

# Box Note 19, 10/12/16 *1 more boxes after this one!*

## Meat Shares: MEAT COMING TODAY

Anyone with a problem still-email me. Let's see what we can figure out.

MEAT ORDERS: if you ordered meat online, it will be in the big cooler with your name on the wrapper. Please don't forget it!



PLEASE remember to return your bags and boxes. This seems to be a contagious situation as we have some furiously diligent sites where everyone returns everything every week, and other sites where everyone forgets!



It makes our lives so much easier not to have to search through a dwindling supply of beaten up boxes and while I don't really know how to help the chronic forgetters and have a lot of sympathy, being one myself, please just know how much we celebrate when we can pick up the "empties" on time! Any ideas on how we can be helpful to this-email! Thank you thank you!

## News this week

Last week we prepared for frost. With our eye swiveled upon our northern neighbors, watching their first snowflakes, and heeding the somewhat

unpredictable weather forecasts, we started to make battle plans.

In came the peppers, and the lettuce, every last one ripped off, and plucked out, and carted by the crateful into the greenhouse. We were determined that you get these in your boxes this week!

As it happened, the first predicated frost on Friday barely touched us but the second one on Saturday smashed in with a vengeance. The delicate little summer varieties melted into mush. Having said this however, the greens are still standing tall in the crisp air. Carrots are sweeter for frost, Brussel's sprouts adore cold (even peeking their little tips out in two feet of snow) and broccoli is none too worried yet.

And for gardeners, frost is a two edged, might sword. On the one hand, you see gardeners scurrying around in the dusk and living in the vegetable beds, coffee cup in the one hand, crate in the other. Watching waste is never, never, appealing. However, there is a grim satisfaction in seeing the season turn. Even our sturdy gardeners can't keep up their summer pace forever and knowing there is a time of woodstoves, 9 am starts and cozy evenings not spent planting garlic in the dark, is a bit of a relief.

## What is in the box?

- Brussels Sprouts
- Potatoes
- Leeks
- Carrots
- Celeriac
- Celery
- Beets
- Broccoli
- Lettuce-summer crisp
- Onion
- Garlic
- Peppers
- Romanesco for family boxes.

Maybe radishes, celery for some boxes-let's see what fits!

Romanesco



What is that amazing, fantastic, beautiful creature Romanesco? Essentially, if your Mama was a cauliflower and your Papa was a little green guy from Mars, you'd be a Romanesco. Treat it much like a cauliflower. It can be eaten raw or cooked and, like its cousins cauliflower and broccoli, it is better not overcooked into a puddle. And taste? Kind of cauliflower-like but nuttier kind of? Altogether the very best thing about Romanesco is the texture and the pattern-wild little spirals of hidden fairy staircases and spirals created out of Escher doodles. Totally fascinating, but if you have a mathy four year old looking for distraction from eating her vegetables, this is not the thing to put on her plate!



summer crisp lettuce

italia pepper



bell peppers



Brussels Sprouts



So what is sprouting and why is it from Brussels?

**Brussels Sprouts** are cousins to

the cabbage. Call them Fairy Cabbages and your children are more likely to view them favorably. And while it has its roots in the gardens of Rome, it was cultivated to be what we would recognize as Brussels Sprouts in the 16th century in, yes of course, the city of Brussels! It is great for the cardiovascular system, an anti inflammatory, a big detoxifier and lowers your cholesterol. Yip-pee for Brussels Sprouts. Though they grow on an upright stem, each one like a bud sticking out, we have picked them off for you so they fit more easily into a bag, and therefore into the box.

Store them in a plastic bag in the fridge. When you are ready to eat them, peel any outer yellow tinged leaves off. Looking at the stem, cut a cross into the end so you are effectively splitting the stem into four parts, and then either steam or roast. You can also cut them into slices from stem to top so each gets a bit of stem to hold the leaves together. Don't get distracted into your book, a phone call or a good nap because you will come back to sulphurous mush. Brussels Sprouts are so much better slightly uncooked!

Here is an idea from a fantastic website <http://www.whfoods.com>

- 1 lb Brussels sprouts
  - 1/2 red onion, sliced
  - Mediterranean Dressing
  - 3 TBS extra virgin olive oil
  - 2 tsp lemon juice
  - 1 medium cloves garlic, chopped or pressed
  - Sea salt and black pepper to taste
  - Optional: 1 TBS dijon mustard, 1 TBS minced parsley
- 1.Fill the bottom of the steamer with 2 inches of water.
  - 2.Cut Brussels Sprouts in half and slice as thin as possible or pulse to chop in food processor. Let them sit for 5-10 minutes before steaming.
  - 3.Chop or press garlic and slice onion and let sit for at least 5 minutes.
  - 4.Place onions on the bottom of the steamer basket with Brussels sprouts on top of onions. Cover with a tight-fitting lid. Steam for 5 minutes.
  - 5.Transfer to a bowl. For more flavor, toss Brussels Sprouts with the remaining ingredients while they are still hot. (Mediterranean Dressing does not need to be made separately.) Research shows that fat soluble vitamins and carotenoids found in foods, such as Brussels Sprouts, may be better absorbed when consumed with fat-containing foods like extra virgin olive oil. Dressing helps tenderize Brussels Sprouts. 5-10 minutes after they are dressed you will find they will have become more tender.

Serves 2



garlic



celery



celeriac



beets