



# one POTATO TWO

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*Week #6! Fireworks fly from the soles of our feet as we scramble about the vegetable fields. We are bursting with energy, determination and passion as we plant and harvest and weed and go about our farming duties. We're living the dream out here and everything feels right. Well, almost everything. Last night's 48 degree low didn't feel quite right and we sure hope it was just a fluke weather event. Temps like that can cause pepper, eggplant and tomato blossoms to drop off the plant and no*

*blossoms = no fruit. Never fear - the week is looking up and there's tons of sun and warmth ahead and all will be well.*

*Other good news: the fall carrots have sprouted and the stand looks grand. These little orange dudes (along with the potatoes, parsnips, etc) are gonna see us through the long winter that's fast approaching, so we are hoping and praying and doing all that we can to ensure that the crop does well. All the while we continue to harvest some awesome stuff for you and your family. Eat well!*

-- Mike

## THIS WEEK'S BOX

Bok Choi  
Broccoli  
Bunching Leeks  
Carrots with Tops  
Cucumbers  
Fresh Garlic  
Green Beans  
Italian Parsley  
Romanesco  
Snap Peas  
Sweetheart Cabbage  
Zucchini & Summer Squash  
BONUS: Basil

## GETTING THE KIDS TO EAT

## BROCCOLI

When I was a kid, I remember flat out refusing to eat any vegetable that was overcooked. Something about the mushiness (combined with the fact that it was a vegetable to begin with) was enough to put me over the edge. So - don't overcook that broccoli! Here are some ideas to sneak broccoli into kids' favorite dishes:

1. Steam broccoli tops (and keep the stems for a stir fry) and add to Mac & Cheese
2. Try serving as a snack with a tasty low-fat or ranch dip, or try this: yogurt seasoned to kids' taste with some or lots of the following: chives, basil, parsley, salt, pepper, mustard, walnuts, raisins, a splash of orange or lemon juice, grated orange rind, and -- if you really need it to sell it -- a bit of honey.
3. Casserole - sneak finely chopped broccoli into a casserole.
4. Try roasting broccoli with olive oil, sea salt and then sprinkle parmesan cheese on top.

## DID YOU KNOW?

Did you know that cucumbers are one of the healthiest kinds of vegetables we grow? It's true! **Check this out:**

1. They are a quick pick me-up, loaded with B vitamins.
2. Rehydrates body and replenishes daily vitamins. Cucumbers have most of the vitamins the body needs in a single day.
3. Fights cancers - Cucumber are known to contain lignans that have a strong history of research in connection with reduced risk of several cancer types.
4. Relieves bad breath - Take a slice of cucumber and press it to the roof of your mouth with your tongue for 30 seconds, the phytochemicals will kill the bacteria in your mouth responsible for causing bad breath.
5. Hangover cure - cukes help to relieve the body of toxins.
6. Aids in weight loss and digestion - Cucumber is an ideal diet for people who are looking for weight loss. The high water content and dietary fiber in cucumbers are very effective in ridding the body of toxins and aiding in digestion.
7. Reduces cholesterol and controls blood pressure - Researchers found that a compound called sterols in cucumbers may help reduce cholesterol levels. Cucumbers contain a lot of potassium, magnesium and fiber. These work effectively for regulating blood pressure.
8. Promotes joint health, relieves gout and arthritis pain - Cucumber is an excellent source of silica, which is known to help promotes joint health by strengthening the connective tissues. They are also rich in vitamin A, B1, B6, C & D, Folate, Calcium, Magnesium, and Potassium.

**Bok Choi** - I know we've been going a little heavy on the bok choy this year - but bear with us. This may be the last for a while. It IS a really versatile veggie that can be used for more than just stir fries. Try treating the stems kind of like celery - as a dipping tool for your favorite dip. And the leaves can be chopped up and mixed in a salad... Store in a plastic bag in your fridge.

**Broccoli** - is the nation's favorite veggie - and this harvest is absolutely gorgeous. If you can't eat it all in time, just remember, it freezes super well! Just cut into 1 inch segments, blanch (plunge in boiling water for 2 minutes), immediately dunk into ice water, drain and put into a freezer bag. It can be added, frozen, to stir fries and soups this winter.

**Carrots with Tops** - the first carrots of the season! Unlike the beets, the carrot-tops aren't good to eat (unless you have bunnies), so just toss them in the compost pile & store the roots solo. These crunchy beauties look stunning grated on a salad next to grated beets! Or just eat them in the car on the way home from the pick-up!

