



# The Weekly Weeder

A weekly publication for CSA members

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## Box Contents & Storage Tips

**Beet Greens:** These delicious greens are said to help lower blood pressure.

**Chinese Cabbage:** Once more because they're ready! We had many emails from members who were so pleasantly surprised by the wonderful mild flavor of this cabbage. See more recipe ideas on the back.

**Cilantro:** Freeze it (see last weeks newsletter), use it, give some away. Like News from the Farm" describes, crops like cilantro were pushed to maturity in the heat.

**Garlic Scapes:** Just the start...the scape is the flower that is just emerging on the garlic plant. Mild enough for raw eating or quickly sautéed. The entire scape can be used. Store in a plastic bag.

**Kohlrabi:** We love this refreshing and juicy veggie raw in our favorite dip. Peel off the outer tough skin before eating. Can also be cooked lightly as part of a stir-fry, grated for a cole slaw, cut up for a salad topping.

This week is a diverse mix of both fresh eating greens (salad mix and spinach) and cooking greens (beet greens, turnip greens, and cabbage).

**Why eat greens?** They're the powerhouse of minerals/vitamins! The USDA recommends eating a minimum of 3 cups per week - yet our ancestors used to eat a grocery bag of green leaves per day! Vitamin K is the star nutrient, with at least 9 times the minimum recommendation, which may not even be optimum based on current research. And yet many people don't get enough of this vitamin.

**Why is Vitamin K important?** It helps regulate blood clotting, protects bones from osteoporosis, may be a key regulator of inflammation, may help protect us from inflammatory diseases including arthritis, and may help prevent diabetes.

**Micro Greens:** These radish micro's are a special treat and wonderful in a salad or to top an entree. We grow them in our greenhouse, then lovingly cut, weighed and bagged. Enjoy!

**Salad Mix:** Our first successful production of salad mix—hurray! While we're pleased with the beautiful and tasty combination of lettuces, we're also amazed by the heavy labor involved: hand weeded once before harvest, hand cut with knives one handful at a time into buckets, once harvested the mix is calculated (we could only fit 8 totes of lettuce in our bulk tank at a time, so we had to figure out a balanced mixture between color, texture, and quantity for all 40 totes!) Keep in a plastic bag or salad spinner.

**Spinach: Full Shares Only** Due to the hot weather, this planting needed to be harvested at the end of last week. While it keeps well in a plastic bag, we recommend using this up sooner in the week.

**Baby Turnips:** A La Crosse CSA member wrote us, "I steamed these, boiled the greens, and tossed it all with a little butter, salt and pepper, and I found myself looking in the bowl for more!"

**Don't forget to read  
"News from the Farm"  
on our website to hear what's  
happening on the farm.**

## Crop Report

We are disappointed that the peas aren't ready! The photo on "News from the Farm" posting will give you the visual of vines loaded with pods, so there will be plenty of fresh peas next week.

Hot weather pushed the radishes to bolt—but there are more coming in another planting. Herbs and summer crops are quickly growing in this wonderful heat. We're crossing our fingers that the cool-weather loving FAVA BEANS will soon be in boxes.

# Recipes! Recipes! Recipes!

## Pickled Cabbage:

1 c. sugar  
1/2 c. vinegar  
1/2 c. water  
1/2 tsp. salt  
1 head Chinese cabbage  
Red & green peppers, dried  
(Opt.) Yellow peppers & raw carrots

Boil sugar, vinegar, water, salt a few minutes. Let this mixture set 1 hour to cool. Shred cabbage. Pour cooled juice over cabbage and peppers. Mix well. Can be stored in refrigerator up to a week.

## Chinese Cabbage Salad: [www.cooks.com](http://www.cooks.com)

### Dressing

1/3 cup balsamic vinegar  
1/2 cup sugar  
2/3 cup olive oil  
2 tablespoons soy sauce

### Salad:

1 head chinese cabbage, chopped  
1 bunch green onions, chopped  
1 pkg ramen noodles  
4 oz slivered or sliced almonds  
1 tablespoon butter

1. Mix dressing ingredients. (Speed mixer will thicken dressing.) Set aside.
2. Chop cabbage and green onions.
3. Crush ramen noodles. Discard flavor packet. Mix with almonds and butter and brown in skillet. Use as garnish on top of salad, mixing just before you're ready to serve.

Scallions stand tall and majestic as Paul walks between the rows. These will be ready for next week!



## Cate & Mat's Meal of the Week:

A nutritious 30 minute meal

### Beet Greens and Rice

1. While the rice cooks, get hot water boiling for the beets.
2. Decide if you'll cook just the greens or the entire beet (with the root portion) - it will take less time with just greens.
3. For greens only: trim off root portion of leaves and wash thoroughly. When water is boiling, add greens and cook until tender (5 min). Drain water, add 1 tbsp butter and a shake of salt. Serve
4. For greens and root portion: wash thoroughly but leave the entire root portion intact to prevent color from bleeding out in the cooking water. Boil in water until root portion is tender (10 min). Drain water, add 1 tbsp butter and a shake of salt. Serve
5. Other variations: a dash of Bragg's amino acids, then rolled up in sesame toasted sea weed (nori). Use brown rice instead of white rice to make a more wholesome and filling meal.

### Sautéed Greens With Garlic and Olive Oil

August 8, 2008—New York Times—By MARTHA ROSE SHULMAN

This simple classic (which can be made with any type of green—beets, turnips, spinach either on their own or mixed together) is great on its own as a side dish, or you can toss the greens with pasta, add them to an omelet or risotto, or use them in a gratin or a quiche.

1 pound greens (2 large or 3 small bunches)

Salt

1 to 2 tablespoons extra virgin olive oil, to taste

2 garlic cloves, minced

1/4 teaspoon dried red pepper flakes (optional)

Freshly ground pepper

1. Bring a large pot of water to a boil while you stem the greens and wash the leaves in 2 rinses of water. When the water comes to a boil, add 1 tablespoon of salt and the greens. Blanch for 2 minutes, until tender. Transfer immediately to a bowl of ice water, then drain and squeeze the water out from its leaves. Chop coarsely.

2. Heat the oil over medium heat in a large, heavy nonstick skillet. Add the garlic and hot red pepper flakes (if using) and cook, stirring, until the garlic is fragrant and translucent, 30 to 60 seconds. Stir in the greens. Stir for a couple of minutes, until the greens are nicely seasoned with garlic and oil. Season with salt and pepper, remove from the heat, and serve.

Note: Some people enjoy a few drops of lemon juice with their cooked greens, so you might want to pass a plate of lemon wedges.

Advance preparation: The blanched greens will keep in the refrigerator for about 3 days. Yield: Serves 2 to 4