



SUNSHINE IN A BOX



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 CSA Week 13

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Welcome September!

Farm Updates

It has been wonderful to welcome customers out to the farm Saturdays from 10 am – 2 pm for the Dibbler farm store. Don't forget that CSA members get \$5 off your first shopping trip! **Please note that the CSA will be taking a break on September 16th** and the farm store will be closed the 19th. After the break, we will have a few weeks left of the CSA to enjoy the fall bounty going into the next full moon.

Summer crops continue to come in but just as things start to pick up I can already tell the slowing down is coming. Today's full moon is a sign to enjoy the fruits of our labor, and to plan for weeding fall crops and other fall preparations going into the new moon two weeks from now.

Butterflies returned to the farm over the last couple weeks by the dozens, and it has been such a delight to watch them floating around and enjoying the flower garden. The honeybees are busy working to build up their winter food supply and despite their heightened protectiveness of the nectar, I enjoy seeing which flowering herbs and plants they seem to prefer.

Connecting with Family Recipes

Some of my earliest food memories take place in my grandma's kitchen. The lessons are many-- from my grandma requiring 'impeccably clean' hands, to showing how to frost a blarney stone, to hosting a beautiful banquet, my grandma's legacy is secured not only with dozens of grandkids (and the first great great grandkid this year) but also through her recipes. Thank you also to my Aunt Pam and other family members for helping create written records of the recipes, often through an oral tradition.

I am lucky enough that I can still ask my grandma about family recipes— something I don't take for granted these days. After much talk about cabbage rolls after the first CSA cabbage this year, I had to hear the story behind the recipe. These cabbage rolls were prepared traditionally for weddings by my Grandma's Auntie Annie in Iowa based on her Polish heritage. 500 cabbage rolls had to be made for the event and frozen in advance, and you couldn't serve them without mashed potatoes! So, enjoy this recipe (of course with a few of my own modifications) from my family to yours.



Week 13 Vegetables

Cabbage: Chemical-free cabbage may have a few lingering bugs, but they can be gently washed off. Try the cabbage roll recipe, or it's hard to go wrong with slaw. Cabbage will store for over one week.

Yellow Onion: Storage onions are in short supply this year at the farm so enjoy this onion to compliment your sauces or salads. Yellow de Parma onions are full of flavor and are like a little sunshine in a box!

Potatoes: While the farm's soil is not ideal for potato growing, I still give it a try. Solar Fresh potatoes are small yet creamy and perfect with cabbage rolls. I like to prepare them by adding to a large pot of salted water, bringing to a boil, and cooking until fork tender. Then toss with butter, salt and pepper, and fresh chopped parsley.

Garlic: Garlic is perfect to compliment your tomato or cucumber salads, in casseroles, or in the Roasted Garlic tomato sauce recipe below. The variety is Music.

Roma Tomatoes: Perfect to dice raw for a fresh salsa, or try making into a simple tomato sauce perfect for pasta or the cabbage roll recipe.

Cucumbers: A delight from the hoop house! Regular irrigation has helped keep cucumbers coming, and with healthy plants they should keep producing until the frost.

Parsley: Curly parsley is sweet and tender, despite its reputation as a garnish. Fresh chopped parsley adds freshness to any dish, especially roasted meat or casseroles. Also great with cucumbers and tomatoes!

Oregano: A classic tomato flavor pairing for pizza sauce. Oregano also dehydrates well and maintains its flavor. I leave the leaves on the stem until dry, and then remove the leaves from the stem for storage.

Lettuce: The last of the summer lettuce. More mixed greens will be coming this fall.

Full shares also receive arugula, sungold cherry tomatoes, and beans

Thank You!

Recipes

Cabbage Rolls

1 head cabbage
1 yellow onion diced
1 lb ground beef
1 cup sauerkraut
2 cups tomato sauce

2-3 Tablespoons vegetable oil
2 Tablespoons butter
Salt and pepper
¼ cup chopped fresh Parsley
1 cup long grain white rice

To prepare cabbage, remove any damaged outer leaves and wash. Bring large pot of water to a boil. Salt the water, and add the head of cabbage and simmer until tender, about 7-10 minutes. Allow to cool. Remove the core and peel off leaves keeping them intact.

Prepare the filling. Start by cooking rice according to package instructions for al dente. Set aside. Heat oil over medium heat in large skillet. Add ground beef, raise heat to medium high and cook until browned, about 10 minutes. Salt and pepper to taste. Remove meat from the pan and lower heat to medium low. Add chopped onion, stirring to coat in pan drippings, and cook until softened. Return meat to the pan along with rice and half the chopped fresh parsley and stir to combine. Adjust seasonings to taste.

Prepare a 9x13 baking dish by coating with butter and then lining the pan with sauerkraut. Preheat oven to 350 and make the rolls. Place a cabbage leaf on your work surface and fill with about ¼ cup filling near the stem end. Fold in sides and roll up tightly. Place the roll seam side down in the baking dish. Continue making rolls until you are out of cabbage leaves and filling, and the baking dish is full. Sprinkle with salt and pepper. Pour tomato sauce over the rolls and use the back of a spoon to spread out the sauce. Cover with foil and bake for 30-40 minutes removing the foil for the last 5-10 minutes. Allow to cool slightly and serve with mashed potatoes and a sprinkle of fresh chopped parsley.

Roasted Garlic Tomato Sauce

1 quart Roma tomatoes, plus more if desired
1-2 cloves garlic, minced
¼ large yellow onion, diced

Salt and pepper to taste
2 Tablespoons olive oil
1 teaspoon honey

Preheat the oven to 375 degrees. Oil a 9x13 baking dish with some olive oil. Slice Roma tomatoes in half lengthwise and if using other tomatoes, slice in half as well. Lay out the tomatoes in the baking dish in a single layer with the skin side down and sprinkle diced onion and minced garlic over the top. Drizzle with olive oil and salt and pepper, and cover with aluminum foil to prevent garlic and onion from burning. Bake in the oven until the tomatoes begin to release their juices and the onion is softened, about 15-20 minutes. Remove from the oven and allow to cool.

Once cooled enough to handle, slip the skins off the tomato halves, and pour the contents of the baking dish into a saucepan. Place the saucepan over medium heat on the stovetop. Add the honey and continue to simmer the sauce until the tomatoes have broken down completely. Taste and adjust seasonings. For a pizza sauce, continue cooking until the mixture is thicker and more paste like. Sauce can also be frozen or stored in the fridge and used within 3 days.

