



TWO SMALL FARMS

Community Supported Agriculture

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Cabbage, by Andy Griffin

"The time has come," the Walrus said, "to talk of many things: of shoes - and ships -and sealing wax - of cabbages and kings."

The Walrus might have been thinking about the Emperor Diocletian who wore the purple and gold robes of a Roman Caesar for over 20 years. From his pearly crown to his jeweled slippers Diocletian presented a magnificent figure, and he put his stamp on the Roman world with a series of sweeping military, civil, and agricultural reforms. Although Diocletian battled barbarians and persecuted Christians with all the pomp and savagery the office of Caesar demanded, and he could have continued to sit on the throne indefinitely, he chose to abdicate. He handed his scepter off to a younger man and retired to his villa on the Dalmatian coast to raise vegetables. During a period of crisis the crowds implored him to take on the mantle of Caesar once more. Diocletian declined saying, "If you could only see the cabbages that I have planted with my own hands you would no longer urge me to relinquish the enjoyment of happiness for the pursuit of power."

This is strong praise for the humble cabbage, coming as it does from a proud emperor well acquainted with the best things that money can buy. You too can find luxury wrapped in a simple cabbage. It's easy, actually.

Andy's Favorite Cabbage Recipe:

sliced green cabbage	sliced onion (red, green or white)
olive oil	salt
pepper	white wine

Sauté the onion and cabbage in oil, then add wine, salt and pepper. This is a magnificent dish. More cabbage recipes are below.

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Recipes and Notes

(also see www.mariquita.com/recipes)

How to store this week's box: Everything into the fridge, except maybe the basil. That can be stored for a day or two on the counter top, stored as a flower display in water, or in a 'warmer' part of your fridge like the door. It depends on how quickly you will use it. If you want it to last for days and weeks, I recommend whirling it in a food processor with a bit of oil and freezing it. Drying basil takes nearly all of its flavor away, in my opinion!

Braised Turnip Greens with Beans from Jonathan Miller

Take a cup of soaked beans (we like green flageolet) and simmer them with a bay leaf and some thyme and salt until they are tender. Drain and reserve the liquid. Sauté half or a whole torpedo onion in some butter for a few minutes. Add a chopped carrot for another minute, then your chopped turnips. Sauté until crisp-tender, then add the beans. If the sauté seems dry to you, add some of the reserved cooking liquid. Heat through and check for seasonings. This is a good time to add an herb of choice. We like thyme, but parsley or tarragon are

also really good here. Chop the turnip greens and quickly sauté them in a separate pan in a tablespoon of butter and a sprinkling of salt. Once wilted, plate them and top with the bean/turnip sauté. Serve with an honest piece of bread or cornbread. (Or finish with a generous wedge of triple cream. mmmmm!)

Grilled Green Beans, from Jonathan Miller

Getting some charcoal into your green beans adds a dimension that is a bit addictive. This is my favorite way of treating green beans now, and when tomatoes are in season, there is a fantastic mango salad that really benefits from this way of cooking greenies. (I'll contribute that recipe when the tomatoes start showing up.) For now, trim your beans and light your barbeque or grill.

While the charcoals are still really hot, toss your beans with some oil and salt and pepper, then lay them out on the grill. Don't move them until they get a chance to get some black, then flip them as best you can, pulling them off before they get all black. They are great just like this, but will add a fantastic depth to salads.

Roasted Green Beans with Onions and Walnuts, from Simply Recipes

1 lb green beans, stem ends snapped off	1 TBS olive oil
Salt and pepper	1 TBS balsamic vinegar
1 tsp. honey	1 tsp. minced fresh thyme
2 medium thin-sliced garlic cloves	½ medium onion, cut into ½ inch thick wedges
1/3 cup toasted chopped walnuts	

Adjust oven rack to middle position, preheat oven to 450°F. Line rimmed baking sheet with aluminum foil (prevents burning on dark baking sheets, provides easy cleanup); spread beans and onions on baking sheet. Drizzle with olive oil; using hands, to coat evenly. Sprinkle with 1/2 teaspoon of salt, toss to coat, and distribute in an even layer. Roast for 10 minutes.

This Week

Lettuces ^{HG}

Green Cabbage ^{HG}

Red Torpedo Onions ^{MF}

Strawberries ^{HG}

Basil ^{MF}

Turnips ^{HG}

Mystery ^{HG}

Green Beans *

Flowers: Mixed Bouquet ^{TF}

While roasting, combine balsamic vinegar, honey, thyme, and garlic slices in a small bowl.

After beans and onions have roasted for 10 minutes, remove from oven. Drizzle vinegar honey mixture over the beans and onions; use tongs to coat evenly. Put back in the oven and continue to roast until onions and beans are dark golden brown in spots and beans have started to shrivel, about 12-15 minutes longer. Adjust seasoning with salt and pepper. Transfer to serving dish, sprinkle with toasted chopped walnuts, and serve.

