



WEEK OF JULY 6TH, 2020 #28/52

On The Brink

We are getting so close to full on summer amazingness! There are loads of tomatoes on the plants, just not red yet, but soon, very soon. The Armenian Serpent cucumbers are growing and will be ready maybe in a week? Summer squash clearly is coming in strong. The amazing thing is we still have greens, collards, chard, kale and even cauliflower.

Cauliflower

It is truly amazing to have this cool weather crop in July. If your cauliflower looks a little yellowed that is from too much sun. I found this great video on [FoodTank](#) that shows how the largest organic grower of cauliflower does what they do. Did you know they rubber band cauliflower to wrap it up in its own leaves as sun protection? This labor intensive job is solely performed to keep the heads white. Understand, there is nothing wrong with the yellowing at all. In fact, according to Foodtank, yellowed cauliflower may have more phytonutrients. Somehow we have been trained to prefer the whiteness and people won't buy cauliflower if it has begun to yellow, unless it is one of the colored varieties that can be deep yellowy/orange or purple, even green. Doing a little more reading, I learned that cauliflower originated in Cypress and from there spread to Turkey, Syria, Egypt, Spain and Italy. It was Louis XIV who fell in love with this nutty flavored brassica and requested it at every banquet, making it more popular in Europe.

Cauliflower is a cruciferous plant, which is in the brassica family. Many of our favorite cooler weather veg are in the same family, all the cabbages, kale, collards, broccoli, and romanesco. The term cruciferous refers to the "cross-like" design of the four petals in each flower. Cauliflower is high in vitamin C, fiber, folate and contains many photochemicals & anti-oxidants.

Winter's Fruits

We were walking the farm the other day and had to check out the trees. There are a lot of plums out there. Thankfully we did not have the intensely wet winter that we had the year before, so our peach and nectarine trees are looking pretty ok. It is tough to get



good looking stone fruit if you don't spray and you don't thin. During wet years I know non-organic stone fruit farmers who are out there spraying every time it stops raining. So think about that when you buy fruit that is not organically grown. Organic stone fruit can still be sprayed, we just are limited in

options, but we don't spray at all. So in a wet year we are hit pretty hard with peach leaf curl. Moving down the rows we came into the citrus and found loads of pomelos already growing. Of course they won't be mature for many months, but it is exciting to see what is coming down the road.



Andrew Is Off On A New Adventure

I had asked Andrew to write something for the newsletter last week, but he is a man of few words and it was rather small. So in case you missed it, Andrew is off to Fully Belly to do their farm internship program. Like his father, he wants to be a farmer. And so, like his mother, he is doing Full Belly's internship. The program up there is at least a year, although you can stay longer. We are grateful to Andrew for the work he did here these last few months, and we are all really excited for him to take this next step in his farming education. He is being replaced by Elise, so if you have any questions you will be calling or emailing her, all at the same numbers and email address. I will write more of a proper introduction in next week's newsletter.

RECIPES AND IDEAS FROM LORRAINE

I just got this gorgeous vegan cookbook Vegetable Kingdom by Bryant Terry, based on the recommendation of one of our CSA members. It is filled with amazing recipes that look and sound delicious. All of the recipes this week are from his book, because it is just that good. Bryant is local, currently working as the Chef-in-Residence at the Museum of the African Diaspora (MoAD) in San Francisco.

Mashed Potatoes and Cauliflower

4 to 6 servings

You can sub cow's milk for oat milk if you prefer; I did.

1 TB Kosher Salt, plus more as needed

1 1/2 lb Potatoes, peeled and thinly sliced (he used Yukons)

2 TB Extra Virgin Olive Oil

1/4 cup Oat Milk, warmed

Freshly ground Pepper

*Almond Dukah (recipe below)

Creamy Cauliflower (recipe below)

In a large pot bring a gallon of water to boil over high heat. Add the salt and the potatoes to the boiling water and cook for 15 to 20 minutes, until soft. Drain the potatoes in a colander and set aside to dry a little. Return the potatoes to the pot and set it over low heat. Using a fork or potato masher, mash the potatoes. Mix in the olive oil and oat milk until well combined. Fold in the cream cauliflower. Season with salt and pepper to taste. Transfer to a serving dish, garnish with sukkah, drizzle with olive oil and serve.

