

High Meadow Farm CSA

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Week 7

July 26, 2011

In this week's box:

Basil
Cabbage
Cucumbers
Garlic
Green beans

Jalapeño peppers
Summer squash
Sweet corn
White onion

The bread of the week is: Bleu Sourdough w/walnuts and Dried Fruit Mix as a treat!

Sweet Corn

We know there is sure to be disappointment by only sending out a few ears this week, but that is all that is ready today. There is more of this early variety coming, but the yield is not coming in very heavy. We know that sweet corn is what you wait anxiously for and for the last few years our sweet corn has been abundant and delicious. That just makes it almost unbearably difficult to tell of the troubles that we have been having with our corn this year. We have had poor germination in all of the varieties that we planted. We have had to till in and replant a few times. By the time we realized there was a problem, it was too late to correct or to fill in with seed. We have planted in succession for several weeks, so hopefully you will be receiving a few good deliveries of delicious sweet corn, especially the amazing bi-color that we have grown for the last few years.

So what do you do with just a few ears of corn? If there are just a few of you and you love it on the cob, enjoy. If you would like to have it go a bit further, just cook it on the cob, cut off the kernels and use it in a delicious recipe like this delicious soup:

MEXICAN ZUCCHINI SOUP

1 small onion, chopped
1/2 teaspoons butter
2 cups broth (chicken or vegetable)
2 cups unpeeled, diced zucchini or summer squash (Patty Pan)
1 1/2 cups corn kernels

2 tablespoons finely chopped jalapeño peppers
1/2 teaspoon salt
1/8 teaspoon freshly ground black pepper
1 cup low-fat or skim milk
2 ounces Monterey jack cheese, cut into 1/4-inch cubes
minced fresh parsley and ground nutmeg for garnish

In a large saucepan, sauté the onion in the butter until it is tender, about 3 minutes. Stir in the broth, zucchini or summer squash, corn, peppers, salt, and pepper. Bring the soup to a boil, reduce the heat, cover the pan, and cook the soup until the zucchini is tender, about 5 minutes. Stir in the milk, and heat the soup until it is hot but not boiling. Remove the soup from the heat, and stir in the cheese. Garnish the soup with parsley and nutmeg.

Missing

Many vegetable boxes have disappeared and are desperately needed back at the farm!

We reuse these boxes weekly and we are nearly out!

If you have been taking them home with you, PLEASE return them to your delivery sites and try to remember to bring boxes or bags along to transfer your veggies into!

Cucumbers

'Tis the season! The cucumbers are starting to produce very heavily. We have 3 different varieties growing and they all look very different. You may have some of each or all of one, but they can all be used the same ways. I love cucumbers in salads, in sandwiches, cold soup, roll-ups- it just seems that you can't get enough of them in summer! Here is a recipe for a cold cucumber soup that also uses basil (soup seems to be a theme this week!

Cold Cucumber-Basil Soup

2 cups whole-milk plain yogurt
1 med.-lg. cucumber, seeded and chopped
1/4 cup chopped fresh basil leaves
Juice of 1 lemon (or lime)
1 clove garlic, crushed
Salt & pepper

Put all into a bowl or blender and puree to desired consistency. Let it chill for at least an hour for best results and flavor. (You can use low-fat yogurt if you like.)

Cucumber salad (creamy)

1/2 cup sour cream. 2 heaping T mayo, 1 T vinegar, 1 T sugar, salt, pepper, dill, maybe a few drops Worcestershire sauce. Slice Cucumbers and onions thin and mix with dressing. [You can use yogurt with or in place of sour cream or mayo if you like.]

Jalapeño cautions: I recommend using gloves when handling hot peppers so that you don't accidentally rub the oils into your eyes or skin. Removing the seeds before using will help to keep the "heat" factor down and gives the pepper a better flavor.

Green Cabbage

Cabbage is such a diverse and useful vegetable. It can be shredded and used raw in salads and cole slaw, cooked in soups, stir fries, served alone as a side dish with butter & salt or shredded onto a salad for crunch and flavor. Try rolling a mixture of veggies and rice or potatoes into boiled leaves and baking them for a meal of stuffed cabbage leaves. Shredded cabbage is perfect for eggrolls or spring rolls (easier than you think!). Fall cabbage is a little sturdier than early cabbage and will make a better sour kraut for storage.

