# **CSA Newsletter**



# Week 6: 7/10/18 & 7/12/18

### **Box contents**

#### **Small share:**

1 ½ lb. new Red Norland Potatoes

- 1 green cabbage
- 1 zucchini
- ½ lb. green beans
- 1 bunch collard greens

OR 1 kohlrabi (Tues. collards, Thurs. kohlrabi) ½ pint black raspberries (if you didn't get them last week)

Regular share

1 head broccoli

1 extra zucchini

1 bunch basil

1 cucumber

additional items:

- 1 bunch cilantro
- 1 head fresh garlic
- ½ pint red raspberries (rotating in boxes starting this week)

(**Next up**...broccoli, zucchini, cucumber, dill, parsley)

## **Farm News**

It's always exciting to dig up the first potatoes of the year. The potatoes in this week's box are "new potatoes" – meaning they are freshly dug and have not had time to cure, so eat them soon because they won't store as long. The same goes for the freshly dug garlic. Somehow after months of waiting for that first taste of fresh potatoes and garlic, in our experience we never seem to have trouble eating them quickly... Another flavor we can't wait for each summer – tomato – is just around the corner! The tomato plants are already six feet tall in the hoophouse, and we've just started picking a few of the first cherry varieties.

We really appreciate feedback on what you're liking or which veggies weren't your favorites as it helps us adjust for the rest of the season and plan for next year. This is especially helpful for new veggies we try, like last week's amaranth. We typically send out a mid-season survey in week 10 and an end-of-season survey, which you can fill out to share anonymous feedback. But we of course always welcome your thoughts in person, via email, or however else you want to share. We're doing some remodeling on our farm house this summer, including adding a geothermal system. The digging started this week —farm pick-ups, pardon the mess!

## **Recipes & Storage Tips**

### **New Potatoes with Garlic & Cilantro**

1 ½ lb. new red potatoes, unpeeled & quartered 2 T. olive oil 3 garlic cloves, diced Salt and pepper, to taste ¼ cup fresh cilantro Put potatoes in saucepan; add water to cover. Bring to a boil and cook over med-high heat for 8-10 min. until just tender. Drain. In the same saucepan over med. heat, add olive oil and garlic. Cook for 3 min. Add potatoes, salt and pepper, and chopped cilantro. Toss to coat and turn off heat. Serve warm.

#### **Small Batch Sauerkraut**

1 medium head cabbage (~2 lb.) 1 T. kosher salt Trim, core, and slice cabbage into very thin strips. Place in a stone crock, food-grade plastic bin, or glass container. Add salt; mix with a wooden spoon, tamping down. The salt causes cabbage to release water and create a brine. Pack cabbage until submerged in the brine. (If there's not enough brine, make more by boiling 1 ½ T. kosher salt per 1 quart of water; cool to room temp. before adding to cabbage.) Fill a clean ziplock bag large enough to fill the container with water. Put the bag over the cabbage to weigh it down and keep it submerged. Cover with a clean dish towel to keep any dust out. Store at room temp. (ideally 70-75°F). Kraut will be fermented in 3-4 weeks. After a few days, start checking it every couple days. If scum/mold appears at the top, that's normal. Just skim off and wash the weighted bag. Kraut submerged in brine is safe. Once kraut reaches desired tanginess, store in a closed jar in its brine in the fridge for 6 months.

**Tips:** *New potatoes:* Refrigerate if not using within 2-3 days; used within 2 weeks. *Garlic:* Store in a cool, dry, and dark place for several months (it will sprout in warm temperatures). If not using fresh garlic right away, keep in a well-ventilated area to continue curing. *Cilantro:* Store in a damp paper towel in the fridge, or place stems in a cup of water in the refrigerator (like a bouquet of flowers) with a plastic bag covering the top. Best fresh, but lasts up to 1 week. *Cabbage:* Can last months stored in the fridge's hydrator drawer. Add to slaws or fried rice, boil, or ferment in sauerkraut or kimchi.