

## In This Box

- Edamame
- Red Ace beets
- Gold Rush wax beans
- Broccoli
- Savoy cabbage
- Onion
- Tomatillo salsa bag (includes Jalapeno and Poblano HOT peppers and garlic)
- Cilantro

## Next Week?

- Acorn squash
- Carrots
- Leeks
- Broccoli and/or romanesco
- Winterbor kale
- Potatoes
- Peppers

## A DAY IN THE LIFE

I used to embrace technology. My high school was one of the first schools to offer a computer science class. We learned the Basic programming language and printed out the programs on punched cards. In college I was often the only female in the computer science classes. I learned to program in Fortran and Cobol, again using punched cards. One of my first jobs was at the UWM Bookstore where I converted the IBM Selectric (remember those balls full of the letters, rather than typewriter keys) typewriters to word processors and the manual inventory system to a mainframe system.

But I guess I used up all my patience for the exactness of computers or my brain has just moved on to only wanting to deal with the details of plant varieties, planting dates, bugs, and diseases because when last week our email server and their backup crashed and our internet service took away half our mega-

bytes because of a “glitch,” I did not want to learn how to fix things. So thank you Josh Borzeik for your patience and help. Computer support, another perk of CSA members becoming friends.

## FIELD NOTES

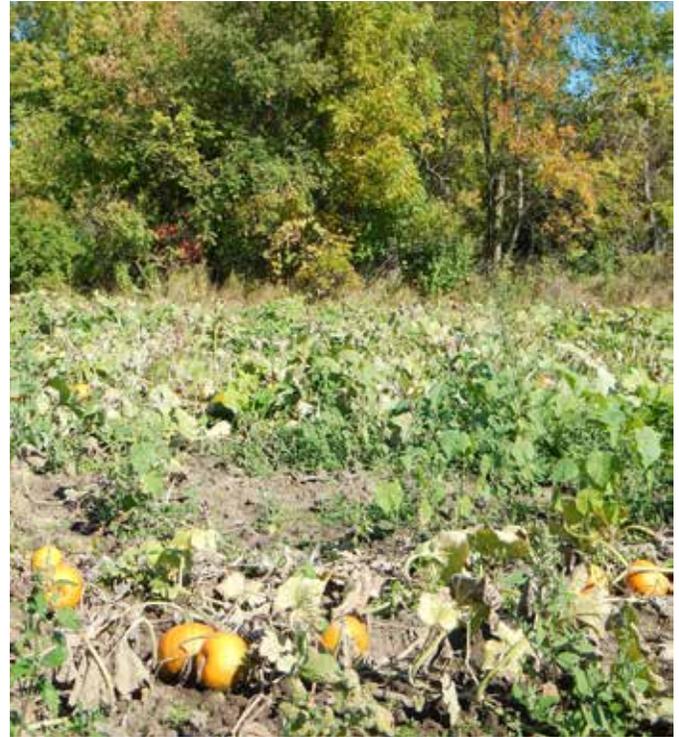
I often read other CSA newsletters to keep up with their farms and how their crops are doing. Last week Tipi Produce, a 30-plus-year veteran of growing organic vegetables wrote that the stress of the cool nights of August caused the broccoli, cauliflower and romanesco to mature early and all at once with small heads. Now we know what happened to ours.

It's very dry. Good for some things like mature carrots and potatoes. Bad for young carrots and Brussel sprouts that are trying to grow. We are back to irrigating.

## BOX NOTES

The beans that are in today's box were a gamble. We planted them expecting that they probably would be killed by a frost. But no frost yet, so a bonus harvest of beans.

The savoy cabbage is more tender than a regular green cabbage so it can be used in salads as well as cole slaws and soups. Store in a plastic



PUMPKIN PICK. They are not plentiful nor huge but we will be offering families an opportunity to come over one Saturday afternoon in October so the kids can pick out their own jack-o'-lantern pumpkin.

bag. Ones that are starting to split from their fast growth this warm fall won't store more than a couple of weeks though.

Edamame is an edible soybean. Strip the pods from the stems, wash, place in salted boiling water for 5 minutes. Remove from the water and squeeze the pods to release the beans inside. That is the traditional Japanese appetizer or snack at a bar, like salted peanuts for us. They can also be prepared and then used in a soup or stew. Or after boiling, immerse the pods in cold water, drain and freeze in the pods for winter. Fresh, their shelf life is only a few days. Strip the pods from the stems and store in a plastic bag.

ALL the peppers in the box are HOT peppers.

# Recipes

by Annie Wegner Lefort

## Green Bean Dip

1 lb. fresh green or wax beans  
1 medium onion, chopped  
3 cloves garlic, minced  
1 hard-boiled egg  
1 T. tahini (sesame paste)

½ lemon, juiced  
4-6 crackers (This is a good opportunity to use the bottom of the box/package broken pieces.)  
1 T. olive oil  
½ t. red chili flakes

Cook beans in boiling water about 10 min. then drain. Simultaneously boil one egg. Saute onions and garlic in olive oil. Finely blend together boiled beans, boiled egg, sauteed onion/garlic, tahini, lemon juice, and crackers. Add red chili flakes, salt and pepper, and pulse for 30 seconds.

