

Sept. 27 & 30, 2010  
Volume 5, Issue 17

# Kettle Pond Farm CSA

Week 17



## In Your Share:

- Greens-
- Peppers-
- Eggplant-
- Carrots-
- Scallions-
- Cabbage-
- Cilantro-
- Dill-
- Garlic-
- Parsley-

**“Observe Nature thoroughly rather than labor thoughtlessly”  
~ Masanoby Fukuoka ‘One Straw Revolution’**

**“It is time for all of us to make changes about how we live our lives and to follow a path of the heart. By following our intuition and inspiration we encourage our own acts of heartfelt genius and boldness. This makes us feel alive and vital, gives us a great purpose and harnesses parts of ourselves we may have neglected or didn’t even know we had. We no longer feel overwhelmed by the way the Earth’s resources are managed, but recognize that change is in our hands, yours and mine, the hands of extraordinary people who have made a leap of understanding and are determined to make a difference. We become part of the change by becoming part of the solution.”  
~ Glennie Kindred ‘Earth Wisdom’**

## The New England Balance Beam

Welcome to the seventeenth week of the 2010 Kettle Pond Farm CSA season. It is the last week of September and the beginnings of October! All very exciting to see the starts of the leaves changing color and the temperature slide up and down. Its the grand old New England Balance Beam...enjoy the show.

## This Veggie Veggies

I hope you all enjoyed lasts weeks vegetables. Those potatoes were wonderful, and a great combination with the leeks. This week we are replacing the leeks with scallions and reintroducing Cabbage. Two types of cabbage will be going out in the shares, the standard green cabbage and Napa Cabbage! Napa Cabbage is a type of Chinese cabbage, it is a long cylindrical cabbage that has great big leaves! This cabbage is great for eating raw, stir fry’s and is even the main cabbage used in baechu kimchi – the most common Korean kimchi (A traditional fermented Korean dish, made of vegetables with varied seasonings).

I also hope that you enjoyed those cosmic carrots (I love that color!). They will be making a comeback next week, but for now we are switching back to the straight orange carrots, enjoy! My favorite carrot dish is when they are cooked in honey and spiced with black pepper...yummy, sweet and spicy.

## ...Bread...

Bread is a wonderful thing, a really amazing, wonderful thing. It’s especially wonderful when it comes fresh out of the oven. The butter melts right into it, the aroma wafts throughout the kitchen and the taste is at its peak. I’ve been making bread for a few years now, I don’t use any fancy equipment and I don’t really follow a solid recipe, I just bake and hope the yeast gods hear my cry. Today I made some bread. I knew I needed 3 cups flour, 1.25 cups warm water, a packet of yeast, some salt, some olive oil and some sugar. I don’t measure the salt, oil or sugar...and I add whatever I feel like. Red pepper flakes or garlic, maybe even some extra oil. Each loaf is a new experiment. Yep. Bread. Wonderful stuff.

**Napa Cabbage Salad**

From AllRecipes.com

*Ingredients:*

1 head napa cabbage, 1 bunch minced green onions (scallions), 1/3 cup butter, 1 (3 ounce) package ramen noodles, broken, 2 tablespoons sesame seeds, 1 cup slivered almonds, 1/4 cup cider vinegar, 3/4 cup vegetable oil, 1/2 cup white sugar, 2 tablespoons soy sauce

*Directions:*

1. Finely shred the head of cabbage; do not chop! Combine the green onions (scallions) and cabbage in a large bowl, cover and refrigerate until ready to serve.
2. Preheat oven to 350 degrees F.
3. Make the crunchies: Melt the butter in a pot. Mix the ramen noodles, sesame seeds and almonds into the pot with the melted butter. Spoon the mixture onto a baking sheet and bake the crunchies in the preheated 350 degrees F (175 degrees C) oven, turning often to make sure they do not burn. When they are browned remove them from the oven.
4. Make the dressing: In a small saucepan, heat vinegar, oil, sugar, and soy sauce. Bring the mixture to a boil, let boil for 1 minute. Remove the pan from heat and let cool.
5. Combine dressing, crunchies, and cabbage immediately before serving. Serve right away or the crunchies will get soggy.
6. Enjoy!

**Midwestern Sweet and Sour Coleslaw***Ingredients:*

1 medium head cabbage, 1 carrot-grated, 1/2 red bell pepper-minced

Dressing- 3/4 cups mayonnaise, 1/4 teaspoon celery seed, 1/4 cup white vinegar, 1/4 cup sugar

*Directions:*

1. Quarter and core cabbage, slice as thin as possible. Place in bowl of iced water for one hour.
2. Drain cabbage and pat dry. Add in carrot and pepper.
3. In another bowl combine mayo, celery seed and vinegar. Slowly add in sugar a little at a time. After adding mix until dissolved and taste. You've added enough when neither mayo or sugar dominates.
4. Dress the cabbage mixture. Toss and serve!

**A Little About Cabbage...**

We are distributing cabbage again, and we are very excited about it! Cabbage is a nutritional all-star so eat it up! The ancient Greeks believed that cabbage sprang from Zeus's sweat. If you don't love cabbage now, this probably won't help, will it? Maybe it will help that it is a great source of vitamins C, K, and A, among other vitamins. It also contains antioxidants that have been shown to reduce cancer risk and inflammation.

From the 17<sup>th</sup> to 20<sup>th</sup> centuries, cabbage was an important staple of the winter diet for European immigrants to the US. They would be pulled out of the ground by their roots and hung together in root cellars where they were stored for the entire winter. They must have been excited for spring peas after an entire winter of cabbage!

When storing a cut head of cabbage, it's important to do it correctly to preserve nutrients and preserve quality. As cabbage respires or "breathes", cells metabolize and are broken down, thus resulting in spoilage. To keep high quality cabbage, it is best to refrigerate it at lower than 59 degrees F. Wrapping is often recommended to reduce oxygen and airflow. Plastic wrap, tupperware, or ziplock bags will work well. Enjoy!