



# CHRONICLES OF A DRIFTER

## CSA NEWSLETTER

JULY 22, 2014

### IN YOUR BOX THIS WEEK . . .

#### **Basil**

See a recipe for a basic basil pesto on our website. This is a favorite sandwich and pizza topping in our house!

#### **Beans: Provider**

Delicious sautéed in butter or olive oil with fresh mushrooms. Look at the Week 5 newsletter for a potato and bean salad.

#### **Broccoli: Emerald Crown or Imperial**

Don't forget to peel and eat the stem! The broccoli is really delish right now.

#### **Carrots: Mokum or Yaya**

So happy to see the first carrots!

#### **Cauliflower: Fremont**

#### **Cucumber**

Some people prefer to peel cucumbers before eating to digest a little more easily. Peeled and sliced cucumber is a favorite car snack for us.

#### **Fennel**

Fennel is the vegetable with a white bulb and green fronds that has a light flavor of anise, which mellows as it is cooked. The entire vegetable is edible. You can thinly slice the bulb and/or fronds and add to salads, sandwiches or egg salad. We really enjoy fennel with marinara sauces and it adds a very delicious touch to meatballs. Also great in fennel muffins. We have several other fennel recipes on our website.

#### **Kohlrabi: Winner**

We just made the kohlrabi risotto from last week's newsletter and it was awesome - thanks for the recipe Kate!

#### **Napa Cabbage**

Napa cabbage is a mild variety of cabbage that can be eaten fresh (tacos, burritos, cold salads, slaws) or cooked (stir fries, in soups, cabbage rolls). Check out the tuna cabbage salad and cabbage roll recipes on our website.

#### **Onions: Purplette**

A nice early onion that is great fresh on salads, sandwiches or for cooking/soups.

#### **Salad Mix**

#### **Summer Squash and Zucchini**

These are fantastic halved, tossed with olive, salt, pepper, and fresh herbs and roasted on the grill. Also, fantastic in scones, muffins, waffles and pancakes.

### WEEK 6: FREEZE IT

Preserving season is gearing up . . . the time when the bounty from the farm can be saved for the cold months of the year. In our spare time this weekend we froze beans, broccoli, peas, kale and made a quick batch of sauerkraut from green cabbage. Extra produce can sometimes be overwhelming to new share members but we have found that as CSA members return year after year, they start to ask for extras even beyond the box to be able to store up for the winter. This is one of the beauties of being a CSA member. You get to share in a bountiful season! We will be having an impromptu cooking class at the farm in August to show you how to freeze crops like broccoli, tomatoes, peppers, squash, etc. so that you can make the most of your CSA box.

Julie, one of our share members, sent us an amusing and helpful link about how to prepare some of the lesser known veggies in your CSA box and there were some very tasty recipes on the link. We have it posted on our Facebook page if you would like to check it out. Thank you for continuing to send delicious recipes our way. We just tried the Kohlrabi Risotto recipe included in last week's newsletter (week 5) passed on to us by share member, Kate, and it was AWESOME! Besides being stellar employees, Skye and Elizabeth are also great cooks and they have given us excellent ideas for new dishes as well. We did a heap of grilling last Thursday night including summer squash, cabbage (cut in wedges or cut napa cabbage in half, drizzle with olive oil, salt, pepper, fresh herbs - so delicious and tender), and veggie pizzas (arugula pesto and summer squash, caramelized onion and sage). The fresh flavors of this season are second to none!

We hope you are beating the heat out there, staying cool and staying healthy. August is creeping up slowly and, though the heat can be uncomfortable, we have to store it up for those long winter months to come. Enjoy these days while they last!

**-Best wishes from your farmers,  
Joan, Nick, Abe and Freya**

### Upcoming Events:

Saturday, July 26<sup>th</sup>, 10am-12pm, St. Cloud Public Library, Mississippi Room, Food Sovereignty Workshop put on by the Central Minnesota Sustainability Project (CMSP) in St. Cloud. LaDonna Redmond, Founder of Campaign for Food Justice Now, will be presenting a workshop that takes a deeper look into the industrial food system and how our current methods of food production impact your life on a day-to-day level. This event is free and open to the public.

Sunday, September 28<sup>th</sup>, afternoon, Annual Share Member Potluck at the Farm. Join us for food, community, and play time on the farm!

### PHENOLOGY AND WEATHER NOTES ON THE FARM FROM THE PAST WEEK

Rainfall: 0.0"

High Temp: 92°F

Low Temp: 60°F

Sightings: Not so much seeing as hearing, but the cicadas have started to announce their arrival.

## HOW TO STORE YOUR PRODUCE

Your produce this week can be stored in the refrigerator in plastic bags. If you have room in your vegetable drawers, that's great. If not, they will be fine in the main refrigerator. A few exceptions . . .

Basil will brown in the fridge as it does not like being cold. Keep in a cool spot out of the sun on your counter with the bag vented but use soon for the best flavor!

