

# Kettle Pond Farm Summer CSA

Week 3: June 25 & 28, 2012



## The Veggie List:

Peas  
Scallion  
Lettuce Mix/Baby Chard  
Red or Green Cabbage  
Kohlrabi  
Kale  
Squash  
Basil

"This week an adage about the weather is also relevant to our squash supply: when it rains it pours." -Sophia

## Veggie News:

Now that it's early summer, we're phasing out radishes and turnips and phasing in beets, peas, and kohlrabi. This week you'll be taking home a mixed bunch of turnip, radish, and a few beets. A note on the beets: the greens on this round of beets aren't looking too good. The spinach leaf miner and common leaf spot have really done a job on them! When they're looking better, the greens can be used in salads or for cooking.

On a more positive note, we started harvesting peas this week. We are distributing snap and snow peas, both of which have edible pods. They are delicious raw, but can also be steamed or cooked up any way you like them.

If you aren't familiar with kohlrabi, it's a relative of cabbage, broccoli and kale. Both the leaves and bulb of the kohlrabi plant can be eaten. The leaves can be used like kale and the bulb skinned and eaten in a variety of ways. Kohlrabi makes a great snack cut up and eaten raw, or shredded in a slaw. It can also be roasted, or prepared in a great number of other ways.

Those looking for more variety in their squash selection will be pleased that we have begun harvesting from our second planting. In addition to the Costata Romanesca variety, we are now harvesting a dark green zucchini, two patty-pan varieties, a yellow variety called "flying saucers," and a round variety called "eight-ball". Enjoy!

Hi Everyone,

This is Marcus Houtzager, grandson of the owner's of the farm, Chris and Alex Houtzager, I've only been able to work here for a couple of weeks but I wanted to tell everyone how much of a difference all the people that support the farm, and the ones who keep it running, are making. Where I come from we do not have anything like this, and we don't see the importance in a farm such as this. I also never believed that organic food would make a difference in your body, but after eating the food here for a couple of weeks it's astounding how much of a difference I have seen in my body. Also, I realize how green an organic farm is, and how little waste is made. It's places like these that make the world a clean place for your children to grow up. So keep eating organic and support your farmers.

Stay Green,  
Marcus Houtzager

## Recipe Time!

### **Snow Pea, Scallion, and Radish Salad**

2007, Ellie Krieger, All Rights Reserved

#### ***Ingredients***

2 cups (about 8 ounces) snow peas, trimmed and rinsed  
3 scallions (green and white portions), thinly sliced  
4 radishes, trimmed and cut into julienne slices (about 1/2 cup)  
1/4 cup seasoned rice wine vinegar  
1 tablespoon walnut oil

#### ***Directions***

Place snow peas in a bowl and cover with boiling hot water. After 2 minutes, strain and shock in an ice bath. When cool, strain. Cut snow peas on the diagonal into 1/2-inch diamond shapes, discarding end pieces. In a medium-sized bowl, combine snow peas, scallions and radishes. In a separate bowl, whisk together vinegar and oil. Pour over vegetable mixture and serve.

### **Balsamic-braised Red Cabbage**

<http://recipes.sparkpeople.com/recipe-detail.asp?recipe=559874>

#### ***Ingredients***

2 tbsp butter  
1/2 head of red cabbage, thinly sliced  
6 tsp sugar (can use brown sugar)  
1/3 cup balsamic vinegar  
Salt and pepper to taste

#### ***Directions***

Melt the butter in a large pot over medium heat. Add cabbage and sautee until slightly wilted, about 5 minutes. Add sugar, toss to coat evenly. Add vinegar. Reduce heat to medium-low; cover, simmer until cabbage is tender, stirring often, about 30 minutes. Season to taste with salt and pepper.

### **Sauerkraut**

Nourishing Traditions – Sally Fallon

#### ***Ingredients***

1 medium head cabbage, cored and shredded  
1 tablespoon caraway seeds  
1 tablespoon sea salt  
4 tablespoons whey (if not available, use an additional 1 tablespoon salt)

#### ***Directions***

In a bowl, mix cabbage with caraway seeds, sea salt, and whey. Pound with a wooden pounder or a meat hammer for about 10 minutes to release juices. Place in a quart-sized, wide-mouth mason jar and press down firmly with a pounder or meat hammer until juices come to the top of the cabbage. The top of the cabbage should be at least 1 inch below the top of the jar. Cover tightly and keep at room temperature for about 3 days before transferring to cold storage. The sauerkraut may be eaten immediately, but improves with age.