*Almond Dukkah

7 TB finely chopped Almonds, toasted

2 TB Black Sesame Seeds, toasted

1/2 tsp coarse Sea Salt

2 tsp Coriander Seeds, toasted

2 tsp Cumin Seeds, toasted

Put the almonds, sesame seeds and salt in a small bowl. Combine the coriander and cumin seeds in a mortar and pound with the pestle until smashed but not finely ground. Add to the bowl with the almonds and mix well. Store in an airtight container in the refrigerator for up to 2 weeks.

Yellow Squash Soup

4 to 6 Servings

I am not sure which summer squash you are getting this week, but I am going for it anyway:)

1/2 cup chopped raw Pecans

2 tsp fresh Thyme

1/4 tsp ground cinnamon

1/4 tsp ground Allspice

1/4 tsp freshly grated Nutmeg

1/4 tsp flaky Sea Salt

1/4 cup Coconut Oil

1 1/2 cups finely diced Yellow Onions

1 tsp raw Cane Sugar

1 tsp Kosher Salt, plus more as needed

2 tsp minced Garlic

1 TB finely grated fresh Ginger

1/2 tsp minced, seeded Scotch bonnet or Habanero Chile

2 lbs Summer Squash, sliced into 1" thick rounds

4 cups Vegetable Stock

1 1/2 cups unsweetened canned Coconut Milk

Fresh ground Black Pepper

Coconut Cream*

1/4 cup minced fresh cilantro, plus 1/3 cup loosely pack Cilantro leaves

In a food processor, combine the pecans, thyme, cinnamon, allspice, nutmeg, and flaky salt and pulse until the pecans are coarsely ground. Warm a medium skillet over medium heat. Tip in the pecan mixture and toast, stirring often to prevent burning, until fragrant, about 1 minute. Scrape the mixture into a bowl and set aside. In a large saucepan, warm the coconut oil over medium heat. Add the onions, sugar, and kosher salt, decrease the heat to low and cook,

stirring often, until starting to caramelize, 15 to 20 minutes. Add the garlic, ginger, and Chile and cook until the garlic is fragrant, about 3 minutes. Add the squash and the stock, raise the heat to medium-high, and bring to a simmer. Decrease the heat to low and simmer until the squash is tender, about 30 minutes. Working in batches, carefully transfer the soup to a blender and puree until smooth, then return the soup to the saucepan, or blend the soup directly in the pan with an immersion blender. Add the coconut milk and warm through over low heat. Add a little water to thin the soup, if necessary. The soup should pour easily from a spoon. Taste and season with salt and pepper. Garnish with coconut cream, the spiced pecan mixture and the cilantro. *You can buy coconut cream or make your own by refrigerating a can of coconut milk for a minimum of 6 hours.

Then carefully scoop out the white cream on top, separating it from the coconut water. Transfer the cream to medium bowl and reserve the count water in the can. Using a large whisk, whip the cream slowly adding some coconut water, until it is silky enough to just pour off a spoon. minutes of roasting or you may toast them on their own if you prefer. Assemble your bowl with the herby buckwheat, a big heap of the vegetables and garnish with a handful of toasted walnuts and crumbled goat cheese.

This Week's Box List

Onions

*Basil

*Cabbage

Leeks

*Cauliflower or romanesco

*Nectarines

Collards

*Summer Squash

Garlic

*Plums or Peaches

*Potatoes

Chard

* = Items in Box for 2

Creamy Cauliflower

4 to 6 servings

1 medium Cauliflower, about 1 lb, cored and coarsely chopped

3/4 tsp Kosher Salt, plus more as needed

5 TB Extra Virgin Olive Oil

Fresh Lemon Juice

Freshly ground Black Pepper

In a food processor, pulse the cauliflower until it is broken down into small, grain like pieces about the size of raw couscous. In a medium saucepan, bring 1/2 cup water to a boil over high heat. Add the cauliflower, decrease the heat to medium, and partially cover. Steam, stirring occasionally, until the cauliflower is tender and most of the water has evaporated, about 10 minutes. Remove the lid and cook, stirring frequently with a rubber spatula, until the cauliflower no longer loses liquid when pressed with the spatula, about 5 minutes more. The cauliflower should now have the texture of fluffy steamed couscous. Rinse out the food processor bowl and return the cauliflower to it. Add the salt. With the processor running, slowly pour in the olive oil through the feed tube until it is pureed but thick. At this point the cauliflower is at a good consistency for topping another dish or serving in mounded scoops. If you'd like a thinner puree to spread across a plate, with the food processor running, slowly add 3 to 4 TB water through the feed tube. Transfer to a medium bowl. Before serving, taste the puree and season with lemon juice, pepper and additional salt.