



2011 Season

Week nine

July 24, 2011

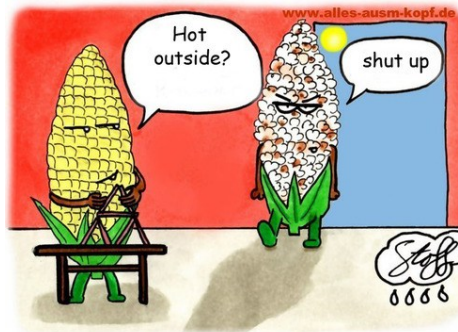
Zilke Vegetable Farm CSA

Warm enough for you?

Yep—that's 98 degrees in the shade last week. We saw temps over 95 several days in a row, and watched the afternoon thunderclouds roll past us every single day. (We got nearly an inch of rain on Saturday—and the entire farm, including the farmers, breathed a sigh of relief.)

Our work day alters to accommodate this heat. We start earlier, send the workers home mid morning, and take lots of breaks for extra water and to find whatever breeze and shade can be found.

We allow the weeds to do their thing but still survey crops for pests. It is just "maintenance mode" as we wait for the weather to break—which it always does.



What's inside your box this week:

Sweet corn – more of this delicious bi-color staple will appear in this week's boxes, and other varieties will too, several more times throughout the season

Napa cabbage—a huge head of deep green chinese cabbage– see recipe options on back

Purple beans—Royal Burgundy variety. These "green" beans are purple on the outside and green on the inside! If you cook them, they turn green.

Tomatoes—roma or cherry variety. If you did not see a few of the first of the season in your box last week, look for a handful in this week's box

Zucchini—black beauty variety

Green bell pepper-large standard bell pepper—thick walled and sweet

Knob onions—mid-season sweet onions, dug before full maturity. The green tops are no longer tender for fresh use, but are delicious sautéed additions to many dishes

Farm Updates

One of our primary goals in farming include serving our community via jobs for our local kids.

The abundant season is upon us! Our summer work crew started this week to help us with the daily harvesting responsibilities that are beyond our capacity to keep up with.

The kids begin their day at 7am, ahead of the day's heat. We remind them to apply sunscreen, and then head out to pick the day's veggies. Few to none of the kids have ever worked at a farm before, so we show them the techniques of looking under leaves for the best vegetables, and how

to be efficient. We work in groups, and make the work hours go by quickly by telling funny stories and discussing various subjects. Most of the kids return for work the next morning, so the work must not be too bad. . .

We enjoy the diversity and learning curve that comes with employing kids from various backgrounds. Tom hired hundreds of high school and college kids while landscaping, so he is a natural in teaching and motivating young men and women to develop industry, leadership skills, and lifelong friendships.

Zilke Vegetable Farm

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Half runner beans, sending up their runners

Lindsay and Shannon, manning the farm stand

Sweet corn!



1. Napa Cabbage Rolls

Cut the larger outer leaves in half and steam or boil them until they just turn soft and then fill with a mixture of cooked white rice and browned mild sausage or hamburger. Top with tomato sauce and bake until bubbly.

2. Quick Kimchi

Kimchi is a spicy Korean side-dish, sort of like the hottest cole slaw you've ever eaten. Traditional kimchi can take several days to make. However, for a quick at-home version, combine a few cups of chopped napa cabbage, a tablespoon of sambal olek (an Eastern hot sauce), 3 tablespoons of rice wine vinegar, 4 sliced cloves of garlic, and a healthy pinch of salt. Stir well, chill overnight and then eat right out of the bowl!

3. Napa Cabbage Stir-Fry

If you have eaten a Chinese dish with vegetables, you have probably eaten napa cabbage: the white squares that look like onions or celery. Cut off the leafy green sections until all you have is the firmer white stems. Cut the white stems into two-inch pieces. Heat some

peanut oil in a wok, cook the napa cabbage for 3 to 4 minutes until it starts to soften, and then add your favorite stir-fry sauce. Cook until the sauce starts to bubble. Serve hot over rice.

4. Napa Cabbage Slaw

Got a favorite cole slaw recipe? Try it with shredded napa cabbage. Napa cabbage slaw has a subtly different flavor and texture than classic cole slaw and is particularly tasty if you add fruit. For your next slaw, combine 2 cups diced mango, a finely diced jalapeno, 1 cup mayonnaise, 2 cups shredded napa cabbage, and 4 tablespoons rice or red wine vinegar. Refrigerate for a couple of hours or overnight and serve.

5. Braised Napa Cabbage

For a quick and easy side-dish, add the cut up white stems of the napa cabbage to a skillet and cover them half way with vegetable broth, ground ginger, garlic powder, and a few teaspoons of soy sauce. Cook over medium heat for 8 to 10 minutes or until soft.

6. Napa Cabbage Spring Rolls

Napa cabbage has a great crunch that's perfect for spring rolls. Simply slice napa cabbage into thin strips and roll with cooked shrimp, rice noodles, and fresh basil in a spring roll wrapper. Serve with a dipping sauce of soy sauce, chilies and fish sauce.

7. Napa Cabbage Taco Topping

Traditionally, tacos are topped with a healthy handful of lettuce. A better choice is napa cabbage, which is more flavorful and totes a crisper texture, which contrasts nicely with the taco fillings.

8. Napa Cabbage Soup

Warm up with a hearty bowl of napa cabbage soup. Add a few cups of chopped napa cabbage to your favorite vegetable, chicken or beef soup.

Recipes thanks to:

<http://www.sheknows.com/food-and-recipes/articles/809695/8-things-to-do-with-napa-cabbage>