

CSA Newsbrief— 6th week July, 2011

Honey—it is hot, hot, hot out there!!! Thank goodness for air conditioning so we get a little relief from the scorching temperature and high humidity. The plants are looking a little stressed in the fields, but fortunately, enough rain has fallen to keep growth up and blossoms forming. In the high tunnel, temperatures above 95 degrees for so many days may threaten the next round of blossoms and future picking, but the tomatoes on the vines look pretty good (just not quite ripe yet). Patience, patience, patience. Have a great weekend—keep cool.

Bob and Christine Wilson
608-790-5882

What's in the CSA share this week?

Beets with greens – A renowned blood purifier, beets are a good source of vitamins A and C, iron, calcium, magnesium, and potassium. Beets are also an excellent source of dietary fiber.

Storage Tip: Wash and store in hydrator drawer of refrigerator.

Storage Tip: Beet greens best used fresh, as their integrity will diminish rapidly. Store greens wrapped in a damp cloth or in a plastic bag in a drawer of the refrigerator.

Baby Carrots – Carrots are very high in vitamin A, beta carotene, fiber, calcium, potassium, and other trace minerals.

Storage Tip: Remove greens and refrigerate carrots in a plastic bag. Undamaged carrots will last 2-4 weeks when refrigerated.

Green Beans – Green beans provide a good source of protein, Vitamin B, calcium, iron, magnesium, potassium, and copper. Green beans are a great source of fiber as well.

Storage Tip: Refrigerate fresh in a plastic bag—for best flavor, use as soon as possible. Beans will keep up to one week.

Green Cabbage – Cabbage has only 15 calories per one-cup serving. It holds a significant quantity of vitamins and minerals, like vitamins A and C, calcium, potassium, and magnesium.

Storage Tip: Refrigerate cabbage in a hydrator drawer. Properly stored, cabbage can last 3 weeks to 2 months in the refrigerator.

Head Lettuce – Head lettuce is a favorite staple vegetable for its texture and sweetness.

Storage Tip: Wrap lettuce in a paper towel inside a plastic bag and store in the hydrator drawer of the refrigerator for up to two weeks.

Kohlrabi – Kohlrabi offers generous amounts of vitamins A and C, as well as the minerals potassium and calcium. Kohlrabi is high in fiber!

Storage Tip: Refrigerate in the hydrator drawer of the refrigerator.

Napa Cabbage – Also known as Chinese cabbage, the flavor of Napa cabbage is a bit milder and sweeter than regular cabbage. Napa cabbage contains small amounts of Vitamin A and C, but plenty of fiber and very few calories.

Storage Tip: Wrap cabbage in a damp towel and refrigerate in the hydrator drawer for up to two weeks.

Tips for Beets:

- No need to peel—trace minerals just below surface of skin; scrub clean
- Grate into salads—raw or cooked
- Cube into soups or stews
- Serve sliced, steamed beets at room temperature with olive oil or simple vinaigrette
- Cut off leaves and scrub clean; bake at 350 degrees for 1-2 hours (until easily pierces with fork). Rub off skin and cut off root—serve whole or sliced

Beet Chocolate Cake

2 c. sugar	3-4 oz. unsweetened chocolate
2 c. flour	4 eggs
½ tsp. salt	¼ c. oil
2 tsp. baking powder	3 c. shredded beets
1 tsp. baking soda	

Heat oven to 325 degrees; grease two 9 inch cake pans. Combine dry ingredients together. Melt chocolate slowly over low heat or double boiler; cool. Blend chocolate thoroughly with eggs and oil. Combine flour mixture with chocolate mixture, alternating with beets. Pour into pans and bake until fork inserted into center can be removed cleanly (40-60 minutes).

From Asparagus to Zucchini Cookbook MACSAC

Napa Cabbage Salad

1 head Napa cabbage	1 c. slivered almonds
1 bunch minced green onions	¼ c. cider vinegar
1/3 c. butter	¼ c. vegetable oil
1 (3 oz.) package ramen noodles, broken	½ c. sugar
2 Tbls. sesame seeds	2 Tbls. soy sauce

Finely shred Napa cabbage—do not chop. Combine green onions and cabbage in a large bowl; cover and refrigerate until ready to serve.

Preheat oven to 350 degrees. Melt the butter in a pot; mix the ramen noodles, sesame seeds, and almonds into the pot with the melted butter. Spoon the mixture into a baking sheet and bake the crunchies in the preheated oven, turning often to make sure they do not burn. When the crunchies are brown, remove from the oven.

In a small saucepan, heat the vinegar, oil, sugar, and soy sauce. Bring the mixture to a boil, let boil for 1 minute. Remove from heat and let cool.

Combine dressing, crunchies, and cabbage immediately before serving. Serve right away or the crunchies will get soggy.

Note: For Bob and me, I prepare the cabbage, crunchies, and dressing; store all in separate closed containers in the refrigerator. Then I prepare smaller quantities of cabbage salad for our meals over the next week to ten days.

Green Cakes

2 bunches of kale or other greens

1 medium onion

2 garlic cloves

2 slices of bread

3 eggs

¾ cup cheese (Colby, cheddar, mozzarella, etc.)

1/3 cup flour

Salt and pepper to taste

Sour cream for garnish

Blanch the greens: heat a large pot of water to boiling and get an ice bath prepared to cool the greens when they are done cooking. Bring the water to a boil and dunk the greens in for 2-3 minutes; then plunge into the ice bath—leave in ice-bath for 2-3 minutes. Once the greens are in the ice-water bath, blanch the garlic and onions for about 30 seconds; then plunge into ice-water bath to cool.

Take the greens out of the ice bath and squeeze all the water out of them—may use paper towel or dishcloth. Roughly chop the greens and onions; mince the garlic and place all in a mixing bowl

Toast the slices of bread, then chop or crumble into mixing bowl. Shred the cheese and add to mixing bowl. Add flour, salt, and pepper to the mix. Crack eggs into the bowl and break the yolks. Thoroughly mix all ingredients together; mixture should feel like a meatball.

Heat up a skillet and add olive oil to coat. Make a ball of the greens mix and squeeze together firmly.

Place ball in skillet and mash it flat with the back of a spatula. Fry until golden brown on each side.

Garnish liberally with sour cream.

From Organic Valley Recipe Listing