



Community Cultivator

Newsletter of the Foggy River Farm CSA, Week 7



Summer's Creepin' In

Although we've had some ups and downs with the temperature lately, we can assure you that summer is finding its way to the vegetable fields. As you know, summer squash have been in full swing for several weeks. We're happy to report that cucumbers have just arrived in time for this week's shares—more than a month earlier than last year! And we have also caught glimpses of the first ripening cherry tomatoes. Even our earliest slicing tomatoes are blushing with orange. This year, for the first time, we planted the “New Girl” variety, which boasts a sixty-two day maturity time in the seed catalogue. While it may not have been quite *that* speedy, it is proving to be a fast ripener indeed. Hopefully we'll begin to have quantities enough in the next few week to begin seeing tomatoes in our CSA shares. Oh, and did we mention that egg-sized eggplants are swelling as we speak?

Now for a few cucumber facts to prepare you for that cool crisp crop...

- Cucumbers where first grown in India 8,000 years ago.
- Most cucumbers sold in supermarkets have a thin layer of wax applied to add shine and appeal to the eye.
- The Armenian cucumber is actually a melon. Also known as the “Metki Dark Green Serpent Melon,” it is an ancient heirloom that was introduced from Armenia to Italy as far back as the 1400s.

Your Foggy Farmers,
Emmett & Lynda

Quick Announcements

1. **We are still accepting new members for the summer and fall seasons.** We have had some members ask if it is to late to refer an interested friend, neighbor or family member...and the answer is: please do!
2. For CSA members, **if you come by our stall at the Saturday farmer's market during the last 30 minutes of market, you pick up some extra produce to top off your weekly share** from what we have remaining at market. This is something we like to do during the plentiful summer season, and it's a part of your membership, so don't be shy. Feel free to remind whoever's at market that you're a CSA member as some of our market team may not know all your faces.
3. **In-town pick-up members: please keep your boxes assembled when you return them,** rather than breaking them down and folding them up. This will help them last longer. Thanks!

What's In Your Box:

- **Spring Peas (Snow or Sugar Snap)** *Green peas are packed with vitamins C and A and other antioxidants, so enjoy these treats guilt-free! Both of these pea varieties are crisp and sweet—tasty for eating fresh or nice to toss into a veggie stir fry with some soy sauce.*
- **Cucumbers (Armenian or Sultan)** *Our first cucumbers have arrived! CSA members from last year will remember that our first cukes didn't arrive until August (because of early trouble germinating.) This year has gone better, so they're here to enjoy in June! A cool crisp snack for these hot days. Slice in thin rounds and drizzle with balsamic and oil, salt and pepper for an easy and elegant salad.*
- **Cabbage (Tendersweet)** *We've had a nice little crop of green cabbages this spring, so everyone gets to enjoy another this week. Good for slaws, stir-fries and soups. If you haven't yet used last week's, remember that cabbage is known as a storage crop and it can last for weeks in the fridge. We have even kept them for months, and if the outer layer gets funky you can just peel off a couple layer and it is like new underneath. This insulative design is one of the features that make cabbage such a good storage crop. For a new cooking idea, try the pickle recipe below. **(Recipe included.)***
- **Mustard Greens** *These peppery aromatic greens are common in the South, where they are often cooked with ham or pork. Originally from the Himalayans, mustard greens can also be found in Indian, Chinese, and Japanese cuisines. They rank high in vitamins and cancer-fighting anti-oxidants. Try a simple sauté with garlic and olive oil, mixed either cooked beans or meat or both. **(Recipe included.)***
- **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.*
- **Green Onions (various)** *You can use the lower bulb as you would an ordinary onion—peel and chop. And don't forget to take advantage of the green tops as well. Chop them up to cook with or use as seasoning in a fresh salad.*
- **Mystery Item** *A surprise item to fill out this week's share. You won't know what it is until you pick up.*
- **Fresh Herb: Oregano** *Use this fresh herb to season Italian or Greek dishes. Combine with canned tomatoes to make a sauce for the spaghetti squash. Or steep it in hot water for a soothing, aromatic tea.*
- **Garlic (Inchelium Red)** *First discovered in the Colville Indian Reservation in Inchelium, Washington, Inchelium Red is a national taste-test winner. It has medium heat and a flavor described as "robust and rich." It is nice baked or mixed with mashed potatoes, or can be used whenever garlic is called for in a recipe. It tends to be a good keeper, storing for months in a cool, dark, dry location.*

Foggy River Recipes

Sautéed Mustard Greens

A simply recipe to get you started with mustard greens. If you eat meat, you might try introducing that into the mix.

Ingredients

- * 1/2 cup thinly sliced onions
- * 2 cloves garlic, minced
- * 1 Tbsp olive oil
- * 1 bunch mustard greens, washed and torn into large pieces
- * 2 to 3 Tbsp chicken broth or vegetable broth (vegetarian option)
- * 1/4 teaspoon salt
- * 1/4 teaspoon pepper
- * 1/4 teaspoon dark sesame oil (optional)

In a large sauté pan, sauté onions in olive oil over medium heat until the onions begin to brown and caramelize, about 5 to 10 minutes. Add the minced garlic and cook a minute more, until fragrant.

Add the mustard greens and broth and cook until the mustard greens are just barely wilted. Toss with sesame oil. Season with salt and pepper.

If you like, serve with cooked beans and/or meat.

Pickled Cabbage

Here's a delicious pickle recipe concocted by CSA member Matt—originally for use with cauliflower but easily adaptable to cabbage or other vegetables (which we've done here.) 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 cauliflower 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 vegetable you have on hand.

Ingredients

About two cups of shredded cabbage pieces per jar
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)

Adaptation #2 “El Fuego”

One tablespoon smoked sweet paprika

One teaspoon cayenne pepper

One teaspoon red chili flakes

One cup red cabbage

Directions

Shred cabbage coarsely 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 cabbage into jars then cover with pickling liquid.

Seal and process according to standard canning practices (or my favorite option: just place them in your refrigerator to be enjoyed as “refrigerator pickles” over the next several weeks.)