



Notes From the Pea Patch

Foxtail Community Farm

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Farmer's Notebook

Every growing season on a diversified farm has its standouts and failures. While it's early in the season to be making these kinds of proclamations, Eric has already said that he thinks 2015 is the year of the cabbage.

Cabbage was once among the most popular crops in this country. Despite its continued strong production, it may be considered "old fashioned" these days. In fact cabbage is quite old – with an extensive history starting with domestication by ancient Celts before 1000 BC and rising to prominence in Europe by the Middle Ages. It was introduced to America by Jacques Cartier around 1540, becoming a staple crop of colonists and Native Americans alike, and centuries later a mainstay of war-time Victory Gardens. It's a no-nonsense proletarian crop for the ages.

Botanically, cabbage is a brassica or "cole crop" – the same family that includes broccoli, cauliflower, kale and brussels sprouts. It is distinguished by its heavy weight and excellent storage properties. Despite its hardiness on the shelf it is rather fussy in the field, with high nutrient requirements and susceptibility to mildew, rot and many insect pests. It favors cooler weather and typically is harvested here in the spring and fall – though this year's banner crop looks like it will carry us through July.

Despite its relative lack of glamor, the U.S., and New York State specifically, continue to grow a lot of cabbage. Most of that cabbage is destined for coleslaw – but with your CSA shares you can do a lot better than that ubiquitous plastic take-out container. Our recipes this week honor cabbage in several forms, and a [New York Times Magazine](#) link shared by CSA member Harriet Jaffe offers a dozen appealing slaw-less recipes for cabbage. Please share your favorite recipes with us to help everyone celebrate the year of the cabbage at Foxtail! ~ Rachel

This Week's Harvest

Our best guess for what will be in this week's share boxes – subject to change at harvest & packing time.

bunching onions - early scallions are replaced with these young sweet onions, which are milder and juicier than storage onions. Delicious grilled. Store in fridge.

green cabbage – the most common type of cabbage grown in the U.S. Ours is an heirloom variety called golden acre with smooth crunchy leaves and sweet flavor. Store tightly wrapped in fridge for a week or more. Remove and discard the core and thick outer leaves. Trim and discard the stem and core, rinse leaves well.

sorrel (*large shares*) - this lemony-tart leaf does double duty as a green or herb. A friend aptly described it as "lettuce with the dressing already on". Lovely in a salad, or try a savory frittata with sorrel, caramelized onions and local chevre. The color dulls when cooked.

purple cauliflower (*large shares*) – this gorgeously vibrant specialty variety has been slowed by the heavy rains. If the rains let up we hope it will rebound for all shares to enjoy a taste in future harvests. Should retain color when cooked. Stunning alongside something green.

tatsoi - a baby cousin of bok choy – milder but still with a pleasant peppery taste - can be stir-fried or eaten raw in salad. Refrigerate in bag.

**Also... lettuce ~ mint ~ summer squash
Swiss chard ~ snow & sugar snap peas**

Fruit Shares: raspberries from our neighbors at Stanton's Family Farm in Feura Bush. Raspberries are labor-intensive to pick, delicate to handle and highly perishable – but so delicious! Store unwashed for 1-2 days max in fridge; swish gently in a bowl of water (not under a running faucet, which will bruise berries) just before using. *Conventionally grown.*



Recipe of the Week: Cabbage Salad with Peanut Dressing

A nice cold salad recipe – essentially a slaw - with a flavorful Thai-inspired dressing. For extra peanut-y punch, whisk a spoonful or two of peanut butter in the dressing. Julienned summer squash, purple cauliflower florets and pea pods from this week's share would be lovely additions.

salad:

- 1 head green cabbage
- 1 bunch Tatsoi
- 1 bunch scallions or 1-2 small onions
- 2 Tbs finely chopped mint
- ½ cup peanuts or cashews

dressing:

- ¼ cup peanut oil
- 2 ½ Tbs rice vinegar (or plain vinegar)
- 1 Tbs soy sauce
- 1 garlic clove, minced
- 8-12 mint leaves, chopped
- 1 tsp brown sugar
- pinch of salt
- pinch crushed red pepper flakes

Core and quarter cabbage and slice crosswise into thin strips. Slice tatsoi leaves crosswise down to stem. Chop scallion or onion and any additional vegetables. Toss vegetables with mint.

Whisk all dressing ingredients together. Add dressing to salad, toss, add nuts and toss again. Serve cold, at room temperature or gently warmed if you prefer.



From the archives

Need more recipe ideas? CSA newsletters back to 2010 are on our website:

www.foxtailcommunityfarm.com/MemberNewsletters.html

Here are a few favorites to re-visit this week:

June 22, 2009 ~ Cauliflower with Mustard butter and greens

June 6, 2011 ~ Foxtail Farm quiche

July 12, 2012 ~ Raspberry corn muffins

Another Recipe: Roasted Cabbage Wedges with Olive Oil & Lemon

This one comes from Martha Stewart. It's a simple but surprisingly unique presentation for cabbage and quick way to use up the share bounty. You could also try this on the grill.

Heat oven to 450°F. Cut one head of green cabbage into 8 wedges, leaving core intact. Arrange wedges on a rimmed baking sheet. Generously brush both sides of wedges with extra virgin olive oil and season with salt and pepper. Roast until edges of cabbage are brown and crisp, about 25-30 minutes total, flipping midway through. Before serving, cut a lemon into four wedges and squeeze lemon juice over cabbage. Serve with additional lemon wedges if desired.

And one more...

Spicy Yellow Indian Cabbage

From girlcooksworld.com. Indian cooking is a fantastic way to bring new life to familiar vegetables and I can't wait to try this recipe.

- 1/3 cup oil
- 1 ½ tsp mustard seeds
- 5 cloves garlic, sliced
- 1 ½ tsp ground turmeric
- 1 green cabbage, cored and thinly sliced
- 1 tsp salt
- ½ tsp cayenne pepper

In a large heavy skillet heat the oil over high heat. When the oil starts to smoke, add the mustard seeds and immediately cover with a lid or a spatter screen. When the popping slows, carefully add in the garlic and turmeric, stir and lower the heat to medium. Cook, stirring frequently, for a minute or two to soften the garlic.

Add the cabbage, salt and cayenne and stir well to coat the cabbage in the spiced oil. Cover the pan and cook until the cabbage is tender-crisp - or longer if you prefer it softened. Adjust salt to taste. Serve hot alongside other delicious Indian food (how about a vegetable curry, rice, dal and naan...I think I need to go make this right now!)

