



### Bob writes...

With Lora crossing the threshold and with Diana recovering from her injuries, we have encountered a lot of changes and adjustments here at the farm. The same is true, of course, for me in my life. I am still sorting out a lot of feelings, thoughts, and emotions in the wake of these events. Last Sunday, at the farm, we had a memorial day for Lora with, perhaps, over 100 people participating. This further sign of support for the farm, for me, and especially for Lora is very warming and comforting. Further, I do believe that I have been considerably helped by the condolences, the letters & cards, and the positive thoughts & prayers that have been sent towards me and towards the others affected by these events. With time and with Lora's help, I expect for things to come together and for the pain and feelings of loss to transform my life, the farm, and the world in special ways.

Already, I am doing things differently. I have delegated more (mostly out of necessity) and things have gone overall smoothly. There are some activities that have room for improvement, but, by working from a different place, we will adjust & bridge any gaps. Another thing that I am doing differently is walking in the fields more. Through my thoughts, I bring Lora along with me on these walks. In the past, I would often jump in our little black truck and zoom out to check on how this or that harvest was going (Lora would often also jump in the truck with me and plead to come along). Now, however, I find it hard to jump into the truck and I walk to the crew wherever they may be. This causes a slowing down for me that brings me into new spaces. And the experiences and observations made while walking through the fields brings me closer to the crops, the land, and the farm. This observing has led me to many sublimely beautiful moments and will show up in unique and special ways in my life and in our CSA farm. The farm, the vegetables, and nature have been and are very good places for this healing.

### What's in Your Box

#### Brassicas

**Cabbage**

**Broccoli or Cauliflower**- maybe

#### Root Crops

**Potatoes**

**Radishes**-bagged with lettuce

**Rutabagas**-maybe

**Celeriac**-maybe; *if so, likely with tops*

**Beets** - unlikely

#### Cooking Greens

**Kale** – curly green winterbor or red redbor

**Baby Choi, Arugula or Chard**

#### Fruiting Crops

**Popcorn**

**Winter Squash** - acorn, *sweet dumpling*, &/or *delicata*

**Peppers** - maybe

#### Herbs

**Cilantro** – bagged with maybe hot peppers

**Dill, Parsley, or Lemon Balm**

#### Alliums

**Onion(s)**

**Garlic**

**Leek(s)**- maybe

#### Salad Greens

**Lettuce**

**Coming Next Week** more of the same, but potential new items such as spinach, sweet potatoes, & daikon.

### Diana writes...

I am happy to write that I am back and it feels pretty good. I am working in a limited capacity and mostly in the office. Maybe I am wrong (I have never been part of the corporate world), but it is like an urban legend the corner office with a good view. Well that is what I have and all it is doing for me now is causing me angst. I keep looking out longingly at the fields and the crew wishing I could help. My body lets me know how much I can do and for how long. Yesterday afternoon I took a four-hour nap.

I am wowed and amazed at that out pouring of support for Bob, the farm, and myself. In my current state I am not able to give or receive really good hugs, which sucks. There are so many people that I want to give really great hugs to for their encouragement, friendship, and love. I.O.U. The night I was released from the hospital, even before going home we drove to my grandparent's house. They had been pretty worried about me. My grandma said "I just want to hug you" and my grandpa would say, "don't touch her." The same interaction happened a couple times, it made me smile. I think the doctor's said 4-6 weeks then I will be at full hugging ability, I'll make sure I go see my grandma then.

# Cabbage

With its sweet, refreshing flavor and crisp texture, cabbage is worthy of much higher status than it is usually accorded. Farm shareholders will likely have lots of it, since a fall cabbage, having spent late summer soaking up sun and soil, can reach outlandish proportions. One head may occupy a large corner of your family-sized refrigerator, prompting you to ask, “What are we going to do with this brute?” Make dishes that are loaded with cabbage to share with friends and family at picnics and potlucks.

