

CASCADE FARM CSA
HARVEST NOTES



THIS WEEK'S HARVEST:

THURSDAY JULY 1, 2010

Your harvest for this week may include:

- Collard Greens
- Garlic Scapes
- Hakurai Turnips
- Joi Choi
- Kale (Curly)
- Lettuce (Green, Romaine)
- Mizuna
- Onion

New for this week will be:

- Cabbage
- Carrots

From the herb garden:

- Basil
- Parsley

NEWS AND UPDATES

July has arrived and the continued hot weather has exhausted or bolted our early crops (such as greens and lettuces). You will begin to see fewer greens and more seasonal vegetables (string beans, cucumbers, squash, and tomatoes) in the coming weeks.

Margaret decided to share some of her own recipes this week – feel free to share your own recipes or ideas (maybe what to do with too many greens, how to pickle cucumbers, your favorite zucchini recipes). Send an email and we will include in future harvest notes.

We hope everyone has a happy and safe 4th of July!

CABBAGE

Green cabbage is a wonderful vegetable; it can be eaten raw in salads or slaws, braised or stir-fried. It can also be boiled or steamed.

Storage Tips

- Remove loose outer leaves and store unwashed and loosely wrapped in plastic for up to two weeks in the refrigerator

Cooking Tips

- Use fresh cabbage for raw recipes (salads or cole slaw)
- Cabbage tends to sweeten the longer it is cooked
- Cut out and discard the tough core by slicing the head in half and cutting the core portion out
- Cabbage can be quickly stir-fried or sautéed in butter
- You can also roast it with root vegetables

CARROTS

Carrots are another versatile vegetable best eaten raw, but also a wonderful addition to soups, stews, and mixed roasted vegetables.

Storage Tips

- Remove stems, rinse, and pat dry and wrap in a paper towel and store in a paper or plastic bag in the refrigerator for up to a month

Cooking Tips

- Cooking brings out the natural sweetness in carrots. Steam, boil, braise, roast, sauté or stir-fry.

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- Prior to cooking, cut the carrots in pieces as close as possible to the same size so they will cook evenly
- Carrots that have become limp can be soaked in ice water to make them crisp again

FEATURED RECIPES

I am sharing some of my own favorite recipes with you this week. Mine are mostly modified versions of other common recipes so feel free to modify with your own ideas and let me know how they come out. Margaret

Maggie's Amazing Coleslaw

This is one of my favorite summer recipes. It is basic coleslaw modified to reduce the mayonnaise and add a garlicky dressing to give it a bit more 'kick'. It is a great side dish for BBQ meals. I hope you enjoy it.

Ingredients:

- 1 medium head green cabbage
- 2 medium carrots
- ½ teaspoon of freshly ground pepper
- ¼ cup of mayonnaise
- ¼ cup of creamy garlic dressing (I like to use Drew's Roasted Garlic & Peppercorn because it is dairy, sugar, & gluten-free – and tastes good too!)

Preparation:

Shred cabbage thinly with a sharp knife. Grate carrots (I use the large portion of my cheese grater). Mix mayonnaise with dressing and pepper in a separate bowl. In an oversized bowl toss the slaw, carrots, and dressing mix together until the slaw is completely coated with the dressing mix. I like to let it sit in the refrigerator for a few hours prior to serving to let the flavors mix – but it is still good right away.



Besto Pesto Sauce

Fresh pesto is great for something different with your pasta. For a complete dish, add fresh vegetables or tomatoes, cheese chunks, or chicken.

Ingredients:

- 1 cup fresh basil leaves
- ¼ cup fresh parsley
- 1/3 cup pine nuts (or walnuts)
- ¼ cup of olive oil
- 1 whole clove of garlic, peeled

Preparation:

Add all ingredients into a food processor or heavy duty blender. Blend until completely mixed. Toss with pasta and serve right away.