**Cucumbers** - Remember - there's no need to peel a fresh organic cucumber! Most of a

cuke's nutrients lie in or just under its skin. Sick of cucumbers on salads? Make some fresh spring rolls or nori rolls with long strips of cucumbers, blanched beans, sweet peppers, & red onions. Or use slices of cukes instead of crackers as vehicles for seafood salads, soft cheeses, etc.

**Fresh Garlic** - is basically garlic before it has been cured. As such, you should store it in your fridge. Otherwise, treat as you would garlic in terms of plucking out the individual cloves and peeling them as best you can before chopping. Fresh garlic isn't as pungent as cured, so you probably want to use more in your recipes.

**Green Beans** - holy buckets of beans. It's been a bumper harvest - hurray! If you can't keep up, beans are super easy to freeze - you don't even have to blanch them like the broccoli. Simply snap off the stems put into freezer bags either whole or cut into a few pieces (I usually chop them the right size to throw right into winter time soups and stir-fries) - that's it! Frozen this way, they should be used within six months.

**Italian Parsley** - is so delicious & good for you! It adds such nice color & mineral-rich flavor to salads, pastas, soups, etc. Store in plastic in the fridge for a week or so.

**Leeks** - These baby leeks are great used in recipes that call for onions. You can use all of the white and about half way up the green. After that, the leaves get pretty tough.

**Romanesco** - Look for the crazy spiral-y, fractal looking veggie. You may have two. This Italian heirloom sometimes referred to as a broccoli & sometimes a cauliflower looks more like something growing on a coral reef than either. Its sweet nutty flavor is better than broccoli or cauliflower, too! It doesn't need any fancy preparation, either - best to steam it whole until tender, cut in quarters the long way, & drizzle a bit of butter or olive oil & fresh lemon juice, salt, & pepper. Gorgeous & delicious! Store in plastic in the fridge & use up within 5 days or so.

**Snap Peas** - The last of the peas for the season. It was a good run and this was a bit of a surprise harvest. There is a great recipe in last week's newsletter (which you can find online on our website)

**Sweetheart Cabbage** - our favorite cabbage ever, this heirloom cone-head not only looks cool but tastes super sweet & is somehow crunchy yet tender when eaten raw. Terrific mixed with salad greens or in coleslaw or as a topping for tacos.

## GREEN BEANS ALMONDINE

1# green beans  
3-4 baby leeks or white scallions (white & light green parts only) cut into 1/2# slices on the bias & rinsed carefully  
2 Tbsp. butter  
1 Tbsp. Driftless sunflower or olive oil  
1/3 c. slivered almonds  
Salt & pepper to taste

Blanch green beans in boiling salted water for about 3 minutes. Drain & plunge into ice cold water until cool & drain. Meanwhile, heat butter & oil in a heavy bottomed frying pan just big enough to hold leeks & green beans. Add sliced leeks, salt, & pepper & cook over medium-low heat until translucent. Add almonds & continue to cook until leeks are very soft & starting to brown & almonds are starting to brown. Toss in green beans & cook another minute or two until they're warmed through. Serve immediately. Serves 4.

## BOK CHOI & BROCCOLI STIR FRY

3 scallions, whites chopped & greens separated & sliced  
2-3 cloves fresh garlic, minced  
1" piece fresh ginger, minced  
1 med. head bok choy, stems 1/2# sliced, greens separated & coarsely chopped  
1 med. head broccoli, stems 1/2# sliced, florets separated & cut into bite size pieces  
1 Tbsp. oil  
1 Tbsp. each tamari & rice wine (or rice vinegar or sake)  
2 tsp. sugar  
1 tsp. toasted sesame oil  
1/2 tsp. Chinese 5 spice powder (optional)  
2 Tbsp. cilantro, chopped (optional)  
1/4 c. cashews

Heat oil in large skillet or wok over medium/high heat. Add scallions whites, garlic, & ginger & stir until fragrant (1 minute). Add bok choy & broccoli stems & stir until starting to brown (2-3minutes). Add broccoli florets, tamari, rice wine or vinegar, sugar, 5 spice, & toasted sesame oil. Stir another minute. Add bok choy & scallion greens & stir until wilted. Serve with rice or noodles & top with cashews & cilantro. Add tofu, chicken or beef if you wish.