



Community Cultivator

Newsletter of the Foggy River Farm CSA, Week 5



The wonderful, amazing, wall (and powers) of garlic

You might notice something when you come out to the barn to pick up your CSA share this week: approximately 1,100 heads of garlic strung up to dry on the far wall, with more spread out on the cement floor below.

This year, we have a bumper crop of garlic. Thanks in part to our past CSA members, who received smaller heads of garlic in years past so that we could save the bigger heads to plant (thus allowing us to “breed up” our garlic for larger size)... and thanks in part to diligent weeding and mulching throughout the winter season... and thanks in part to the fact that we planted the garlic down in the main field (in prior years we’ve planted garlic on the weedy, rocky hillside to avoid potential winter flooding)... we have some pretty great garlic. And you should expect to receive almost one head a week from here on out.

Most of our family meals start out by sautéing garlic and a little olive oil in a cast iron pan. It’s how we cook chard, kale, and mushrooms, and how we start all of our stir fries and soups. Later in the season, we love to chop it up and add garlic raw to chopped tomatoes, basil, olive oil and balsamic vinegar, and spread the concoction on toasted bread for our favorite summer treat: bruschetta. We hope that you enjoy garlic as much as we do. But just in case you have alliumphobia (fear of garlic), here are a few reasons to try and slip garlic into your diet whenever and wherever you can.

- Garlic is one of the richest dietary sources of potassium, iron, calcium, magnesium, manganese, zinc, and selenium. It also contains a wide variety of potent antioxidants, including Vitamin C.
- The compound *allicin*, which has a lot to do with garlic’s pungent smell and flavor, forms only when garlic cells are crushed or broken – which explains why you get the most garlicky flavor from pressing or mincing garlic, as opposed to cooking it whole). *Allicin* is also the source of many of garlic’s health benefits, so to maximize those benefits, it’s best to press or chop your garlic, and then eat it as soon as possible afterwards. (Most of the compounds in garlic will provide benefits whether the garlic is cooked or eaten raw.)
- Garlic has been shown to reduce blood pressure, heart disease, cholesterol, and the risk of certain cancers and stroke. It is considered a dietary anticarcinogen.
- *Allicin*, along with other compounds in garlic, has anti-bacterial, anti-fungal and anti-viral properties. Crushed garlic and garlic oil has been used in traditional medicine to treat conditions as diverse as wounds, skin infections, cold sores, and ringworm (which is caused by a fungus).

Pretty neat, huh? And we hear it wards off vampires, too...

Your Foggy Farmers,
Lynda and Emmett

Quick Announcements

- **Preview of each week's share:** *We have again started posting a little preview of the upcoming week's share on the website. This can be found on the CSA Newsletter page (www.foggyriverfarm.org/CSA_Newsletter.html) in the "Member Corner" column on the right-hand side. For those who like to know a little in advance what you're getting this week, a couple days ahead of time we'll post some (not all) of the items in the upcoming share. (If you ever notice we haven't updated it for a while, don't hesitate to send an email to say: "Hey farmers! Please update that member corner!")*
- **Newsletter posted online:** *CSA member Vanessa made a suggestion which prompted us to do something we've been meaning to do for a while: make the newsletters available on the website. These pdf downloads can be found on the CSA Newsletter page of our website. It may take a week or two for a newsletter to make it up after we send it out. We hope to also add more recipes and cooking tips to the website.*

What's In Your Box:

