

Vegetable of the Week

Brussels Sprouts

Each week, please be sure to return your empty box from the previous week

19th Harvest Week
October 9th - 14th 2006

All newsletters are available online at
www.AngelicOrganics.com/NL



What's in Your Box

Please note: this box summary is written the week before you receive your box. Some guesswork is involved: some things may be in your box that are not listed, and some listed things may not be in the box. As always, be sure to thoroughly wash all of your vegetables.

Diana writes...

We dove head first into winter on Thursday with temps in the 20's, wind gusts at 30 miles an hour, and snow. We barricaded ourselves in the barn basement during the early morning hours waiting for the sun to rise and thaw the frost. Soon flurries were spotted which turned into larger flakes. When the snow had passed a notable amount had collected on the equipment and buildings. Thinking the worst was over Devin, a seasoned crew- member and I headed for the potato beds to unearth just a little more of what was needed for the pack. A few minutes into forking the mounds, Devin commented on how dark it was to the west. Turning to see I noticed an ominous gray sky with white columns streaking towards the ground. We watched as a wall of snow swept across the northern half of our fields engulfing the neighboring farm. It then circled around hiding our buildings from sight, less than a quarter mile away. Devin and I found ourselves in the midst of full-blown snowstorm. Our crates filled with snow faster than with potatoes, and as soon as it came the snow left. We had weathered the storm and returned with a bountiful harvest and very exciting story.

Lora writes...

No that is not a decorative ear of Indian Corn in your box, it's popcorn. We are really excited to be able to include an ear in this years share. Last season we grew a small test plot of popcorn to share with those on the farm. It was so successful and we had so much fun eating it and sharing it with others on the farm that we decided to grow enough to include in your share boxes. Making the popcorn is a fun activity to do with kids. Breaking the ears in half seems to loosen the kernels like loose teeth. You can use your thumb to remove the kernels from the cob. You may pop as usual on the stove top, in an air popper or over a camp fire. ★



Brussels Sprouts

BRASSICAS

- ◆ **Brussels Sprouts*** - veg. of the week
- ◆ **Broccoli***, **Cauliflower***, &/or **Cabbage*** - even though it got down to 27°F, the slow growing cauliflower still made it, however, there are still not enough for all shares
- ◆ **Kohlrabi*** - maybe

FRUITING CROPS

- ◆ **Popcorn!** see more at left
- ◆ **Winter Squash** - maybe a *delicata*, a *pie pumpkin*, or a *butternut*
- ◆ **Tomatoes &/or Heirloom Tomatoes** - greens; If you put off using these try making a green tomato chutney (see email for recipe).
- ◆ **Peppers** - unlikely

ROOTS

- ◆ **Beets*** - a small bunch with tops. Remove the bad leaves and cook the good ones, they should be extra sweet from the frost.
- ◆ **Sweet Potato(es)** - likely
- ◆ **Carrots***
- ◆ **Rutabagas** - unlikely

COOKING GREENS

- ◆ **Spinach*** - likely
- ◆ **Kale*** - green curly
- ◆ **Swiss Chard*** - bagged. The best chard of the year and maybe the last. Only on Wed. but not in boxes picked up at the farm.

ALLIUMS

- ◆ **Onion(s)**

SALAD GREENS

- ◆ **Lettuce*** - we've tried to remove frost damaged leaves on the few heads that had them. Thanks to row covers, you are still receiving lettuce even after a freeze

HERBS

- ◆ **Cilantro or Sage** - unlikely

**Note: there are several hearty crops that sweeten up when they experience a frost or even colder weather. The crops that improve with the cold are "starred" above.*

Season Wrap-up Notes: Next Week is the Last*

Thanks for joining us for a challenging but still good season of vegetables! *Unless you've signed up for a winter share, next week will be your last delivery (*postcards confirming your winter share 2006 status and your 2007 share status will be sent out early next week*).