## A Shareholder

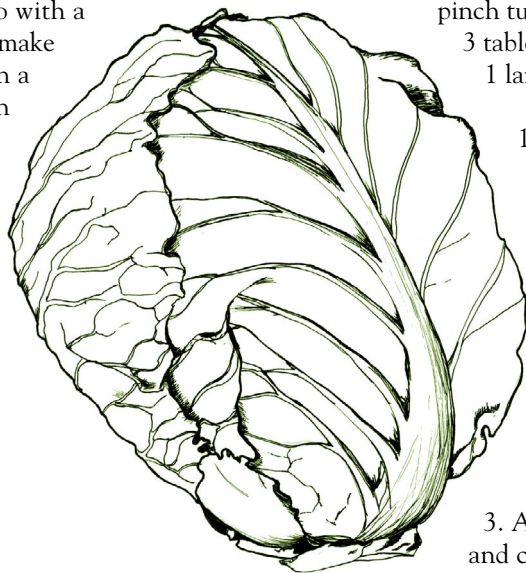
I looked at the rather large head of cabbage and thought, “Can we really eat—do we really *want* to eat—that much coleslaw?” Since I had rather limited cooking time, I went ahead and prepared coleslaw with the cabbage. To our surprise the slaw was the sweetest, crispest, and *fluffiest* we’ve had, and finishing it was simple. I never knew that an adjective for cabbage or slaw could be *fluffy*—and that that would be a good thing. It was a delightful and delicious discovery.

## Coleslaw with Cilantro and Chives

There is almost nothing better to do with a young, fresh head of cabbage than to make it into a fluffy slaw. It’s refreshing on a hot summer’s day and pairs nicely with all kinds of fresh raw vegetables. Here we simply accent the cabbage with cilantro and chives, but you can add julienned carrots, bell peppers, celery, or whatever crunchy fresh vegetable you like. *Shareholder*. Serves 8 to 10

4 to 6 cups shredded cabbage  
(green, red, or a combination)  
(2 to 3 small heads)  
1/4 cup minced cilantro  
1/4 cup chopped chives  
3 tablespoons extra virgin olive oil  
3 tablespoons white wine vinegar  
2 tablespoons sugar  
1 teaspoon salt

1. Toss the cabbage, cilantro, and chives in a large bowl or container; refrigerate, covered, for at least 1 hour or overnight.
2. When ready to serve, mix the oil, vinegar, sugar, and salt in a small bowl until well combined. Pour the dressing over the chilled cabbage mixture. Mix well just before serving.



## STORAGE

Store dry, unwashed cabbage in the refrigerator, preferably in the vegetable bin. The outer leaves may eventually get floppy or yellowish, but you can remove and discard them to reveal fresh inner leaves. Cabbage can keep for more than a month. Once it’s cut, seal it in a plastic bag and continue to refrigerate for several weeks.

## HANDLING

Rinse the cabbage under cold running water just before use. Peel away a few of the outer leaves, then cut the cabbage according to your needs with a big, sharp knife, and then chop, sliver, or grate.

## Cabbage with Indian Spices

This is wonderful served with any Indian curry dish or with basmati rice. *Friend of the Farm* (adapted from *The Great Curries of India*). Serves 4

3 tablespoons vegetable oil or ghee  
2 cups minced onion (about 4 medium onions)  
1 1/2 teaspoons minced ginger  
1 green hot chile pepper, cut in half lengthwise  
1 pound cabbage (about 1 small head), shredded  
1 teaspoon ground coriander  
1/4 teaspoon cayenne pepper  
pinch turmeric  
3 tablespoons water  
1 large fresh tomato, peeled, chopped  
(about 1 1/2 cups)  
1/2 teaspoon salt

1. Heat the oil or ghee in a large skillet over medium-high heat. Add the onions, ginger, and chile pepper; sauté, stirring often, until the onion is browned, 15 to 20 minutes.
2. Stir in the cabbage. Add the coriander, cayenne, and turmeric and mix well. Add the water, reduce the heat to a simmer, cover, and cook for 10 minutes.
3. Add the tomato and salt; stir to combine. Cover and cook until tender, 5 to 10 minutes. Remove the hot chile pepper before serving.

## A Shareholder

Last night I cut into your cabbage and it felt springier than a store-bought cabbage. I had planned to steam it, but when I tasted some raw leaf, it was flavorful and juicy. I couldn’t bear to subject it to further processing, so I made a peanut sauce and enjoyed it. Thanks!

Excerpted from *Farmer John’s Cookbook: The Real Dirt On Vegetables: Seasonal Recipes and Stories from a Community Supported Farm* by Farmer John Peterson & Angelic Organics (Gibbs Smith Publisher). Check with your local farm or bookstore for availability. Additional recipes, charts, individual copies of this book, and quantity discounts available at [www.AngelicOrganics.com/cookbook](http://www.AngelicOrganics.com/cookbook).