Cabbage Salad with Peanuts, *Still Life with Menu*

Cookbook by Mollie Katzen

¼ cup peanut butter	½ cup hot water
½ cup plus 1T rice vinegar or cider vinegar	3TBS brown sugar or honey
1 ½ tsp. salt	1TBS soy sauce
1tsp. sesame oil	7-8 cups shredded green cabbage
crushed red pepper to taste	

Garnishes:

½ cup peanuts	grated carrots
minced fresh cilantro	

In a large bowl, mash together the peanut butter and hot water until they form a uniform mix. Mix in vinegar, sugar or honey, salt, soy sauce, and sesame oil. Add the cabbage in 2 cup increments, mixing well after each addition. Add red pepper to taste. Cover the bowl tightly, and refrigerate for at least 4 hours, visiting it every hour or 2 to give it a good stir. Sprinkle the peanuts on top right before serving. Serve with a slotted spoon. Serves 4-6.

Minestrone Soup, from personal chef Jonathan Miller

One of my employer's favorite dishes that I make is an all veggie minestrone. It is a simple vegetable soup, but put together in a specific order so it develops a deep flavor without utilizing meat, beans, or pasta. It is yummy, light, and relatively quick to put together. (Julia's note: I like adding a piece of parmesan rind to this soup. Remove rind before serving.)

1 onion, chopped (regular yellow onion or torpedo)	1 handful green beans, trimmed and diced into small rounds
2 summer squash, chopped small	2 small carrots, diced
1 celery, diced	2 turnips, diced
1 cup cabbage, chopped	2 tomatoes, chopped (fine to use canned, whole tomatoes)
4 scallions, sliced	Water
Salt and Pepper	Parsley and Basil to finish

In a large kettle, heat a few tablespoons olive oil and add the onion. Cook slowly until it is soft, but do not brown. Add the green beans, cover, and cook slowly for two minutes. Add the squash, cover, and cook slowly for two minutes. Keep adding each ingredient (left to right down the table) at two minute intervals, keeping the kettle covered as much as possible,

Everything in your box and the flowers are organically grown. From Mariquita Farm: torpedo onions, basil. From High Ground: lettuce, strawberries, cabbage, turnips, mystery (cauliflower, bok choy). From Lakeside Organics: green beans. From Thomas Farm: flowers.

stirring after each addition. After the scallions have cooked for two minutes, add enough water to cover all the vegetables at least, and as much more as you like to create the thickness of the soup you prefer. Simmer for at least another 15 minutes. Everything should be al dente by this point. Keep cooking if you like your vegetables softer. Season properly with salt and pepper, and finish with parsley and basil to taste.

Zelda's Garden View

The first day of summer has come and gone! I like to use this date to start percolating ideas for my late summer and fall garden.

Most fresh beans - yellow string, green beans, French fillet, as well as snap peas and snow peas can be planted now to enjoy in the early fall months. Carrots too.

If you can find leek starts, set them out by the end of July (or sooner) to enjoy with your Thanksgiving meal. Or direct seed by the middle of July and thin as needed once they have germinated. You can also let them grow a bit, and "thin" and use the baby leeks. Or maybe you want to try your hand at growing garlic. Garlic bulbs are set out in the fall (end of September to November) for green garlic harvest the following spring or bulb harvest in the following summer. Many seed companies encourage preordering the garlic bulbs because demand is high. It depends on the seed company when the bulbs are shipped - anywhere from late August to October.

Zucchini, summer squash and cucumbers can all be seeded out within the next couple weeks to eek in a fall harvest.

If you're on the coast, you can be seeding and setting out lettuces, spinach, tatsoi, chard, collards, kale the whole summer long and into the fall. Inland folks may see some bolting or burning. Or try growing these things where they can get some afternoon shade.

Begin thinking of your late fall and winter plantings too. Will you put in a cover crop this year, and if so, what sections of your garden? What greens do you want to overwinter? How about overwintering some leeks as well?

Broccoli, cauliflower, and cabbages adore the warm days and cool nights of the fall. Set out these starts anytime July through mid September.

And if you don't have much room or time, you can always stick in a couple basil starts to enjoy with the September tomato boom!

I also had a question from Trulee in Carmel Valley regarding the unpredictability of growing sweet cucumbers. Two years in a row she had delicious cukes and now this year they are bitter. Cucurbitacin is the compound that causes bitterness to form in cucumbers, linking it to its plant family name "Cucurbitaceae". However, no one seems to agree entirely on what causes bitterness one year to the next. Some say there are more complaints about bitterness in cool temperatures, while others claim it is the heat and drought.

The common thread is that cucumbers are sensitive plants. They don't like it too hot or too cold, no major temperature swings, and they need regular, even watering along with a fertile soil. Once the plant is producing bitter cucumbers, it will continue to do so. You have to replant a new crop, which you still have time to do.

You can also peel away the skin where most of the bitter compound is contained, but that's one of my favorite parts of eating a cucumber! Consider planting a variety that does not tend towards bitterness, although it is no guarantee. Marketmore is a slicer that seems to be dependably sweet. Johnny's Select Seeds advertises Suyu Long, a Chinese variety, and a slicer variety, Diva, and both claim to be bitter free. For a more unusual look, try the Poona Kheera—I think it's delicious and it has a 60 days or less to maturity. And the Lemon variety as well is excellent and is the most unlikely to be bitter.

Happy growing, Zelda

(Zelda's column appears periodically in our e-mail version of this newsletter. Send your questions and comments about gardening to zeldadigsdirt@gmail.com.)