

FALL CSA NEWSLETTER, WEEK 5



Turnips
Salad Mix
Sweet & Hot Peppers
Collard Greens
Dino Kale
Radish
Bok Choy
Chinese Cabbage

Our crew has been clocking in long hours getting everything out of the greenhouse and into the ground. I am overwhelmed by the dedication of our crew. Their hard work shows in the bounty of our fields and the tasty food on your plates.



The Crew: Alisha, Eduardo, Ben, Jose, Ubaldo, Angie, Keaton, and Christian

Recipes:

Collard Wraps – forgo tortillas/pita bread for a whole food alternative. You can wrap anything in a collard leaf and it will taste good, trust me!

Equal parts of the following ingredients or any ingredients of your liking (adjust based on how many collard greens you have to fill)

Sausage, Rice, Celery, Onion, Bell Peppers, & Shredded Radishes

Enough Bragg's Liquid Amino (or Soy Sauce) to coat the ingredients above

Collards (washed, stems removed)

Directions

1. Combine the first five ingredients
2. Toss in Bragg's Amino to coat, stir all ingredients well
3. Open up a collard, inside facing up.
4. Scoop a healthy quantity of veggie mix onto the leaf (drain excess from bowl if there's too much liquid)
5. Roll like a burrito
6. Serve!

Kimchi – Fight the good fight and keep your immune system operating on all cylinders by consuming fermented food on a daily basis.

1 head napa cabbage

2-3 tablespoons fish sauce or water

1/4 cup sea salt

1-5 tablespoons Korean red pepper flakes

Water (see Recipe Notes)

(*gochugaru*)

1 tablespoon grated garlic (about 5-6 cloves)

8 ounces daikon, peeled and cut into

1 teaspoon grated ginger

matchsticks

1 teaspoon sugar

4 scallions, trimmed and cut into 1-inch pieces

Instructions: Cut the cabbage. Cut the cabbage lengthwise into quarters and remove the cores. Cut each quarter crosswise into 2-inch-wide strips.

Salt the cabbage. Place the cabbage and salt in a large bowl. Using your hands (gloves optional), massage the salt into the cabbage until it starts to soften a bit, add water to cover the cabbage. Put a plate on top and weigh it down with something heavy, like a jar or can of beans. Let stand for 1-2 hours.

Rinse and drain the cabbage. Rinse the cabbage under cold water 3 times; drain in a colander for 15-20 minutes. Rinse and dry the bowl you used for salting, and set it aside to use in step 5.

Make the paste. Meanwhile, combine the garlic, ginger, sugar, and seafood flavor (or 3 tablespoons water) in a small bowl and mix to form a smooth paste. Mix in the *gochugaru*, using 1 tablespoon for mild and up to 5 tablespoons for spicy (I like about 3 1/2 tablespoons).

Combine the vegetables and paste. Gently squeeze any remaining water from the cabbage and return it to the bowl along with the radish, scallions, and seasoning paste.

Mix thoroughly. Using your hands, gently work the paste into the vegetables until they are thoroughly coated. The gloves are optional here but highly recommended to protect your hands from stings, stains, and smells!

Pack the kimchi into the jar. Pressing down on it until the brine rises to cover the vegetables. Leave at least 1-inch of headspace. Seal the jar with the lid.

Let it ferment. Let the jar stand at room temperature for 1-5 days. You may see bubbles inside the jar and brine may seep out of the lid; place a bowl or plate under the jar to help catch any overflow.

Check it daily and refrigerate when ready. Pressing down on the vegetables with a clean finger or spoon to keep them submerged under the brine. (This also releases gases produced during fermentation.) Taste a little at this point, too! When the kimchi tastes ripe enough for your liking, transfer the jar to the refrigerator. You may eat it right away, but it's best after another week or two.