Store cabbage in the refrigerator in a loose plastic bag in the drawer if there is room. It will keep for several weeks.

Seasonings that go well with cabbage are ginger, turmeric, cumin, caraway and salt, though not necessarily all at once!

We tend to come in late on the farm, hungry and with an armful of the weekly veggies. Sunday night we brought in cabbage, carrots and new potatoes. It was a simple and delicious quick and light meal! If it had been earlier, I may have added fresh ginger, onion and a little spice, but this was quite satisfying:

Cabbage, Carrots and Turmeric

1/2 Head cabbage
2-3 carrots
1 tsp turmeric
Salt
Ghee or butter

Cut a medium or small head of cabbage in half vertically and then into quarters and core. Slice thinly. Cut carrot into slices. Heat ghee or butter in pan, add carrots and stir for 3 minutes, until fork tender. Add cabbage and stir until coated and starting to get heated. Add turmeric and salt, stir and cover, stirring occasionally until tender. Serve with rice or new potatoes, or as a side dish.

Turmeric

Turmeric is an Indian spice that will add a deep golden color and a slight sweetness and subtle flavor to your food. It is also considered very beneficial for your health! It is used as an anti-inflammatory and is being researched for positive effects on many diseases and many types of cancer. It is also used as a dye, so use caution not to stain your counter with it!

Cole slaw

 - (almost) always a winner for potlucks!

Cole slaw is made by finely shredding cabbage and mixing with mayonnaise, salad dressing or vinegar and adding seasoning (salt and pepper) Be careful not to add too much mayonnaise though. The cabbage will become moist after being shredded and make the dressing runnier. You can add shredded carrots or peppers for color and flavor, too.

Baked Patty Pan and Basil

2-3 patty pan squash
1 bunch chopped basil
Melted butter or Ghee
Salt

Heat oven to 350°. Slice Patty Pan into ¼ " slices and put a layer into a 2 qt baking dish. Sprinkle with basil leaves, drizzle with butter or ghee and sprinkle lightly with salt. Continue layering until squash and basil are used up. Bake for 30 minutes or until squash is tender. Serve as a side dish.

As we were picking **beans** on Monday, deciding that the yellow beans were still too small and wondering if the green beans were getting too tough and blemished to send out while we munched on them, I started thinking about the basil that we would be harvesting and about all of the great dishes that a bunch of older beans could still make. By evening, all I could think about for dinner was beans and basil and we ended up with a pretty good soup for dinner with about 45 minutes prep and cooking time. We let it cool a bit and served it lukewarm. (Better on a hot day than hot soup!) The beans this week are the last of the first green beans. They are "less than perfect" and no longer as tender as in previous weeks and may take a little longer to cook, but too good not to send them to you. Try making them a focal point of a meal by using them in a casserole or stew or try this creamy soup! The yellow beans will be ready next week.

Cream of Green Bean & Basil Soup

1 T. olive oil
1 white onion, chopped
2-3 cloves garlic, minced
½ jalapeño, seeds removed and diced (optional) or a few dashes of cayenne
½ -3/4 lbs green beans, trimmed
3 cups good chicken or vegetable broth
1 handful basil, chopped
½ tsp salt
Sauté onion and jalapeño in oil until soft. Add garlic, stir for 1 minute. Add broth, salt and beans. Bring to boil, reduce heat and cook until beans are very tender- about 10 minutes. Add basil and cook until basil is tender. Puree in blender or with blender stick. Set aside.
2T. Butter
2T. flour
1 cup milk
Melt butter in saucepan, whisk in flour until blended, gradually whisk in milk, stirring until thickened. Blend into hot soup and heat, stirring, to boil and then turn it off and serve.

Fresh basil- it is filling the air of the packing shed and making everyone hungry! Store basil in a glass of water (like a bunch of flowers) or in an open plastic bag in the fridge. To chop it, just pick off the leaves, roll them or bunch them up and chop them.