



The Weekly Weeder

A weekly publication for CSA members

SEPTEMBER 15, 2009—BOX #14

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Box Contents & Storage Tips

You will find this box and perhaps the next couple somewhat smaller as we transition to late summer and fall crops

Cabbage— store in the crisper drawer— if outer leaves become wilted or yellow simply peel back until you get to crisp leaves

Carrots— store in bag in crisper drawer

Cilantro

Eggplant Oriental (full shares only) The plants are starting to slow and show signs that the end is near

Lettuce— green leaf

Peppers - Green Bell, Pablano

Raspberries: the issue we have in getting everyone raspberries at the same time is not a matter of supply, but a matter of time.

Red Onion, : Store on countertop or in dry/cool space as these are fully cured.

Tomatoes— Romas and Slicers— This is probably the last week for the slicers. We should have a few Romas for the next box, but the end of the Tomato season is upon us

Spinach— store in bag in fridge

Announcements:

Pork Butcher Date is September 29, 2009. It will take a few weeks for smoking the bacon and to arrange delivery. People who have reserved a bundle will receive details in early October. If you did not reserve a bundle and you are still interested contact the farm to be placed on the waiting list. After the final weights are in there may be some additional pork for sale.

Fall Beef Butcher Date is October 15, 2009. There are still beef bundles available. Contact the farm if you are interested.

Pumpkin Party is Sunday October 11, 2009



Coming Soon

green and red peppers, eggplant, chard, kale, lettuce, spinach, parsley,
Green top celery root, Leeks.....

Recipes! Recipes! Recipes!

Thai Lettuce Wraps

From about.com

1 head fresh lettuce
3 cloves garlic, minced
1 thumb-size piece ginger, grated
1 red chilli, de-seeded and finely sliced
2 shallots, sliced finely
1/2 cup firm tofu, cut into "matchsticks" OR 1/2 cup cooked chicken or pork, shredded, OR 1/2 cup cooked baby shrimp
1 carrot, grated or cut into thin strips
4-5 shiitake mushrooms, thinly sliced
1 egg
1/2 cup shredded cabbage
3 spring onions, sliced lengthwise into matchsticks
2 cups bean sprouts
2 Tbsp. lime juice
2 Tbsp. regular soy sauce
2 Tbsp. fish sauce
1 Tbsp. oyster sauce

TOPPING:

1 cup fresh basil, roughly chopped
1/2 cup fresh dry roasted peanuts, roughly chopped
2 Tbsp. oil for stir-frying

Preparation:

1. Place oil in a wok or large frying pan over medium-high heat. Add garlic, galangal (or ginger), chilli, and shallots. Stir-fry one minute, or until fragrant. Stir-frying tip: add a Tbsp. water whenever the wok/pan gets too dry instead of more oil.

2. Add tofu (or meat/shrimp), carrot, shiitake mushrooms, cabbage, and spring onions. As you stir-fry, add the lime juice, soy sauce, fish sauce, and oyster sauce. Stir-fry about 1 minute.

3. Push ingredients to the side of the wok or pan, and crack in the egg. Stir-fry the egg quickly, breaking the yolk. Mix in with the other ingredients.

4. Add the bean sprouts and stir-fry briefly (to mix). Remove from heat and do a taste test for salt, adding 1 Tbsp more fish sauce if not salty enough.

5. Now place the lettuce, the stir-fried filling, and the toppings on your table, allowing family or guests to make their own wraps.

6. To assemble wraps, take a whole lettuce leaf and place 1-2 heaping tablespoons of filling in the center. Top with a sprinkling of fresh basil and peanuts. Then wrap it up and eat. (For those who like it extra spicy, Thai chilli sauce can be added as another topping.)

Fresh Cabbage Salad

* 1/4 cup white wine vinegar
* 1/2 cup olive oil
* 1 teaspoon Dijon mustard
* 1 teaspoon sugar
* Kosher salt
* Fresh ground pepper
* 2 cup finely shredded green cabbage
* 1/2 cup julienned carrot
* 1/2 cup julienned red pepper
* 1/4 cup finely slivered red onion
* 1 small bunch chives, cut into 2-inch lengths

Sweet 'N' Sour Cabbage Sauté

By Woman's Day Kitchen from Woman's Day; August 4, 2009

1 Tbsp oil
1 small onion, chopped
1/2 head green cabbage (about 1 1/2 lb), coarsely chopped
1/4 cup cider vinegar
3 Tbsp sugar
1/4 tsp salt
2 ripe nectarines or peaches, pitted and chopped

1. Heat oil in large skillet over medium-high heat. Add onion; sauté 3 to 5 minutes or until transparent. Add cabbage; sauté 3 minutes more or until just tender.

2. Remove from heat; stir in vinegar, sugar, salt and nectarines.

Mashed Turnip & Carrot Delight

from www.vegweb.com

1 very large turnip (or many small ones)
6 large carrots (or as many as you like)
salt & pepper to taste

Directions:

Peel skin off of the turnip then cut turnip into pieces... size doesn't matter, but the smaller you cut them the faster they will boil. After cutting the turnip place in a saucepan with water and a touch of salt and boil till done. (when you can stick a fork through piece, its done!)

Cut up carrots and as well boil till done.

When turnip & carrot are ready, put both in one bowl or saucepan and mash them together. Or you can mash them separately (food processor can also be used...quicker) and then mix them together.

Add salt and pepper to taste.

While we take great care to provide the cleanest and safest food possible, yet all produce should be washed prior to eating.

Directions

In a bowl whisk together the vinegar, oil, Dijon, sugar, and season with salt and pepper. Set aside.

In another bowl, toss the cabbage, carrot, red pepper, red onion, and chives together lightly.

Drizzle the salad with the vinaigrette, and toss to coat.