois: Mei qing or Joi (a.k.a. the Joy of Choi)

I hope you all have some good preparation ideas for choi by now; you'll keep seeing it! It's such a lovely vegetable, mainly water and fiber in the stem, and chlorophyll, minerals, and anti-cancer antioxidants like indoles in the leaves. We grown three kinds of choi: Mei qing choi, Pac (or Bok – same thing) choi, and Joi choi. It's in the same family as mustard, broccoli, komatsuna, radish, etc. It's relatively easy to grow – we keep our field-grown choi under floating row cover (you'll see it if you come out to the farm --- it looks like a huge white caterpillar laying in the field) to keep out flea beetles, which are harmless, but do cosmetic damage (tiny holes) to

the leaves. It's also one of the frost-hardy greens we grow through the winter, so if you stay with us through the cold season, you'll have even more chances to enjoy choi. A simple, delicious way to serve choi: Slice the entire leave, stem and all, crosswise into very tiny, as narrow as you can slice, slivers. Drizzle the choi "spaghetti" into a bowl, and douse with Ume plum vinegar, a shockingly salty vinegar found in Asian groceries and the condiment aisle of the food coop. Toss to mix thoroughly, and either serve immediately for crispy choi salad, or let it set in the refrigerator for up to a few hours for slightly more mellow choi – don't be fooled, though, the vinegar does not mellow. This is a flavor for salt-and-vinegar lovers. The rest of you can do the same thing with lemon juice or rice vinegar or cider vinegar. Optional: add a dash of olive or sesame oil and a sprinkle of sesame seeds before serving. There are lots of variations on this salad, which is essentially a slaw; you can add any shredded veggies you like, experiment with different acidic and/or oily condiments, seeds, nuts, etc. Let me know if you come up with a really good combo.

Remember to come pick peas!

Recipe

Whole Cauliflower Crown with Spiced Tomato Sauce from *Lord Krishna's Cuisine*, one of the best Indian cookbooks I know of – check it out.

Note: This recipe looks complicated, but it's not. It's just 3 steps: cooking the cauliflower, making the sauce, and adding the sauce and toppings to the cauliflower. Make sure to follow the sauce steps carefully – Indian cooking often involves quickly frying spices in oil before adding to a sauce; this is important to get the full flavor of the spices, so don't leave it out – it doesn't take long. I think it's easiest to measure out the spices beforehand, mix in a small bowl, and add all at once to the ghee.

1 lg. cauliflower
about 3 c. salted water
5 medium peeled, diced tomatoes (can substitute 1 can diced or mashed tomatoes – canned sauce is OK, but usually has additives and also is a little soupy for this recipe)
¼ c. plus 2 Tbsp. water
1 bay leaf
8-10 peppercorns
4 Tbsp. ghee or butter
½ tsp. ground cumin
1 tsp. ground coriander

¼ tsp. cayenne pepper
¼ tsp. ground fennel
¼ tsp. ground mustard
¼ tsp. turmeric
½ tsp. salt
½ tsp. jaggery or brown sugar
½ c. plain yogurt at room temp.
2 Tbsp. slivered toasted almonds or pistachios

1. Trim base and basal leaves from cauliflower. With small knife angled at center of head, hollow out stem one inch deep. Immerse head down in cold salted water.
2. Pour 3 c. salted water into large pan, just bigger than cauliflower, and boil. Place head in it, stem down, when water returns to a boil, cover, boil 10-15 min on medium heat. Allow more time if steaming instead – make sure entire head is tender.
3. Boil in small saucepan tomatoes, ¼ c. water, bay leaf, peppercorns for 10 min. Make sure tomatoes are mashed to a lumpy puree, and remove bay leaf.
4. Drain tender cauliflower, place in heated serving dish, rub with 1 Tbsp. ghee or butter, keep warm in warm oven. Heat 3 Tbsp. ghee in small pan on med. heat, then add ground spices (that is cumin through turmeric on the ingredients list) and 2

- Tbsp. water, fry 30 seconds. Add tomato sauce, salt, sugar, and boil. Reduce until thick enough to coat a spoon.
- Spoon sauce over cauliflower heat. Drizzle yogurt over that, and sprinkle with nuts. Serve hot.

Serves 4-6.

SOF Wish List :

We've been working up a SOF Wish List – mostly items that we could buy, but prefer to reuse if you've got them and are not using them. Check your garage, basement, shed, etc. and see if you can donate any of these items:

- Used pickup truck or van, to be used on-farm only (i.e. not for use on roads), for running produce and supplies from the back to the front of the Hort Farm and vice versa. We've been using my truck, which is fine as long as I'm here, but I'll be leaving next year.
- A tune-up, oil change, and car wash for my truck ☺
- Two-burner camping stove (preferably with refillable fuel tank) to be used both in our farm "kitchen" and for cooking demonstrations.
- Large coolers (ice chests, not walk-ins, though one of those would be nice, too!)

- A walk-behind lawnmower, preferably the human-powered reel mower style, but any push-mower will do
- Useful hand tools: shovels/spades, a large mulching pitchfork, digging/spading forks, a machete, a heavy-duty old-fashioned hoe, fencepost pounder
- Paint: preferably bright colors, for painting signs and stenciling our tools and bins. Any old partial gallons or quarts laying around? Also: paintbrushes!
- Weatherproof shelving unit, i.e. plastic Rubbermaid upright shelves with locking doors
- 5-gallon plastic buckets, preferably from food products
- A large Gardenway cart
- Wheelbarrows
- Sawhorses
- A battery-operated drill
- Extra-long (150 ft. or more) tape measure
- A 4-ft. segment of 18-24" diameter PVC or other heavy-duty pipe (not concrete)
- Miscellaneous: old towels/rags, large (long) knives, large (1/2 gallon or more) glass jars with lids, sponges, rubber boots, watering cans, and snacks – thanks so much to those of you who have brought snacks out to the farm! The farmers appreciate any and all snacks all the time.
- Massages: we'll take donations or barter extra produce for massages for farmers.