



**Week #12 Tuesday, August 29– Saturday, September 2, 2017**

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### **In Your Bag**

**Melon\* OR Cauliflower OR Cherry Tomatoes \*\***

**Cabbage**

**Potatoes**

**Eggplant**

**Onions (Red & Yellow)**

**Garlic**

**Anaheim Peppers**

**Cucumbers**

**Tomatoes – a colorful mix**

**Roma Tomatoes**

**Kale**

**Herb bunch**

*\*In most cases, your melon is ripe and ready to eat. Check it though. If you're not getting a melony smell, leave it out on the counter till you do. Once you've got the melon smell, eat it or keep it in the refrigerator until you are ready to eat.*

*\*\*Kind of a strange combo but the cool weather has slowed down melon ripening and cauliflower growth.*

### **Coming Soon**

Shishito peppers next week! We'll send the first of the leeks and tomatoes while we have them! We've got a planting of broccoli that will be ready and we'll see what else the garden offers. Maybe a melon if the sun shines!

### **September 25<sup>th</sup> Cooking Class Offered – Sign-up Now!**

Spring Hill member, Robin Schow, is offering one more cooking class for Spring Hill Members this season! Robin is a vegetable lover, nutritionist, UMN cooking class instructor, and Spring Hill enthusiast. She will be sharing her knowledge, expertise and enthusiasm for how to prepare good food well with Spring Hill members. The class will highlight vegetables in the bag that week and a variety of ways to create easy and delicious ways to prepare them. This is a hands-on, learn while doing, class. Participants will prepare and cook the vegetables and then share the meal they prepared together.

**Date: September 25, 6-8pm.**

**Location:** The Good Acre, 1790 Larpenteur Avenue West, Falcon Heights, MN 55113

**Cost:** \$15 per class

Send an e-mail to springhill@chibardun.net to reserve your spot and follow-up with a check mailed to the farm.

### **Next Week's Harvesters**

**Tuesday, September 12** - Leilani Hotaling/Kaaren Howe, Angela Gustafson, Sherman Eagles/Susan Conner

Kathleen Weflen, Lou Ferreri & Hannah, Mary & Michael Vanderford

**Saturday, September 16** – Karen Ansbaugh/Barb Ryan, Janice Kovala, Brian & Nance Longley, Flores/Danzinger  
Shannon O'Brien

### **Farm News**

The cool August and beginning of September has us a little befuddled. Growth in the garden has seemingly come to a halt. Mid-August is typically a time when daily melon picking is part of the routine and cucumbers and cauliflower can go from too small to oversized overnight it seems. Not this year. The garden feels like it's in dawdle mode - the melons are painfully slow to ripen, the cauliflower content to take its sweet time and the cucumbers are just fine if we pick them twice a week. Truly they'd probably be fine with once, but we need them for Tuesday and Saturday.

We think the fall crops will come along, but it's a little concerning looking at the not quite ripe winter squash knowing a frost is not too far out there. The Brussels sprouts too need a push and we've got some turnips and greens that would appreciate a day or two of sunshine!

The good news is we've had the time to get another round of cover crop in so the plots that were once home to garlic, early brassicas, beets and summer cucumbers have now been planted to a peas/oats/tillage radish mix. That's really good. The crop will provide nice cover for the winter and feed the soil for next year. The seeds were even treated to a nice soft rain just after planting so we expect to see their little sprouts very soon.

On the home front, we've begun in earnest getting some food in the freezer and on the pantry shelves for the winter. Tomato culls are chopped along with onions and basil and roasted for winter sauce and soup. We've made numerous batches of pesto and frozen them for a "taste of summer" in January. Beans are next along with greens and some raspberry jam. That bit of color in our valley has been a definite motivator!

## Kale Tabbouleh – 4 to 6 servings (Melissa Clark at [cooking.nytimes.com](http://cooking.nytimes.com))

5-star recipe based on 157 ratings! Cook's notes suggest using cucumbers instead of radishes and farro, quinoa or couscous instead of bulgur.

