

CSA Newsletter



**Week 7:
7/14/15 & 7/16/15**

Box contents

Small share:

1 head red cabbage
1 bunch carrots
1 lg. or 2 sm. heads
broccoli
½ lb. dragon tongue beans
½ lb. green beans
2 zucchini
1 bunch cilantro
1 Walla Walla onion
1 head lettuce (sm. share only)
1 bunch beet medley (Tues.) OR 1 bunch kale
(Thurs.) – next week switch
(**Next up**...potatoes, cucumbers, cauliflower?)

Regular share additional items:

2 cucumbers
1 yellow summer
squash
1 lb. shell peas

Farm News

We want to remind everyone that our annual **summer farm potluck is coming up on Saturday, July 25, from 3-7pm.** We hope you can join us for a farm tour, lawn games, and lots of food. Please bring a dish to pass, and an outdoor chair if you have one. Please RSVP to Chelsea (chandler.chelsea@gmail.com) so we can get a sense of how many people to expect. Thanks!

We did a lot of food preservation over the weekend – canning the last of the garlic scapes and freezing many quart bags of broccoli. It sometimes feels like hard work fitting in batches of food preservation during the busiest time of year, but it's so nice to open a jar or bag in the winter and enjoy food we worked hard to grow that was preserved at its peak. On Sunday we enjoyed a great tour, fresh food, and good company at our Wisconsin Farmers Union local chapter's annual picnic. It's always interesting learning about how other farmers do things differently, and of course it's nice for farmers to have an excuse to take the afternoon off and just sit outside without thinking about the latest weed invasion that needs to be fended off. We have had some beautiful light shows at dusk this week thanks to the lightning storms passing through and the fireflies' nightly routine. It's also fun watching the bats dart around – we particularly appreciate when they echolocate mosquitos.

Recipes & Storage Tips

Cilantro Maple Carrots

Bunch of small carrots

2 T. maple syrup *3 T. cilantro*

Remove carrot tops and scrape carrots clean. Cut into ~3 in. pieces. Steam or boil until soft but not mushy (8-10 min.); strain. Add maple syrup and finely chopped cilantro. Stir and enjoy.

Sweet and Sour Red Cabbage and Sausage

1 red cabbage, shredded

1 apple, cored & diced (something firm, such as Braeburn, Pink Lady, Granny Smith, etc.)

1 ½ tsp. salt, divided *1 T lemon juice*

2 T sugar or ½ cup golden raisins

½ cup water *1 T. butter*

1 sweet onion (such as Walla Walla), chopped

1 T. apple cider vinegar

14 oz. ring turkey kielbasa, cut into 1 inch pieces

14 oz. ring Andouille sausage, cut into 1 inch pieces

Place cabbage in a large pot. Add 1 teaspoon of salt, lemon juice, ½ cup of water, and sugar or raisins. Bring to a boil and then simmer, covered but stirring occasionally, for 15 minutes. Sauté the onion in butter until golden. Add the onion to the cabbage along with the apple, ½ teaspoon salt, pepper, vinegar, and sausage. Cook, covered, for 20-30 minutes until sausage is cooked through.

Tips: *Cabbage:* Stored in the hydrator drawer of the refrigerator, can last 3 weeks to 2 months. Cut into slices to toss into salads raw, or cut into thicker slices to steam or boil. It is a nice addition to salads, pasta salads, fried rice, etc. Cabbage is also popularly fermented in sauerkraut and kimchi. *Carrots:* Remove greens and refrigerate carrots in a plastic bag to store for 2-4 weeks. Eat raw, steamed, or diced into soups, casseroles, or sautéed dishes. *Shell peas:* Shell & add to sautés or soups. Blanch or steam for 2-4 minutes and add to fried rice or rice, pasta salads, or vegetable salads. *Onion:* These are fresh from the garden and have not cured, so use within a week or so. *Dragon beans:* Refrigerate in a plastic bag and eat within a week. Great raw, but can also be steamed or lightly sautéed – but note the beans lose their variegated colors when cooked.