



Community Cultivator



Newsletter of the Foggy River Farm CSA, Week 5

Squash out the ears

All of us at Foggy River have dirt stuck deep under our fingernails. We've been planting winter squash night and day on the farm!

This year, we have a very narrow window for getting squash in the ground. The window is defined on one side by the heavy wet soil of the rainy season, and on the other side by the frost calendar. The late rain has made the soil too wet to work with until about last Thursday. So we've been biding our time until we could get seeds in the ground. But if we were to wait too long to plant, our squash wouldn't mature until after the first frosts of fall, which usually arrive here in early October. (A farmer's rule of thumb is to plant pumpkins by the 4th of July to have them ready for Halloween...but this guideline doesn't quite work for us, because our squash plants will normally be zapped by frost weeks before anyone is 'trick or treat'ing.

So, what all this means is that we're rising early to plant squash and continuing until dusk. To help you understand why it takes us so long, let's delve into a little squash mathematics. This year our squash field has 14 rows, each about 270 feet long and containing 60+ squash mounds. This adds up to nearly 850 mounds, each with 4 seeds planted in the lightly moist soil beneath the surface. If each and every seed were to germinate and grow (if only we were so lucky!), we would be looking at 3300 plants. And of course, each plant can bear multiple fruits.

In a few week's time, we'll know the results of our planting efforts. And for the sake of autumn soups and pumpkin pies, let's hope for the best!

Enjoy the cauliflower and broccoli this week!

Your Foggy Farmers,
Emmett & Lynda
Craig & Emma

What's In Your Box:

- **Cauliflower (Snow Crown)** *Many people aren't big cauliflower fans until they eat roasted cauliflower (Lynda hated cauliflower until she discovered this method, and now she loves it.) Try chopping the head into medium-small florets. Toss the florets with oil, salt and pepper on a baking pan, and then roast them in the oven at 375 degrees. Toss them with a spatula occasionally as they begin to brown on the bottom. When they're soft and lightly browned (golden) take them out to eat! You can also roast them with beet and carrot chunks (or onions or garlic) if you have them on hand. We've also included a tasty soup recipe. (Recipe included.)*
- **Broccoli (Arcadia)** *These heads are our first for the year. Chop them up and steam them or stir-fry them. Add them to a pasta primavera dish. Broccoli has a fairly narrow window of availability in the Spring. When it's too cold, the plants won't grow or form heads, and when it's too hot the heads bolt into flower quickly. So this is the broccoli moment. Enjoy!*
- **Beets (various)** *More multi-colored, multi-shaped beets, excellent for roasting. Don't forget to cook up the greens too! Try slow roasting them in foil, for a caramelized and tender treat. (Recipe included.)*
- **Head Lettuce (Red Cross / Grandpa Admirers / Sylvesta)** *Enjoy more fresh green and red salads. If you're feeling adventurous, try the lettuce soup recipe. (Recipe included.)*
- **Spinach (Space / Magenta Mountain Orach)** *Yet again we get to enjoy these spring leaves, packed with nutrients. They will be fewer and farther between during the summer, so savor them while they last. These mature leaves are excellent wilted into a pasta, soup or casserole or steamed with some lemon juice or other seasonings.*
- **Green Garlic (various)** *Green garlic can be chopped from the base (just cut the roots off, and peel off the dry outer layers) to the tip of the leaves. You'll want to make use of the whole length of the stalk. A mild garlic flavor for any dish.*
- **Greens Onions (various)** *Excellent for flavoring other dishes, green onions can be chopped from the base (just cut the roots off) to the tip of the leaves. Try the scallion pancake recipe! (Recipe included.)*
- **Fresh herbs (Oregano & Rosemary)** *A little fresh seasoning to add to any dish. (Recipe included.)*

Foggy River Recipes

Creamy Lettuce Soup

Thanks to member Heather for sending us this recipe, adapted from the Joy of Gardening cookbook. She says it's tasty every time!

Ingredients

2 T butter/olive oil
16 cups chopped **lettuce/greens**
1/8 tsp white pepper
2 T soy sauce
2 **garlic** cloves, chopped
1/2 c. chopped **onions**
3 C chicken broth/water
2/3 c. **plain yogurt**
1/4 c. chopped basil (maybe you can omit this or substitute a different seasonal herb?)

In large soup pot, melt butter/add oil and saute the onions and lettuce until the lettuce is limp (2 to 4 minutes). Add broth/water, soy sauce, and salt and pepper. Simmer for 5 minutes.

Cool the soup slightly and puree it in a food processor or blender. Return the soup to the pot to reheat. Stir the yogurt slowly into the soup. Heat until blended. Add chopped garlic and basil.

