



August 7, 2008

Greetings CSAers,

I'm away this week, and the farm is in the able care of our most excellent staff and crew. I won't be in cell phone or email range (housesitting for a friend on the north shore of Kaula'i—sweet deal, huh!), so call the farm if you need to contact us, 754-1849.

What's in Your Box

Cabbage

Carrots

Chard or Kale

Basil

Peas (the last of the season) or beans (spotted Dragon Tongue or Yellow)

Rutabaga or Turnip greens -- use like kale, loaded with calcium!

Lettuce

Summer Squash



Beth's Farm News: What's Growing On

August, the "month of reaping" or "the month of life," brings an increase in plant growth and an increase in harvest. Cucumbers and Romano pole beans are beginning to expand and hopefully we will be picking them next week. The warmer nights have helped straighten out some of the crooked yellow zucchini, which really prefer nighttime temps above fifty degrees.

Growing Partner Alec tackled all the mowing in the south field with great vigor; JZ helped with transplanting kale and Kat and Seroja weeded the new succession of broccoli.

Even on the warmest days there is always a breeze at the farm, making work pleasant. I hope you enjoy this month of increase and life.

Recipes

3 cups shredded cabbage (or grated kohlrabi, or thinly sliced greens—could be turnip, rutabaga, chard)

1 1/2 cups shredded carrots

1/4 cup thinly sliced onion or green onion.

Place in a bowl and pour the following dressing over it:

1 1/2 teaspoons mustard

1 tablespoon sugar

1 tablespoon olive oil

Dash salt

1/4 teaspoon celery seed

2 tablespoons vinegar



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Steam some cabbage, carrots, and potatoes. I like to use a three layer bamboo steamer. That way I can steam each veggie in its own layer, and start the longest cooking one first, adding the others to the tower as appropriate.

While veggies are steaming, cut up onion into a frying pan with a little olive oil. Start sautéing.

Add 1 lb hamburger (could be lamb, pork, or shrimp). When cooked, add about 2 cups yogurt (could be sour cream, kefir, buttermilk, coconut milk).

As this is slowly heating, add your favorite curry blend. I then add extra cinnamon and a few extra pinches of cloves. When heated through, serve over the steamed veggies.

As you see, this can be varied a great deal.

Traditionally it is the type of mid-eastern recipe that would go over rice, but putting it over rather solid veggies works wonderfully. I have left-over's reheating as we speak.

Enjoy!