



Community Cultivator

Newsletter of the Foggy River Farm CSA, Week 9



Goats gone wild

Love is in the air at Foggy River Farm! It seems like it was just yesterday that springtime lambs and goat kids were making their debut appearances in the world... But already, the mamas and the papas (*especially* the papas) are thinking about making babies again.

Translation: our male goats (AKA bucks) are already in rut, which means they've made it their life's mission to break through our fencing and get into the girl (AKA doe) pasture. It feels like our farm has somehow slipped sideways into an episode of a bad MTV-style reality television show. Hormones are running rampant and our female goats literally stand in the far corner of the pasture—as close to the boys as they can get—wagging their tails coyly and making come-hither noises.

Meanwhile, the boys do attractive boy-goat things—like putting on “cologne” and “serenading” the girls. The cologne is actually a terrible-smelling oil combined with urine, and the “serenade” sounds like a blubbering walrus. But apparently these repulsive behaviors drive the goat-ladies wild.

The good news is that, after a couple of buck escapes, we've fortified our defenses. Our three bucks are now surrounded by four-and-a-half foot tall steel hog panels, which are keeping them safely away from the girls. We're old-fashioned goat parents: we like to determine exactly when our boys and girls get to go on dates. (And with whom.) So hopefully, with our new fencing, we won't be having any surprise Christmastime goat kids... and we can time them to have their babies in springtime, right around when next year's CSA starts!

The sheep are a bit better. While the goats cycle year round (and rut seems to start on the early side), the female sheep only start cycling when the days get short enough in Fall (usually around October). So we don't have to worry about any untoward behavior from our sheep for a few months still.

And of course, our chicken girls lay year round—although their production cuts way back in winter. Speaking of which, if anyone is interested in hatching out their own chicks for a backyard flock, our eggs are fertile and we have an incubator (or even a broody hen) you can borrow. Nothing like watching the miracle of life unfolding before your very eyes as those little chicks make their way through the shell and into the world!

Hope you have a great week.

Your Foggy Farmers,
Emmett & Lynda
Craig & Emma

What's In Your Box:

- **Cauliflower (Snow Crown)** *We're lucky to get a round of tasty summer cauliflower. Normally, spring crops like cauliflower, broccoli, and cabbage would not mature properly in the summer—but with the late rains and current mid-80s temperatures, we were able to sneak some more in! The purple tinge and opening heads on some of these heads results from sun exposure; it doesn't affect the flavor but makes for a beautiful coral-like head. Many people aren't big cauliflower fans until they eat roasted cauliflower. This week we have a recipe for cauliflower-carrot stir-fry. (Recipe included.)*
- **Carrots (Yellowstone, Danvers, Nantes)** *Crispy yellow and orange carrots good for eating fresh or cooking. Would be nice roasted with cauliflower florets. (Recipe included.)*
- **Cherry Tomatoes (Sungold)** *You'll be the first to try this year's Foggy River cherry tomatoes; we haven't even taken them to market yet—our dedicated CSA members have first dibs! Great as snacks, or lightly browned and then tossed into a pasta dish.*
- **Summer Squash (various)** *More summer squash to...throw on the grill, add to pasta sauce, make zucchini bread with...the possibilities are endless. This week we have a recipe for stuffed squash, a great thing to do with the larger ones and/or patty-pans. (Recipe included.)*
- **Kale (Lacinato/Dino or Red Russian)** *Kale disappears when thrown into a soup or stir fry, can be chopped thinly into a raw kale salad, roasted to make kale chips, and also makes a nice pesto when de-ribbed and blended with walnuts, garlic and parmesan.*
- **Head Lettuce (Bergam's Green, Red Cross, Speckled)** *Summer lettuces – two heads per member!*
- **Green Onion (various)** *You can use the bulb as you would any onion, and use the greens as you would chives or green onions. With the greens, you might like to try the scallion pancake recipe from week 5.*
- **Fresh herb: Basil (Sweet Genovese)** *This classic Italian herb is great for pesto, or as seasoning paired with summer vegetables such as squash and tomatoes.*
- **U-pick item: Sugar Snap Peas** *There are some peas still on the vine and available to those willing to do some hunting. Please ask one of us for guidance at pick up time and we'll point you in the right direction!*