- **The 20 & 12 week seasons end with the 20th delivery (on Oct. 25th for Wed. sites, Oct. 26th for Thurs. sites, & Oct. 28th for Sat. sites).**
- If you didn't sign up for a winter share: please return your final box after the last delivery—we'll be around in a week to get it. [You may want to bring a bag the last week so that you can leave your final box at the site.]★



Erin and Stacy bundled in the snow!

Coming Next Week

This forecast may help you with menu planning. It's slightly more reliable than a weather report.

- | | |
|--|--------------------------|
| BRASSICAS | ROOT CROPS |
| ◆ Broccoli, Cabbage, &/or Cauliflower | ◆ Parsnips |
| ◆ Brussels Sprouts | ◆ Potatoes |
| - maybe | ◆ Beets |
| ◆ Kohlrabi - maybe | ◆ Sunchokes |
| | ◆ Celeriac -maybe |
| SALAD GREENS | FRUITING CROPS |
| ◆ Lettuce | ◆ Winter Squash |
| | - maybe |
| COOKING GREENS | ALLIUMS |
| ◆ Spinach -maybe | ◆ Onion(s) |
| ◆ Stir Fry Mix -maybe | |

Meagan's Angelic Cooking

Cabbage

THIS WAS WRITTEN FOR THE 1999 SEASON.

Cabbages are quite an amazing feat of nature. Cabbage plants produce normal-looking leaves for quite some time before some threshold is reached and they suddenly start curling in, layering one leaf on top of the other until they create a tight sphere. These tight spheres are quite fun to work with— they make a satisfying sound when you cut them, they bob in the tank when you wash them and they can seem like a large softball or shot put when you toss them. I accidentally nailed Evan, a one-month visitor, in the head with a cabbage on his 1st day of work a couple of years ago. What could I say as he reeled a bit and picked up the pieces of his broken sun glasses, except, "Hi, I'm Meagan. Nice to meet you." But, this is about eating cabbages. My hope is to inspire people to think of cabbage as more than coleslaw or a bunch of leaves to stuff.

VARIETIES: We are growing 4 different cabbage varieties this fall: Kilosa (green) is a thin, crinkled savoy cabbage. Ruby Perfection (red) is one of our standbys for the earlier fall crop. The hardier winter variety that will appear mostly in the winter share boxes is Storage No. 4 (with the solid green-blue head).

HOW TO STORE: Keep in a plastic bag in the fridge. Cabbage can keep for weeks, but the flavor and nutritional value decrease over time.

HOW TO USE: Cabbage can be prepared as a simple flavorful dish by itself or it can be added to almost any other dish. It can be steamed, boiled, braised, stuffed, or eaten raw. Add it to any soups, stews or casseroles. Some standard seasonings which go well with cabbage and Brussels sprouts include mustard, dill, caraway, parsley, and curry spices.

HANDLING: If outer leaves of the cabbage wilt, just remove them before cooking. Try not to overcook cabbage as it will develop a sulfuric flavor. For shredded cabbage, cut in half & shave off thin wedge slices with a sharp knife from the inside out. Thinner slices or pieces cook faster.

Kenyan Cabbage

This one is a repeat from last year's newsletter, but it is still my favorite way to eat cabbage.

2 Tbsps oil
1 tomato diced
3 pounds (1 medium) cabbage shredded finely
1 teaspoon salt (or to taste)
1 medium onion diced
1/2 cup water

◇ Heat the oil in a large pot. Add the onions and saute until the onions are translucent. Add the tomato and stir quickly. Add the water and cabbage. Cover and allow cabbage to cook down, stirring regularly, about 10 to 15 minutes or until tender. Add salt and stir. Serve over rice or with chapatis. Serves 6.★

Dear Farmer John:

Thank you so much for the first Brussels sprouts of the season! We can't tell you how much we look forward to them. We like to cook them up with toasted hazelnuts and browned butter (see recipe below)... For us a large part of the thrill is getting a "whole stalk" in our box, instead of just the sad-looking, lost little sprouts you see in a bin at the grocery, and remembering my (Dave's) favorite way to detach the sprouts from the stalk (deflect flick of the wrist first this way, then that; pull sprout free, rotate stalk slightly, and move on to the next). The smell of the sprouts as they break free from the stem is just amazingly earthy and cabbagey, with maybe just a hint of the mineral brininess of faraway oceans.

