



SUNSHINE IN A BOX



Volume 6 issue 17  
 September 9<sup>th</sup> 2020  
 CSA Week 14

## IN THIS ISSUE

# Welcome September!

## Farm Updates

Today's weather marks a noticeable shift in the seasons—and quickly makes me think of everything that needs to be done before winter! Luckily next week with the week off I will have extra time to prepare for the fall and winter before the cold comes for good.

Many vegetables will soon be slowing down and we will transition into the remaining fall crops like winter squash, carrots, lettuce, and more. It is a relief to have the new caterpillar tunnel and the existing hoop house to hopefully also extend the season of tomatoes and cucumbers.

**Next week, September 16<sup>th</sup>, I will not be delivering CSA shares** and the farm store will be closed. The last week of the CSA is still TBD.

Fall is a bittersweet time of year when many of the annual vegetables die or slow down and days are shorter. I look forward to continuing the season after the break with some more produce and ponderings from the farm.

*Farm Updates*  
*Full and Half Egg Shares*  
*Recipes*

*Kale and Lemongrass Soup*



**Week 14 Vegetables**

**Kale:** Curly kale is loaded with nutrition and can be added to soup, curry, mixed with cooked grains, or even blanched and frozen.

**Tomatoes:** This may be the last week of tomatoes depending on tonight's low temperatures. Hopefully they will hold out until after the break.

**Cucumbers:** Cucumbers are noticeably slowing down in production but the plants are healthy, and their caterpillar tunnel location will hopefully protect them from tonight's lows

**Chinese White Celery:** An Asian style celery with tender white stalks. Try adding to soup with lemongrass, or as a fresh snack.

**Lemongrass:** This herb is useful in soup or curry. The edible part is the lower half of the stalk—to eat raw, blanch in boiling water and then shock in cold water. The stalk can also be pureed in a food processor and then cooked on medium low as a base to a sauce. It can also be dried and used for an infusion.

*Recipes*

## Kale and Lemongrass Soup

## Broth

4 cups water  
 3–4 dried shiitakes  
 1 cinnamon stick  
 5 cardamom pods  
 1 lemongrass stalk, cut into 1/4-inch-thick rounds  
 1/2 tsp red curry paste  
 1/4 tsp ground cumin  
 2 tbsp soy sauce  
 1 tsp sea salt (more or less, to taste)  
 1/2 tsp sishuan pepper  
 1/2 carrot, peeled and cut into 3–4 pieces  
 a tiny pinch of cayenne pepper

## Tofu

8 ounces extra-firm tofu  
 2 tbsp soy sauce (or tamari)  
 1 tbsp maple syrup  
 1/4 tsp red curry paste  
 1/4 tsp fresh ginger, grated or finely chopped  
 Toppings

2 cups chopped kale, washed  
 1 clove of garlic, peeled and finely chopped  
 3 ounces soba noodles (made with 100% buckwheat flour)  
 sesame seeds (optional)

## Broth

Combine all the broth ingredients in a large sauce pan. Bring to a boil and let simmer covered for about 10 minutes.

Remove from heat and let sit for another 10-15 minutes to let the flavors merge together. The longer you let it sit, the stronger the flavor.

Strain the broth. Discard the whole spices, lemongrass but set aside the shiitake mushrooms.

## Tofu

Drain tofu, cover it with paper towel and press it for 20 minutes to remove excess water.

Combine all the ingredients for the marinade in a small bowl.

Cut the tofu into bite-sized cubes and coat with the marinade.

Let stand in the marinade for at least 20 minutes.

Heat a nonstick skillet.

Transfer the tofu and marinade into the skillet and cook over medium heat for about 5 minutes, stirring gently every minute or so. The tofu should be nicely browned.

## Kale

Heat some olive oil in a sauce pan over medium heat, add the garlic and cook until soft.

Add chopped kale leaves and toss to coat with oil.

Add 1/4 cup water, cover and sauté for about 5 minutes, or until soft.

Season with salt and pepper. Top with sesame seeds.

## Soba Noodles

Bring a large pot of water to a boil.

Cook the noodles for about 6 minutes, check the package for more details.

Drain the noodles and quickly cool under running cold water, stirring gently.

Serve the broth hot and add the shiitakes, tofu, kale and soba.

Source: <https://fullofplants.com/spicy-lemongrass-soup-with-sauteed-kale/#tasty-recipes-6664>