- **Daikon Radish** *Daikon radishes are a relatively low-calorie vegetable but they pack a punch – spicy and filled with Vitamin C! They can be eaten raw, cooked, or pickled. If eating raw, try making a salad or cole slaw – or just dipping them in hummus or dressing. If cooking (which helps cut the spice), they can be baked, boiled, or steamed – think of them almost like a carrot. (Recipe included.)*
- **Broccoli (Blue Wind)** *Chop them up and steam them or stir-fry them. Add them to a pasta primavera dish. Or, for a twist, try roasting broccoli in the oven (see recipe.) When it's too cold, the plants won't grow or form heads, and as it becomes hotter and hotter the heads bolt into flower quickly. This is the broccoli moment. Enjoy! (Recipe included.)*
- **Cabbage (Tendersweet)** *Thanks to our very hot Spring weather, these cabbages are petite, like our broccoli. (Both are members of the brassica family and prefer cooler, or at least consistent, weather – this cold/hot thing we've had going sends them mixed messages and stunts them.) Though small, they're still delicious and good for a summer cole-slaw or sautéed into a stir-fry. Try our recipe for Ginger Cabbage Salad. (Recipe included.)*
- **Summer Squash (various)** *More squash to toss on the grill, add to pasta sauce, make zucchini bread...the possibilities are endless.*
- **Head Lettuce (New Red Fire / Bergam's Green / Sylvesta / Speckled / Red Cross)** *Some more head lettuce for spring salad. This lettuce is great with a light dressing and some crumbled goat cheese on top.*
- **Young Swiss Chard (Bright Lights)** *This colorful mix of swiss chard varieties can be fixed in a variety of ways. The simplest way is to shred it finely (perpendicular to the stalk), sauté some garlic in oil, and then quickly sauté the chard with some lemon juice and salt and pepper until it is just soft. Put a lid over it for the end to steam the leaves and make them extra tender.*
- **Dry Garlic** *Great for seasoning any dish. This is from our earliest maturing garlic—the first to "dry-down" this year.*

Foggy River Recipes

Roasted Garlic Lemon Broccoli

Many people already have a favorite way to enjoy broccoli. For those who are still searching, or just feeling adventurous, here's another idea to try!

- * 1 head broccoli, separated into florets
- * 2 teaspoons extra-virgin olive oil
- * 1 clove garlic, minced
- * 1/2 teaspoon lemon juice
- * Salt & pepper to taste

1. Preheat the oven to 400 degrees F
2. In a large bowl, toss broccoli florets with the extra virgin olive oil, sea salt, pepper and garlic. Spread the broccoli out in an even layer on a baking sheet.
3. Bake in the preheated oven until florets are tender enough to pierce the stems with a fork, 15 to 20 minutes. Remove and transfer to a serving platter. Squeeze lemon juice liberally over the broccoli before serving for a refreshing, tangy finish. Or, for cheese lovers, try grating a little parmesan on top.

Cabbage Ginger Salad

This is a staple salad of Emmett's mom, Toni, who inherited it from a friend sometime way back when and has been feeding hungry bellies with it ever since. It's easy to prepare and leftovers just get better in the fridge!

- 3/4 cup pickled ginger (go for the kind that looks white, rather than pink...it's just pink dye.)
- 4 cups shredded cabbage, green or red
- 1 cup shredded carrots
- 1/2 cup peanuts, crushed
- 1/4 cup sherry – note: you can get by using all vinegar if you don't have sherry handy.
- 1/4 cup rice vinegar
- 4 scallions or green onion tops, sliced (optional)

Combine all, toss, and enjoy!

Easy Daikon Radish Salad

Tossing grated radishes with dressing and other tasty flavors can be a nice way to enjoy them. The recipe comes from Sarah's Cucina Bella blog.

NOTE: You'll want to scale this recipe to the amount of grated daikon you get out of your bunch of daikons from this week's share.

2 cups julienne cut daikon radish (can use a food processor, or for a cole-slaw like salad, a cheese grater)

1 tsp kosher salt

1 tbsp seasoned rice vinegar

2 tsp granulated sugar

1 tsp sweet rice wine (mirin)

OPTIONAL: crushed peanuts

Place the daikon in a colander/mesh strainer over a bowl or the sink and sprinkle with salt. Mix well. Let sit for 30 minutes. Squeeze out excess water and then rinse well with cold water. Drain.

In a small saucepan, combine the seasoned rice vinegar, sugar and rice wine. Cook over medium heat, stirring constantly, until the sugar dissolves (this will only take a few minutes).

Transfer the daikon to an airtight container and pour the rice vinegar mixture over. Shake or stir well to combine. Chill for 20 minutes before serving.

This can store for up to a few days in the fridge, if it lasts that long. If desired, serve topped with crushed peanuts.