Best wishes to you and all the folks whose caring hands and hard work bring us the fresh vegetables we enjoy so much each week.

Dave & Sarah, Hyde Park shareholders

Brussels Sprouts w/ Hazelnuts & Browned Butter

from Marlena Spieler, From Pantry to Table (Addison-Wesley, '91) Serves 4

- 2 pounds fresh Brussels sprouts
1/2 cup unsalted butter
1/2 to 2/3 cup hazelnuts, toasted & peeled
Salt and pepper to taste
1. Steam or parboil Brussels sprouts until just tender and bright green, about 5 to 6 minutes. Drain and set aside.
 2. Coarsely chop hazelnuts in a blender or food processor, leaving some whole, others in halves, quarters, and tiny bits.
 3. Over medium or medium-high heat brown nuts in an ungreased pan until toasty and browned in spots.
 4. Remove from heat, add butter, & return to heat, reducing temp. to med. or med-low, so that butter gently browns and takes on a nutlike flavor. Take care to remove before butter burns.
 5. Toss sprouts with nuts in their browned butter, shaking to coat well. Add salt and pepper to taste. Serve at room temperature.★

Brussels Sprouts

We harvest Brussels Sprouts with a weed whacker. I think that's really what a weed whacker was designed for. The stalks are incredibly tough and fibrous. Brussels sprouts are another amazing feat of nature—a feat of nature I definitely did not appreciate eating before I began farming and finally tasted a fresh, sweet sprout. Recipes are not really necessary for Brussels Sprouts as a touch of butter and/or seasoning brings out their sweet, rich flavor.

HOW TO STORE: Keep in a plastic bag in the fridge. Brussels Sprouts should be used within a week.

HOW TO USE: Brussels Sprouts are generally best steamed and with a tad of butter or seasoning, but they can be cut and added to soups. See the cabbage section for suggested seasonings.

HANDLING: Remove sprouts from the stalk by hand. Cutting an "x" in the bottom of each sprout brings heat to their centers more quickly. Halved or sliced sprouts absorb more of any added sauces or seasonings. As with cabbage, avoid overcooking. ★

Cabbage or Brussels Sprouts Toran

From the Vegetarian Times Complete Cookbook. Serve with rice.

2 Tbsps vegetable oil
8 cups shredded cabbage or about 24 Brussels sprouts
1/4 tsp ground turmeric
3 Tbsps shredded unsweetened coconut
1/2 tsp mustard seeds
1/8 tsp chili powder (optional)
Salt to taste

◇ Heat the oil in a large skillet. Add the mustard seeds. Lower the heat and cover the skillet while the seeds are popping. After the popping has stopped, add the cabbage or sprouts. Stir well to coat. Cover and simmer 10 minutes or until just tender. Add the turmeric, chili powder if desired, coconut and salt. Mix well. Cover and simmer 5 more minutes. Serve warm. Serves 4.★

Steamed Cabbage (or Brussels Sprouts)

From Deborah Madison...

1 1/2 pounds of cabbage or about 24 Brussels sprouts
Salt and black pepper
2 to 4 tablespoons butter
Poppy seeds

◇ Remove the outer leaves of the cabbage, quarter the cabbage and remove the core. Slice 1/2" thick wedges crosswise. (Or, trim the Brussels sprouts, pulling off any wilted leaves, and cut an "x" in the bottom of each or slice lengthwise in half.) Steam until tender but not mushy, 5 to 10 minutes. Remove cabbage (or sprouts) to a bowl, blot cabbage quickly with a clean towel (not necessary with sprouts), then toss with salt, pepper, butter and poppy seeds. Serves 4.★



Dawn entertains us with a mutant carrot.