



# The Weekly Weeder

A weekly publication for CSA members

**SEPTEMBER 23, 2009—BOX #15**

WWW.RIDGELANDHARVEST.COM CSA@RIDGELANDHARVEST.COM

## Box Contents & Storage Tips

**Broccoli**— store in a plastic bag in crisper

**Cabbage (full shares only)**— 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

**Lettuce**— red bib

**Fennel (full shares only)** store in plastic bag in crisper drawer

**Garlic**

**Leeks**: store in plastic bag in crisper drawer

**Parsley**

**Peppers - Sweet Red Bell and Sweet Red Italia**

**Pie Pumpkins**— store on counter.

**Raspberries**: selected shares and selected sites

**Sweet Onions** : Store in mesh bags on countertop or in dry/cool space as these are fully cured. Sweet onions don't store long and these are last of this years crop— use sooner than later— storage onions will be next

**Tomatoes**— Roma— Will this be the last?

**Turnips**



Savoy Cabbage, scallions, fennel and green kale....

## Announcements:

**Pork Butcher Date is September 29, 2009.**

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 interested.

**Pumpkin Party is Sunday October 11, 2009**

**Please, Please RSVP by Friday Oct 2, 2009**

**11:00 Farm Tour**

**12:30 Potluck Lunch**

Ridgeland Harvest Raised Chicken will be provided

**1:30 Pumpkin Pick**



A field of pumpkins looks forward to your visit on Oct. 11- to take them home.

## Coming Soon

more broccoli peppers, eggplant, chard, kale, lettuce, spinach, sauté mix  
celery root, scallions, leeks.....

# Recipes! Recipes! Recipes!

## Stuffed Cabbage Rolls

from [www.foodnetwork.com](http://www.foodnetwork.com)

### Ingredients

Sweet and Sour Tomato Sauce:

2 tablespoons extra-virgin olive oil

2 garlic cloves, smashed

1 1/2 quarts crushed tomatoes

2 tablespoons white wine vinegar

1 tablespoon sugar

Kosher salt and freshly ground black pepper

Cabbage Rolls:

1 1/4 cup extra-virgin olive oil

1 yellow onion, chopped

2 garlic cloves, minced

2 tablespoons tomato paste

Splash dry red wine

2 tablespoons chopped fresh flat-leaf parsley

1 pound ground beef

1 pound ground pork

1 large egg

1 1/2 cups steamed white rice

Kosher salt and freshly ground black pepper

2 large heads green cabbage, about 3 pounds each

To make the sauce:

### Directions

Coat a 3-quart saucepan with the oil and place over medium heat. Add the garlic and saute for 1 minute. Add the tomatoes and cook, stirring occasionally, for 5 minutes. Add the vinegar and sugar; simmer, until the sauce thickens, about 5 minutes. Season with salt and pepper and remove from the heat.

Place a skillet over medium heat and coat with 2 tablespoons of the olive oil. Sauté the onion and garlic for about 5 minutes, until soft. Stir in the tomato paste, a splash of wine, parsley, and 1/2 cup of the prepared sweet and sour tomato sauce, mix to incorporate and then take it off the heat. Combine the ground meat in a large mixing bowl. Add the egg, the cooked rice, and the sauteed onion mixture. Toss the filling together with your hands to combine, season with a generous amount of salt and pepper.

Bring a large pot of salted water to a boil. Remove the large, damaged outer leaves from the cabbages and set aside. Cut out the cores of the cabbages with a sharp knife and carefully pull off all the rest of the leaves, keeping them whole and as undamaged as possible, (get rid of all the small leaves and use them for coleslaw or whatever.) Blanch the cabbage leaves in the pot of boiling water for 5 minutes, or until pliable. Run the leaves under cool water then lay them out so you can assess just how many blankets you have to wrap up the filling. Next, carefully cut out the center vein from the leaves so they will be easier to roll up. Take the reserved big outer leaves and lay them on the bottom of a casserole pan, let part of the leaves hang out the sides of the pan. This insulation will prevent the cabbage rolls from burning on the bottom when baked. Use all the good looking leaves to make the cabbage rolls. Put about 1/2 cup of the meat filling in the center of the cabbage and starting at what was the stem-end, fold the sides in and roll up the cabbage to enclose the filling. Place the cabbage rolls side by side in rows, seam-side down, in a casserole pan.

Preheat the oven to 350 degrees F.

Pour the remaining sweet and sour tomato sauce over the cabbage rolls. Fold the hanging leaves over the top to enclose and keep the moisture in. Drizzle the top with the remaining 2 tablespoons of olive oil. Bake for 1 hour until the meat is cooked.

## Sesame-Braised Cabbage with Leeks

From *The Vegetable Dishes I Can't Live Without* (Hyperion, 2007).

### Ingredients

1 tablespoon unsalted butter

4 cups sliced leeks (white and pale green parts only)

1/4 teaspoon salt

4 cups green cabbage, cut into 1-inch squares

2 tablespoons water

Freshly ground black pepper

Chinese-style dark sesame oil

Toasted sesame seeds

### Instructions

1. Melt butter in Butch oven or large, deep skillet over medium heat. Add leeks and salt. Cook, stirring occasionally, about 10 minutes or until tender.
2. Add cabbage and stir to combine. Add water; cover, reduce heat to low, and cook, stirring occasionally, until cabbage is tender, about 20 minutes.
3. Season with black pepper and more salt if needed. Serve hot or warm, drizzled with a tiny bit of dark sesame oil and topped with a generous sprinkling of lightly toasted sesame seed. Serves 4.

## Potato Soup with Mushrooms and Leek

from [www.recipe-tips.com](http://www.recipe-tips.com)

### Ingredients

- 4 tablespoons butter

- 1 pound mushrooms

- 1 leeks - chopped

- 1 cup carrots - sliced

- 6 cups chicken broth

- 2 teaspoons dill

- 2 teaspoons salt

- 1 bay leaf

- 2 pounds potatoes - peeled and diced

- 1 cup milk

- 1/4 cup flour

### Directions

To clean leeks, place the chopped leeks in a bowl with water and stir them around. The dirt will settle to the bottom.

In a large skillet, melt half the butter over medium heat.

Sauté mushrooms until lightly browned, about 5 minutes.

In a stock pot, melt half the butter over medium heat.

Add leeks and carrots. Cook for 5 minutes or until vegetables start to soften. Pour in broth, seasonings, potatoes and mushrooms. Cover and simmer 20-30 minutes. Discard bay leaf.

Combine the milk and flour and whisk until smooth. Stir into the soup to thicken. Serve once heated through.

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