



SUNSHINE IN A BOX



SOLAR FRESH

Issue 15 Volume 5
September 18th 2019

IN THIS ISSUE

The Soup Issue

Farm Updates

We are still enjoying the end of summer, but this week's CSA share is perfect for creating a delicious bowl of soup. There are few dishes with more opportunities to infuse love into your cooking than soup. One of my favorite ways to preserve food is by making a big batch of soup and then freezing it into quart or pint containers. Date and label the container. Simply run under hot water to release it from the container and heat it up in a saucepan on the stove with a little added water in the bottom. Or, bring your frozen concoction to a friend in need of a pick me up. It is so nice to have some quick nourishing meals on hand this winter.

Most of the garden is getting ready for its long winter's rest however there are a few beds of fresh greens and broccoli and some other surprises coming along. With forecasts of mild weather we will hopefully be enjoying summer's bounty a few more weeks.

The first egg delivery was this week and more will be coming! If you did not get in on it yet, let me know and I will add you to the list for next week. It has been rewarding to package up and label the first eggs and to have this new perspective on a food that is so fundamental to our culture.



Recipes

Potato Chowder

Vegetable Tomato Soup

Baked Cabbage

Page 2

Week 15 Produce

Cozy up with a bowl of soup

Page 1-2

Week 15 Produce

Celery: Garden celery is a slightly tougher texture however the flavor far surpasses store bought. Use the leaves as an herb (similar to parsley) and the stalks as a flavor base (celery, carrots, and onion are a traditional flavor base called mirepoix or the holy trinity). Celery also freezes great—dice and then lay flat on a cookie sheet. Place in the freezer for a half hour, then transfer to a zip top bag labeled with the date and contents.

Carrots: Although weed pressure has made it a tough year for carrots, the texture and flavor makes for great snacking. Small diced carrots make up a third of the “holy trinity” and are an important flavor base in any soup or tomato sauce.

Onion: Slightly pink “blush” onions are the third ingredient in the holy trinity of flavor. Dice onion to sweat along with your carrot and celery.

Potatoes: Beautiful multicolored potatoes. Try boiling whole—bring water to a boil, add a generous amount of salt, and cook potatoes until fork tender. Remove and cut in half and toss with finely chopped tarragon and butter or olive oil. Diced carrots can also add a little thickness to a soup.

Red Cabbage: Red cabbage is packed with nutrients and flavor. Try eating some raw and some cooked—raw as a cole slaw (cabbage is quickly shredded just by quartering and chopping the head) and cooked in borsht or as a pickled red cabbage.

Tomatoes: Although tomatoes are great sliced and eaten fresh, they also make a great addition to cooked dishes like soup or casseroles.

Tarragon: This tarragon is a great compliment to carrots or potatoes. The slightly bitter anise flavor will help stimulate digestion when consuming starchy foods. To store, remove rubber band and transfer to a ziplock with a moist paper towel. Or, try dehydrating to curb the bitter flavor. To use, finely mince or crumble dried tarragon into dishes with fish, potatoes, or anything needing something to brighten the flavor.

Thyme (Full Shares): An everyday herb to prevent illness and add amazing flavor to any dish. Simply strip tiny leaves off stems and finely chop and then sprinkle into soup at the end. Also dehydrates well.



Recipes

Potato Chowder

3 cups potatoes, cut into cubes
 ½ cup chopped celery
 ½ cup chopped onions

½ cup sliced carrots
 5 cups milk
 5 tablespoons butter

Put potatoes, celery, carrots, and onions in a saucepan with enough boiling water to cover them. Cook until the vegetables are tender and most of the water is absorbed. Heat the milk, being careful not to let it boil, and add to the vegetables. Add the butter and salt and pepper to taste. Simmer gently until thoroughly heated, but do not boil. (The Renaissance Cookbook, 1980)

Vegetable Tomato Soup

½ medium onion, diced
 ½ cup diced carrots
 ½ cup diced celery
 1 tablespoon oil
 3 medium very ripe tomatoes, diced and with skins removed
 1-2 cloves garlic, minced
 1 quart broth (chicken or vegetable)

1 cup water
 ¼ cup dry red wine
 Chopped fresh herbs to taste (thyme, tarragon, oregano, parsley, etc.)
 Salt and pepper to taste
 ½ cup rice or 1 cup pasta (optional)

In a heavy bottom pot, heat the oil over medium high. Add diced carrot, celery, and onion and reduce heat to medium. Sweat vegetables by stirring occasionally and making sure not to brown. Once the vegetables are tender, add the diced tomatoes, red wine, and minced garlic. Cook on medium high until tomatoes have broken down and become deeper in color. Add broth and water and bring to a simmer. If desired, add rice or pasta and continue cooking until done (about 20 minutes for rice or 10 minutes for pasta). At the end, sprinkle in finely chopped fresh herbs.

Baked Cabbage

1 Head of cabbage, cut into 6 wedges
 4 tablespoons butter
 1 chopped onion

1 cup bread crumbs
 ¼ chopped parsley (or tarragon)
 2/3 cup dry white wine

Parboil the cabbage in boiling salted water for 5 minutes. Drain and place in a greased baking dish. Melt the butter in a saucepan and cook the onion until it is tender. Stir in the bread crumbs, fresh herbs, and mix well. Pour the wine over the cabbage and season it well with salt and pepper. Spread the breadcrumb mixture over the top. Bake, covered, at 350 degrees for 45 minutes. Then remove the cover and bake for 15 minutes. (The Renaissance Cookbook, 1980)

Bibliography

The Renaissance Cookbook. (1980). Tempe, AZ: Tri-B Publications.