ROTATING ITEM (Note: sometimes, when we have lower quantities of an item, we'll distribute it over a couple weeks. Some CSA members will receive it the first week, others the second week, and so on. We will make it clear at pick-up time who will receive this week, and who will receive the following week.) *This week's rotating item is...*

- **String Beans (Dow purple)** *These purple beans are green inside, and when you cook them they gradually turn green. To take advantage of the unique color, you might want to use them raw in a salad or flash cook them very briefly to preserve a little purple.*

Foggy River Recipes

Pickled Cauliflower

Here's a delicious pickled cauliflower recipe concocted by CSA member Matt. If you don't want to do the full canning process, and just want to enjoy this over the course of a couple weeks, you can make them as "refrigerator pickles"... in other words, don't do a full sterilized canning but rather put the finished product straight in the fridge in a container and eat them in the next couple weeks. Then, after you eat the first round, if you still have some pickling liquid left over, you can add in another vegetable...like shredded cabbage or carrots and it will soak up the flavors too.

Makes 3 16 ounce jars. Note: you can scale it up or down to how much cauliflower you have on hand.

About two cups of **cauliflower** pieces per jar (two heads should do it)

Four cups vinegar

Two cups sugar

Two tablespoons mustard seed

One tablespoon celery seed

Optional - One tablespoon season salt (similar to old bay seasoning)

Adaptation #1

Add the equivalent of one sliced yellow onion (one regular sized or several small)

Sliced fennel

Adaptation #2 "El Fuego"

One tablespoon smoked sweet paprika

One teaspoon cayenne pepper

One teaspoon red chili flakes

One cup red cabbage

Blanch cauliflower in boiling salted water for 3 minutes. Rinse, cool and set aside.

Combine all other ingredients into saucepan and boil for 5 minutes.

Sterilize jars.

Using a slotted spoon, divide solids from pickling solution between the jars.

Pack cauliflower into jars then cover with pickling liquid.

Seal and process according to standard canning practices (or just place them in your refrigerator to be enjoyed as "refrigerator pickles" over the next couple weeks.)

Carrot & Cauliflower Stir-fry

This recipe is adapted from "160 Fresh and Healthy Vegetarian Recipes" by Valerie Ferguson. She says "There's plenty of crunch in this tasty, quick-cooking supper dish, which is high in fiber, but very low in fat." If you don't have all the spices on hand, you can improvise a little with what you do have.

Ingredients:

1 T olive oil
1 bay leaf
2 cloves
1 small cinnamon stick
2 cardamom pods
3 black peppercorns
1 t salt

2 large **carrots**, cut into thin batons
1 small **cauliflower**, broken into florets
2 t lemon juice
1 T chopped fresh cilantro (optional)

Heat oil in a wok and add the bay leaf, cloves, cinnamon stick, cardamoms, and peppercorns. Stir-fry over a medium heat for 30-35 seconds, then add the salt.

Add the carrot and cauliflower and stir-fry for 3-5 minutes. Add lemon juice and chopped cilantro and cook for 2-3 minutes more. Serve, garnished with cilantro if desired.

Stuffed Squash

Another recipe from "160 Fresh and Healthy Vegetarian Recipes" by Valerie Ferguson. She says the "squash have a sweet, subtle flavor that contrasts well with black olives and sun-dried tomatoes. The rice adds substance and texture."

4 **patty-pans** or other stuff-able **squash**
2 cups cooked long grain rice (brown or white)
4 pieces sun-dried tomatoes, in oil, drained and chopped, plus 2 T oil from the jar.
½ cup pitted black olives, chopped
1 T chopped fresh **basil** leaves, plus fresh basil sprigs, to garnish
4 T soft **goat's cheese**

Preheat oven to 350 degrees. Trim away the base of the squash (if necessary, to stabilize), slice off the top, scoop out the insides with a spoon to make room for filling. Depending on the texture of the squash, you may need to use a knife to cut out some of the insides. Take care to leave enough squash wall so it will be sturdy in the oven and not collapse.

Mix together the rice, sun-dried tomatoes, olives, basil and cheese in a bowl. Stir in half the oil from the jar. If you would like you can also chop the squash flesh that you scooped out into small bits and add it in to the rice mixture.

Use a little of the remaining oil to grease a shallow ovenproof dish that is just large enough to hold the squash side by side. Divide the rice mixture among the squash and place them in the dish. Drizzle any remaining oil over.

Cover with foil and bake for 45-50 minutes, until tender. Garnish with basil sprigs.