

# Summer CSA 2016 WEEK 1

## Farm News, Box Contents, Recipes

Dear Farm Members, Welcome to Mountain Bounty Farm's 19th summer CSA season! We have been planning, planting, and tending the fields and greenhouses since early January to bring you this season's bounty. Once again, we have a wonderful crew with eight veterans returning from past seasons, and five new interns that joined in early April to round out the group. It's an exciting time on the farm, full of promise. Perhaps that's how farming is – always something growing, changing, always lively! After several years of drought, it's amazing how a winter with average rainfall can refresh our local water supply. While many parts of California are still in historic drought mode, here locally, and for this season, it looks like we have plenty of water. And the nice, cool, "normal" spring means perfect greens weather. The fields, and really our whole area, are so lush, green, and lovely right now. So what to expect from the farm this season? Coming soon: carrots, more lettuces, broccoli (lots!), cauliflower, cabbage, fennel, garlic, cucumbers, and many other greens! And starting a little later, toward late June or very early July: cherry tomatoes, basil, green beans, and bulbing onions. Starting a little after that, toward later July: main season tomatoes, corn, melons, and eggplant. All of these crops come on in many waves so they overlap and appear and reappear over the long season. Every year our plan is to grow each crop for the longest season it can be grown well in our area. We then have a diverse list of crops from which to harvest each week. Our CSA boxes are designed carefully each week, based on what we have, and on feedback from our surveys about what people want. Due to their popularity, certain veggies have come to be considered as staples and will be in the boxes very regularly. These staples include lettuce, carrots, bunched greens like kales and chard, broccoli, onions (or leeks, scallions, garlic), sweet corn, potatoes, zucchini, and of course ample tomatoes of all kinds! Other crops will rotate through either based on a shorter season (spinach and celery for example), or more limited popularity (eggplant and fennel for example). We grow many, many beautiful and delicious varieties of each vegetable so prepare yourselves for six months of feasting! Your Farmer, John Tecklin

## **IN YOUR VEGGIE BOXES THIS WEEK**

### REGULAR BOX:

- Rainbow chard
- Potatoes – Believe or not, these are from last fall’s harvest! They have kept very well in the cooler and we have been eating them all winter. Still had a bunch, they still taste great, and thought, why not?
- Baby Bok Choy
- Zucchini
- Napa cabbage – Oh so big and lovely right now. Perfect for salad with creamy tangy dressings or easy to make your own kimchee (see recipe below).
- Salad turnips – if you are new to Mountain Bounty, you are in for a treat with these. Try them raw in a dish of rice vinegar.
- Lettuce
- Scallions
- Spinach
- Beets
- Dill

### SMALL BOX:

- Rainbow chard
- Zucchini
- Napa cabbage – Oh so big and lovely right now. Perfect for salad with creamy tangy dressings (and maybe the dill?) or easy to make your own kimchee (see recipe below).
- Salad turnips – if you are new to Mountain Bounty, you are in for a treat with these. Try them raw in a dish of rice vinegar.
- Lettuce
- Scallions
- Spinach
- Dill

## **RECIPES**

**HOW TO MAKE EASY KIMCHEE** Makes 1 quart **INGREDIENTS** 1 medium head (2 pounds) napa cabbage 1/4 cup sea salt or kosher salt (see Recipe Notes) Water (see Recipe Notes) 1 tablespoon grated garlic (5 to 6 cloves) 1 teaspoon grated ginger 1 teaspoon sugar 2 to 3 tablespoons seafood flavor or water (optional, see Recipe Notes) 1 to 5 tablespoons Korean red pepper flakes (gochugaru) 8 ounces Korean