Slow Roasted Beets

Here's a very simple recipe for cooking beets, straight from the Windsor Garden Club's recipe book called "Delicious" (thanks to member Suzette for bringing us a copy last week!) We thought this an appropriate introduction for this week's beets. The recipe is attributed to Sally Pooler.

Ingredients

Raw **beets**, red or golden, any size
Olive oil

Preheat oven to 400. Scrub beets well and remove greens. Brush or spray with olive oil and wrap beets in aluminum foil. Place on a cookie sheet in the oven for 1 to 2 hours. Cool. The skin will slip off easily. The beets will be caramelized and moist, and are delicious sliced in a salad with **goat cheese**. They can be stored in the refrigerator for several days and used in any recipe calling for cooked beets.

Note: Beet greens are delicious sautéed or steamed.

Persian Spiced Cauliflower Soup

This recipe comes from the Sonoma Spice & Seed Co., which used to sell spice mixes at the Healdsburg market (but I think they moved away from Sonoma County this year.) You may want to modify the recipe—don't be afraid to play around with it and just use spices you already have available in the kitchen!

1 small head **cauliflower**
2 leeks (can substitute **green onions**)
1 clove **garlic**
2 sprigs **oregano**
1 sprig **rosemary**
1 tsp cumin
1 tsp turmeric
¼ cup Terra Sonoma verjus (could substitute half lemon juice, half white wine vinegar.)
8 cups vegetable stock
½ cup **yogurt**
4 tbs Sonoma Spice & Seed dukka (this is a totally optional topping.)

Instruction

Slice the leeks finely and sauté in olive oil until soft. Add cumin and turmeric and cook the spices out. Add verjus and add the cream and cook for 5 minutes. Add the stock and the herbs and the cauliflower. Simmer for 25 minutes until the cauliflower is tender. Puree the mixture in a food processor (or with immersion blender.) Place the pureed soup into bowls and top with the dukka.

Serves 8

Scallion Pancakes

Scallion pancakes are incredible if you're a sucker for a salty, oily snack once in a while! We absolutely love these. This recipe is a good one, taken from www.thekitchn.com. (The writer of the recipe has this to say about the cakes: "Chewy, flaky, and savory scallion pancakes are one of our very favorite Chinese restaurant treats. This pan-fried bread has a lot in common with Indian parathas and other simple flatbreads, and if you follow a few simple steps, they are easy to make at home. Here are instructions on how to make addictively delicious Chinese scallion pancakes in your home kitchen!")

Ingredients

2 1/2 cups white flour
1 cup warm water
Canola or vegetable oil
Salt

1 bunch scallions (or the **greens from 2-3 spring onions** like the ones you got in your share this week!)

Equipment

Rolling pin

Large metal baking sheet

One 10-inch heavy skillet or sauté pan

Thin spatula

Kitchen scissors

Instructions

1. Mix 2 1/2 cups flour with 1 cup water until it forms a smooth dough. Knead by doubling the dough over and pressing it down repeatedly, until the dough is even more smooth and very elastic. Coat this ball of dough lightly in oil and put it back in the bowl. Cover the bowl with a damp cloth and let the dough rest for about 30 minutes.
2. Cut the dough into 4 equal parts. Lightly oil the back of a large metal baking sheet, or lightly flour a cutting board. Roll out one part of the dough on the back of the baking sheet or board. Roll until it is a thin rectangle at least 12 x 9 inches.
3. Finely chop the bunch of scallions and have them ready, along with a small bowl of kosher salt.
4. Lightly brush the top of the dough with oil, then sprinkle it evenly with chopped scallions and kosher salt.
5. Starting from the long end, roll the dough up tightly, creating one long snake of rolled-up dough.
6. Cut the dough snake in two equal parts.
7. Take one of these halves and coil into a round dough bundle.
8. Roll out the coiled dough bundle again into a flat, smooth, round pancake.
9. Heat a 10-inch heavy skillet or sauté pan over medium-high heat, and oil it with a drizzle of canola or vegetable oil. When the oil shimmers, pick up the pancake dough and lay it gently in the pan. It should sizzle, but not burn. Cook for 2 minutes on one side.
10. Flip the pancake over with a spatula and cook for an additional 2 minutes on the other side, or until golden brown.
11. Cut the pancake into wedges with a pair of kitchen scissors or a knife on a cutting board, and serve immediately with soy sauce or another dipping sauce.

Additional Notes:

- If you would like to make a few pancakes but save the rest for later, you can save the dough in the fridge for up to 5 days. Just make sure the dough is oiled and well-covered. You can also roll out individual pancakes and stack them between well-oiled layers of wax paper.