



SUNSHINE IN A BOX



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Last Chance at Summer

Farm Updates

Mid-August is already here and you are probably thinking about back to school, the state fair, and squeezing in those last summer memories before we settle into our fall routines. It is definitely a bittersweet time of year, and made a little more challenging when it feels like summer is (was?) just getting started. I picked the first ripe tomatoes this week, but with day lengths already noticeably shorter, I am cautiously optimistic that there is a bounty coming.

In Minnesota we are lucky that the land gets a season of rest. Watching the seasons change is our way we measure time and mark our yearly traditions. This time of year I always spend a lot of time reflecting on the season so far, and now that the Garlic Festival is in the books I have some time to regroup for the fall. It can be easy to dwell on the would-haves and should-haves but I try to make this into a productive conversation with myself to hone my plan for next season. It is also a time to take a step back and

reflect on what is going well and what inspires me. Sometimes it's best to build on our strengths instead of focusing on improving our weaknesses, but it can be difficult from an inside perspective to identify these areas. I also want to consider what is most beneficial for the local community, CSA members, my family, and the land. If you have any feedback on the season so far, or any thoughts on what you would like to get out of your CSA membership moving forward I am always happy to hear your input.

With that said, there is still so much bounty to come! I look forward to moving into this new season with you and tasting the flavors of the fall and our region together. This week's recipes include a master sauce that can be used for many applications, and a basic pickling recipe anybody can pull off. Happy Cooking!

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Week 10 Produce

Magic Beans!

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Week 10 Produce

Beans: 1 lb bag of beans (2 lb for full shares)! This week is your chance to make pickled beans (although more beans will be coming). See the recipe below.

Cucumbers: Plants are starting to show signs of slowing down, but will hopefully keep producing steadily. Try a cucumber salad with halved cherry tomatoes, torn basil leaves, and sliced sweet onion with a splash of vinegar, salt and pepper, and olive oil.

Cabbage: A small summer cabbage will expand when you chop it. There may be some splitting or insect damage however these areas can be removed. Cabbages with slight imperfections still taste good but might have a shorter shelf life so do not hesitate to use this nutritious vegetable.

Zucchini: These plants still look surprisingly healthy however are also showing signs of slowing down. Fall is in the air!

Basil: Remove rubber band for storage and place in the warmer part of the fridge in a glass of water or in a plastic bag with a paper towel. Pull off leaves as needed and tear up to sprinkle over summer salads or cooked zucchini.

Tomatoes: Yay tomatoes! Sungold cherry tomatoes are a tasty snack but also make a great addition to cooked zucchini dishes or even with sauteed green beans.

Onion: Sweet onions are juicy and flavorful. Try adding them to salads raw, or gently mince and sautee on low before adding zucchini to a stir fry. Also makes a nice addition to pickles.



Recipes

Cabbage a la Hollandaise

1 -2 small heads cabbage

For the hollandaise:

A 6 cup medium- weight stainless steel or enameled
saucepan

A wire whip

A pan of cold water (to cool the yolks)

A wet pot holder (to steady pan while beating in the butter)

3 egg yolks

1 Tablespoon lemon juice

1 Tablespoon water

$\frac{1}{4}$ teaspoon salt

Pinch of white pepper

1 Tablespoon cold butter

1 $\frac{1}{2}$ to 2 sticks (6 to 8 ounces) softened or melted butter

Your first step: always to beat the egg yolks in the saucepan with a wire whip for a minute or two, to thicken them slightly and prepare them for what is to come. Then beat in the lemon juice, water, salt, and pepper; continue beating for a moment. Add the tablespoon of cold butter; this will melt slowly as you heat the egg yolks, and provide a little anti-scramble insurance.

Finally place saucepan over low heat and stir the egg yolks at moderate speed with your wire whip, removing pan from heat now and then to be sure egg yolks are not cooking too fast. If they seem to be lumping at all, plunge bottom of pan in cold water, beating to cool them. Then continue beating over heat. The yolks are beginning to cream as soon as you notice a steamy vapor rising from the pan; in a few seconds they should be thick enough so you can see the bottom of the pan between strokes. When they form a creamy layer over the wires of the whip, they are done; you are ready to beat in the butter.

Immediately remove pan from heat and, beating continually, start adding the butter by quarter teaspoons or driblets at first, beating sauce to absorb each addition before you add the next. When sauce thickens into a heavy cream, you may beat in the butter by half tablespoons. Correct seasoning, and the sauce is ready to serve.

Hollandaise is served warm, not hot. If kept too warm, it will thin out or curdle. When made ahead set pan over faint heat on top of stove, over a pilot light or near a burner. Or set in a pan of lukewarm water. Or use the minimum amount of butter; just before serving, heat the rest of the butter to bubbling, and beat it by driblets into the sauce.

Remedy for thinned, curdled, or separated sauce: If you have beaten in your butter too quickly and the sauce thins or curdles, or if completed sauce separates, add a teaspoon of sauce in a mixing bowl, beat with a wire whip until sauce smooths into a cream. Then beat in the rest of the sauce half a tablespoon at a time, beating until each addition has creamed in the sauce before adding more.

For the cabbage: Place a vegetable steamer in a heavy bottomed sauce pan with an inch of water in the bottom. Cover and bring to a simmer. Cut cabbage into individual portions and steam for 5-10 minutes until tender. At the end of cooking, remove the lid to allow some of the excess moisture to evaporate from the cabbage. Serve with a gravy boat of warm hollandaise sauce to pour over the top. (Child, 1971)

Pickled Green Beans

2 pounds green beans
1 teaspoon cayenne pepper
4 heads dill or 4 teaspoons dill seed
4 cloves garlic

2½ cups water
2 ½ cups vinegar (5%)
¼ cup canning salt

Sterilize canning jars. Wash, trim ends and cut beans into 4 inch pieces

Pack beans, lengthwise, into hot pint jars, leaving 1/2 –inch headspace. To each pint, add ¼ teaspoon cayenne pepper, 1 clove garlic, and 1 dill head or 1 teaspoon dill seed. Combine remaining ingredients and bring to boil. Pour, boiling hot liquid over beans, leaving ½-inch headspace. Remove air bubbles. Wipe jar rims. Adjust lids. Process 5 minutes in a Boiling Water Bath. Let beans stand for at least 2 weeks before tasting to allow the flavor to develop. (Andress, 2014)

Bibliography

Andress, E. L. (2014). *So Easy to Preserve*. Athens, GA: Cooperative Extension/The University of Georgia/Athens.

Child, J. (1971). *The French Chef Cookbook*. New York: Bantam.