- 2/3 cups fine bulgur
  - 3 Tbsp. lemon juice
  - 1 shallot, finely chopped
  - 2 tsp. ground cumin
  - 1 ¼ tsp. fine sea salt, more as needed
  - ½ cup extra virgin olive oil, more as needed
  - 1 bunch kale, stems removed, leaves finely chopped (5 cups)
  - 2 large tomatoes, diced (about 2 cups)
  - ½ cup torn mint leaves
  - ½ cup diced radish
  - Black pepper, as needed
1. Cook bulgur according to package instructions. Cool.
  2. In a small bowl, whisk together lemon juice, shallot, cumin, and salt. Whisk in olive oil.
  3. In a large bowl, toss together bulgur, kale, tomatoes, mint and radish. Toss in dressing. Season with black pepper and more salt if you like, and drizzle with additional oil if desired.

## Teriyaki Cabbage Steaks – 4 to 6 servings (Mark Bittman at [cooking.nytimes.com](http://cooking.nytimes.com))

Another 5-star recipe from the NYTimes! Cook's notes suggest leaving part of the core in each steak to prevent them from falling apart. This recipe also works indoors with a grill pan or roast the cabbage in the oven and drizzle with the sauce.

- ½ cup soy sauce
  - ½ cup mirin (or ¼ cup honey mixed with ¼ cup water)
  - 1 Tbsp. minced or grated fresh ginger
  - 1 tsp. minced garlic
  - 2 Tbsp. chopped scallions (or chopped onions in this week's bag?)
  - 1 green cabbage, cut into 1 ½ inch slices
  - 2 Tbsp. neutral oil, such as grapeseed or corn
  - Salt
  - Black pepper
  - Lemon wedges for serving
1. Heat a charcoal or gas grill to moderately high heat, keeping part of the grill cool for indirect grilling, and put the rack about 4 inches from the flame. Combine the soy sauce and mirin in a small saucepan over medium-low heat and cook until the mixture begins to bubble, 2-3 minutes. Remove the pan from heat and add ginger, garlic, and scallions.
  2. Brush the cabbage slices with the oil and sprinkle with salt and pepper. Put the cabbage on the cool part of the grill and close the grill cover. Cook, checking and turning occasionally, until you can pierce the leaves easily with a sharp knife. When the cabbage is tender, brush it liberally with the teriyaki mixture and move it to the hotter part of the grill. Cook, turning once or twice and brushing with more of the sauce, until it's browned.
  3. Drizzle the cabbage with any remaining teriyaki sauce, and serve hot or warm with lemon wedges.

## Farro Salad with Tomatoes, Smoked Mozzarella, and Mint - serves 4 (Dinner by Melissa Clark; 2017)

This salad is a favorite in our house. The original recipe calls for cherry tomatoes but seeded, chopped heirlooms are a delicious addition and make a colorful presentation. As with most salads, this recipe is versatile; I always add seeded, sliced cucumbers and I've replaced the mozzarella and mint with feta and basil.

- 1 tsp. fine sea salt, plus more as needed
  - 2 cups farro
  - 4 tsp. sherry vinegar or cider vinegar, plus more to taste
  - 1 pint cherry tomatoes, halved (use equal amount seeded, chopped tomatoes from this week's bag)
  - 6 oz. smoked mozzarella, cubed
  - ½ cup torn fresh mint leaves
  - ¼ cup extra virgin olive oil
  - Freshly ground black pepper to taste
  - Lemon wedges for serving (optional)
1. Bring a medium pot of heavily salted water to a boil and add the farro. Simmer until tender, usually 15-25 minutes, though some varieties can take up to an hour (replenish the water if the level runs low).
  2. Drain the farro, and while it is still warm, stir in the vinegar and ½ tsp. fine sea salt. Let the farro cool to room temperature, about 20 minutes. (Or cook the farro up to 8 hours ahead and keep it at room temp.)
  3. Sprinkle the tomatoes with remaining ½ tsp. fine sea salt, and stir them into the farro along with the mozzarella, mint and olive oil. Season heavily with black pepper. Taste, and add more salt and / or vinegar if needed, and add a squeeze of lemon for brightness if you like.

**Recipe Link of the Week:** Potato and Eggplant Curry from Spring Hill member Michele Gersich. Michele notes: The recipe was remarkably good. I also sautéed and onion in there and topped it with cilantro. And threw in a can of chickpeas. It was great with cucumber raita!

<http://www.lettyskitchen.com/potato-and-eggplant-curry/>