*You can eat this now or try freezing in small portions. It could also be mixed with white beans or garbanzo beans (to make a "string bean hummus"). Also, add more garlic if you like or try adding the garlic raw at the end.*

## Garlicky Creamed Cabbage

1 Savoy cabbage (shredded thinly)  
Sea salt  
Freshly ground black pepper

6 cloves garlic, grated or pressed  
5 T. heavy cream  
Water

In a large-based pan w/ lid, cover bottom of pan with 1/2" water and turn heat to high. Add shredded cabbage and stir as water heats up. When water starts to boil, reduce heat, stirring all the time. Once cabbage starts to wilt slightly, but is still crisp, season and add garlic, stir well; taste. Keep stirring and stir in cream, serve immediately. Serves 6 to 8.



**Beet Green Smoothie/Soup Supplements:** Separate greens from beets and wash well. Cut off stems and reserve for another use. Chop greens well either by hand or in a food processor. Spread them on a tray and place in your oven or food dehydrator. Dry completely. Grind in a spice grinder until they are nearly a powder. Keep in a dry, cool place and use a teaspoon or two in a smoothie or mix with salt and other herbs/spices to make a seasoning mix for soup.

## Edamame and Broccoli Salad

1 lb. broccoli, florets and tender stems chopped  
1/2 lb. shelled edamame, cooked and cooled  
(blanch: simmering water for about 4-5 min.,  
remove to an ice water bath or run under cold  
water, spread on a plate or baking sheet to cool)

1/2 c. red onion, finely sliced  
1/3 c. roasted sunflower seeds  
1/3 c. dried cranberries  
1/2 c. mayo  
3 T. red wine vinegar

Whisk together the mayo, red wine vinegar, honey, salt and pepper. In a larger bowl (w/ lid) add remaining ingredients. Pour dressing on and stir. Cover and refrigerate for a few hours or overnight so the flavors can meld. Eat by itself or over a green salad, or toss with canned tuna or sardines for a light lunch.

## Recipes — continued

### Maple Horseradish Glazed Beets

1 3/4 lbs. medium red beets (3 3/4 lbs. with greens), stems trimmed to 1 inch  
1/2 stick (1/4 c.) unsalted butter  
3 T. bottled horseradish (not drained)  
2 1/2 T. maple syrup  
2 1/2 T. cider vinegar  
1/2 t. salt  
1/4 t. black pepper  
1 1/2 T. Dijon mustard  
Salt and pepper to taste

Put oven rack in middle position and preheat oven to 400 degrees. Put beets in a roasting pan and cover with foil. Roast until tender, about 1 hour. When cool enough to handle, peel beets and cut into eighths, then transfer to a bowl. Melt butter with horseradish, syrup, vinegar, salt, and pepper in a heavy skillet over moderate heat. Stir in beets and boil, stirring occasionally, until liquid in skillet is reduced to about 1/4 c. and beets are coated, 4 to 5 min. Serves 4

*I tossed these beets with fresh salad greens, toasted walnuts, crumbled blue cheese, and a basic balsamic vinaigrette. Add a little of the horseradish/maple sauce to the vinaigrette before tossing if you want. The hot beets will slightly wilt the salad, but I like this effect. You could also chill them before tossing. This recipe has been adapted from one in Gourmet magazine.*

*From Pinehold Member Rita Collen:*

### Broccoli Cheese Soup

1/4 c. butter or margarine  
1/2 medium onion, chopped  
1 c. carrots, sliced thinly  
1/4 c. flour  
2 c. milk or half and half (can substitute undiluted evaporated skim milk)  
4 c. chicken or vegetable stock  
1 to 1-1/2 pounds broccoli, chopped  
1/4 t. nutmeg  
12 ounces grated cheddar cheese  
Salt and pepper, to taste

In a large-based pan w/ lid, cover bottom of pan with 1/2" water and turn heat to high. Add shredded cabbage and stir as water heats up. When water starts to boil, reduce heat, stirring all the time. Once cabbage starts to wilt slightly, but is still crisp, season and add garlic, stir well; taste. Keep stirring and stir in cream, serve immediately. Serves 6 to 8.

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1/4 t. nutmeg  
12 ounces grated cheddar cheese  
Salt and pepper, to taste

In a large-based pan with lid, cover bottom of pan with 1/2 inch of water and turn heat to high. Add shredded cabbage and stir as water heats up. When water starts to boil, reduce heat, stirring all the time. Once cabbage starts to wilt slightly, but is still crisp, season and add garlic, stir well; taste. Keep stirring and stir in cream, serve immediately. Serves 6 to 8.

*From the archives Pinehold Member Patricia Heim's*

### Roasted Tomatillo Salsa

1 small onion, sliced  
8 medium tomatillos, husked and rinsed  
1 Pablano chilli  
1/4 fresh cilantro  
1 clove garlic, crushed  
1/2 t. brown sugar  
1/2 t. salt

Grill or roast the onion, tomatillos and pepper until charred. Blend the onion and tomatillo. Skin the pablano if you prefer to remove the charred skin. Add the pepper to the blend with other ingredients and blend until smooth.