radish or daikon, peeled and cut into matchsticks 4 scallions, trimmed and cut into 1-inch pieces Equipment Cutting board and knife Large bowl Gloves (optional but highly recommended) Plate and something to weigh the kimchi down, like a jar or can of beans Colander Small bowl Clean 1-quart jar with canning lid or plastic lid Bowl or plate to place under jar during fermentation INSTRUCTIONS Slice the cabbage: Cut the cabbage lengthwise into quarters and remove the cores. Cut each quarter crosswise into 2-inch-wide strips. Salt the cabbage: Place the cabbage and salt in a large bowl. Using your hands (gloves optional), massage the salt into the cabbage until it starts to soften a bit, then add water to cover the cabbage. Put a plate on top and weigh it down with something heavy, like a jar or can of beans. Let stand for 1 to 2 hours. Rinse and drain the cabbage: Rinse the cabbage under cold water 3 times and drain in a colander for 15 to 20 minutes. Rinse and dry the bowl you used for salting, and set it aside to use in step 5. Make the paste: Meanwhile, combine the garlic, ginger, sugar, and seafood flavor (or 3 tablespoons water) in a small bowl and mix to form a smooth paste. Mix in the gochugaru, using 1 tablespoon for mild and up to 5 tablespoons for spicy (I like about 3 1/2 tablespoons). Combine the vegetables and paste: Gently squeeze any remaining water from the cabbage and return it to the bowl along with the radish, scallions, and seasoning paste. Mix thoroughly: Using your hands, gently work the paste into the vegetables until they are thoroughly coated. The gloves are optional here but highly recommended to protect your hands from stings, stains, and smells! Pack the kimchi into the jar: Pack the kimchi into the jar, pressing down on it until the brine rises to cover the vegetables. Leave at least 1 inch of headspace. Seal the jar with the lid. Let it ferment: Let the jar stand at room temperature for 1 to 5 days. You may see bubbles inside the jar and brine may seep out of the lid; place a bowl or plate under the jar to help catch any overflow. Check it daily and refrigerate when ready: Check the kimchi once a day, pressing down on the vegetables with a clean finger or spoon to keep them submerged under the brine. (This also releases gases produced during fermentation.) Taste a little at this point, too! When the kimchi tastes ripe enough for your liking, transfer the jar to the refrigerator. You may eat it right away, but it's best after another week or two. Recipe Notes

- Salt: Use salt that is free of iodine and anti-caking agents, which can inhibit fermentation.
- Water: Chlorinated water can inhibit fermentation, so use spring,

distilled, or filtered water if you can.

- Seafood flavor and vegetarian alternatives: Seafood gives kimchi an umami flavor. Different regions and families may use fish sauce, salted shrimp paste, oysters, and other seafood. Use about 2 tablespoons of fish sauce, salted shrimp paste, or a combination of the two. For vegetarian kimchi, I like using 3/4 teaspoon kelp powder mixed with 3 tablespoons water, or simply 3 tablespoons of water.

**Broiled Zucchini with Yogurt-Dill Sauce** INGREDIENTS 1/2 cup plain yogurt 2 teaspoons finely chopped fresh dill 1 small clove garlic, grated 1/2 teaspoon lemon juice Kosher salt Freshly ground black pepper 1-2 zucchini 1 tablespoon olive oil INSTRUCTIONS: Preheat broiler. If using the main compartment of the oven (as opposed to a separate broiler compartment below), place a rack about 5 inches from the broiler element. In a small bowl, whisk together the yogurt, dill, garlic, and lemon juice. If necessary, thin with water to a pourable consistency. Season to taste with salt and pepper. Set aside. Trim ends off zucchini. Cut in half crosswise, then lengthwise into 4-6 spears. Toss with olive oil, salt, and pepper. Place zucchini in an oven-proof skillet or pan and broil, flipping occasionally, until slightly charred and tender but not mushy, about 10 minutes. Remove from broiler. Serve zucchini warm or chilled with yogurt-dill sauce. **Sauteed**

**Hakurai Turnips and Braised Greens** INGREDIENTS 1 bunch Hakurei turnips 1 bunch leafy greens (such as chard, choy, or spinach) 2 teaspoons oil, divided 1/2 cup water, apple juice or white wine 1/2 teaspoon salt 1/4 teaspoon black pepper DIRECTIONS Cut the greens from the turnips. Wash and tear all the greens into large pieces and remove the stems. Cut the turnips into bite sized pieces. Heat 1 teaspoon of oil in a sauté pan over medium-high heat. Sautee the turnips stirring or tossing occasionally until they are crispy outside and tender inside. Season with salt and pepper and remove to a warm plate. In the same pan, heat the remaining oil over medium heat. Add the washed and wet greens, and add to pan in batches. Stir and mix as they wilt. Add the wine or other liquid and cook until it is mostly evaporated. Plate greens and arrange the warm turnips on top.