



NV Ranch

CSA Share Notes

WEEK FOUR

June 13, 2009

Looks like we had some email server problems last week; sorry for the inconvenience. Here are your notes for this week!

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THIS WEEK'S HARVEST

Each produce share this week contains some of the following items in quantities according to share size (not all shares contain all items):

- Mixed Leaf Lettuce
- Cabbage
- Kale
- Spinach
- Green Zucchini
- Tomatoes
- Sweet Peas (full shares only)

HOW TO STORE YOUR HARVEST

- Rinse leafy greens in cool water and dry on a paper towel or in a salad spinner. Wrap leaves tightly in a plastic bag and store in the crisper drawer of your refrigerator. If greens get slightly wilted, put them in a sink full of cold water for about 30 minutes to bring them back to their crispy selves. Greens should keep for several days.

- Store cabbage wrapped in plastic wrap in the crisper drawer of the refrigerator. If you need to store a partial head of cabbage, cover it tightly with plastic wrap and refrigerate. Once the cabbage has been cut, you should use the remainder within a couple of days for maximum nutritional content.

- Store kale washed in cold water to remove all the sand and dirt and wrapped in paper towels in a plastic bag in the coldest part of the refrigerator. Kale will stay fresh up to 7 days.

- Zucchini should be stored in a dry plastic bag in the crisper drawer of the refrigerator. Do not wash them until you are ready to prepare (those droplets can cause them to spoil quicker even in the fridge). They should store for up to a week in the fridge but are at their best if used within 3 to 5 days

- Store tomatoes in a cool place (around 55 degrees), but do not place in the refrigerator. Refrigeration causes tomatoes to lose their flavor. Store cut tomatoes in the fridge to avoid spoilage.

- Store sweet peas in their pods in a plastic bag for up to three days. These larger peas can also be removed from their pod and eaten like regular peas. They will also store longer this way.

ABOUT CABBAGE

There are literally hundred of varieties of cabbage. The most popular varieties in the United States are green cabbage and bok choy. As with broccoli, cabbage is a cruciferous vegetable and may reduce the risk of some forms of cancer including colorectal cancers. Cabbage is also high in beta-carotene, vitamin C and fiber.

APPLE COLESLAW

Modify this recipe to your liking, adding bacon or subtracting peppers to your taste!

- 3 cups chopped cabbage
- 1 unpeeled red apple, cored and chopped
- 1 unpeeled Granny Smith apple, cored and chopped
- 1 carrot, grated
- 1/2 cup finely chopped red bell pepper
- 2 green onions, finely chopped
- 1/3 cup mayonnaise
- 1/3 cup brown sugar
- 1 tablespoon lemon juice, or to taste

In a large bowl, combine cabbage, red apple, green apple, carrot, red bell pepper, and green onions. In a small bowl, mix together mayonnaise, brown sugar, and lemon juice. Pour dressing over salad. Serves 6 generously.

KALE CRISPS

This idea was given to us by one of our customers and, with a little experimenting, we've discovered you can modify this with so many different combinations you're bound to find something you like!

Here's the basic recipe, but play around with it using vinaigrettes, adding garlic powder or different herbs and using the final recipe in more ways than just a treat. We layered it with a fried green tomato and topped with bacon and a fried egg for a delicious breakfast!

- One bunch Kale
- Vegetable oil
- Salt and pepper to taste

Wash kale in cold water to remove dirt and sand. Remove leaves from stem and lay flat on a baking sheet. Drizzle with enough vegetable oil to lightly coat and season with salt and pepper. Place baking sheet with kale in a 350 degree oven for 10 to 15 minutes until the kale is crisp throughout. Enjoy!

WHAT'S GROWING

The beans are coming, the beans are coming! We've got three different varieties of green beans, one wax bean variety and two more 'interesting' types of beans that are coming on strong. We've also got broccoli, more cabbage and wow, you should see the corn! Hang in there for more goodies!