## PRESERVING TIPS

- Snap Beans: To freeze, trim ends, wash well, and cut beans into 2-4 inch lengths. Blanch in boiling water for 3 minutes. Cool. Drain. Pack beans into freezer bags or boxes. Seal, label with the year and freeze.
- Broccoli/Cauliflower: Wash and remove leaves. Separate heads into convenient-size sections. You can also freeze small stem pieces. Wash well. Blanch in boiling water for 3-4 minutes. Cool, drain, and pack into freezer bags. Seal, label and freeze.
- Zucchini/Summer Squash: Grate, drain and pack into freezer bags to use for winter muffins, breads, waffles and pancakes. Some of our favorite recipes call for about 2 cups of grated summer squash so we put that into quart freezer bags and just pull out a bag when we want to bake.

## RECIPES ON OUR WEBSITE

- Spicy Vegetable Macaroni and Cheese - Thanks to the Williams family!
- Julia's Cole Slaw
- Crisp Tuna-Cabbage Salad
- Basil Pesto
- Asian Stuffed Chinese Cabbage Rolls - these take a little time but are amazing!
- Italian Antipasto Salad with Fennel
- Cream of Roasted Fennel Soup

## Fennel and Apple Slaw

Adapted from Minnesota's Bounty  
Shred equal parts fennel and apple. Toss with just enough mayonnaise to lightly coat. Serve garnished with toasted chopped walnuts and dried cranberries.

## RECIPES

### Baked Kohlrabi Fries

Adapted from Lizzy in the Kitchen blog

1 kohlrabi root with stems removed  
1 Tbsp. melted coconut oil or olive oil  
sea salt or kosher salt  
chili powder and ground cumin

Preheat oven to 425 F. To prepare kohlrabi, wash and then peel. It is a hard and large root, so be careful. I would recommend holding your root against your cutting board and peeling straight onto that instead of into the sink. Then cut the kohlrabi into "fry-sized" sticks. First, cut the root in half and then with each half, cut the sticks.

Toss kohlrabi with a generous pinch of salt and the coconut oil on a baking sheet.

Optional (but delicious): Sprinkle with lots of chili powder (basically until they look pretty well covered) and a smaller amount of ground cumin (these aren't "spicy" spices, so you don't have to worry too much about the heat). Bake for 30 minutes, flipping or shaking around once in the middle. Eat with ketchup or other dip of choice.

### Stir Fry Ginger Beef Recipe

Adapted from [www.simplyrecipes.com](http://www.simplyrecipes.com)

*We made this dish this weekend and it was fast and delicious. You could easily substitute pork, chicken or tofu for the beef. You could also add summer squash, carrots, or cauliflower to this recipe.*

#### Marinade:

2 T. rice vinegar  
5 T. soy sauce  
1 T. honey  
1 Tbsp peeled, grated fresh ginger (you could substitute dried ginger)  
1 t. ground cumin

#### Beef and stir-fry:

1 to 1 1/2 lb beef  
1 T. corn starch  
2 T. vegetable oil  
1 T. sesame oil (optional)  
1 onion, thinly sliced  
2 cloves garlic, thinly sliced  
1-inch nob of ginger, peeled, minced  
1 head broccoli, separated into florets (also used peeled and chopped broccoli stem)

Slice beef first crosswise in 1/2-inch thick slices. The cut each slice lengthwise into strips. In a medium bowl, whisk together the marinade ingredients; the soy sauce, vinegar, grated ginger, honey and cumin. Mix the beef in with the marinade to coat and let it sit for at least 30 minutes, and up to 4 hours, in the fridge.

In a small bowl, mix the corn starch with 2 tablespoons of cold water to make a slurry. Heat the oil in a wok, or a large sauté pan, over high heat until it is nearly smoking. As the oil is heating up, pat the beef dry and separate it into small batches no larger than what can fit into the palm of your hand. Working in batches, sauté beef until just brown outside but rare inside, no more than 1 minute. Transfer beef to a bowl. When all of the beef is cooked, put the garlic and onions into the pan and stir-fry 30-45 seconds. Add the minced ginger and cook for 30-45 seconds more. Add the broccoli and cook until just crisp tender. Add the beef back to the pan. Add the cornstarch slurry. Cook for 3-5 minutes more until broccoli is just done but still bright green. Serve over rice or cous cous.

### Caramelized Fennel and Onion

Adapted from [www.marthastewart.com](http://www.marthastewart.com)

This is fantastic on pizza or as a condiment on brats, sandwiches, crackers, etc. Reserve some fennel fronds for garnish.

1 T olive oil  
1 fennel bulb, trimmed, cored, and thinly sliced  
1 large onion, halved and thinly sliced  
Salt and ground pepper

In a large skillet with a tight-fitting lid, heat olive oil over medium-high. Add fennel and onion, and season with salt and ground pepper. Cook, stirring occasionally, until mixture begins to brown, about 5 minutes. Reduce heat to medium, cover, and cook 5 to 7 minutes. Uncover, add 1 tablespoon water, and cook, stirring constantly, until golden brown and soft, 2 minutes.