



SUNSHINE IN A BOX



SOLAR FRESH

Issue 8 Volume 5

July 31st 2019

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# Midsummer

## Farm Updates

Cool weather this week isn't ideal for tomato ripening, but it is exciting to start to see cucumbers and beans taking off. It has also been great for working in and getting some fall planting done. Broccoli and red cabbage for fall are planted and I am hoping to get a few other items planted before it gets to be too late.

All of the garlic is harvested from the fields and in the garage to cure. It takes about a month to cure and in this time the greens will dry down and the garlic bulb will absorb the antiviral and antibacterial properties from the plant. At this point the garlic can be trimmed and cleaned and stored.

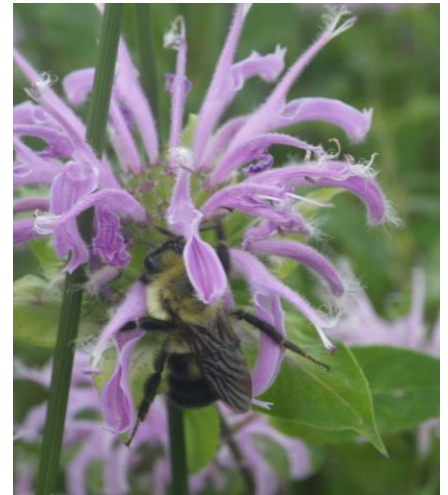
Tomatoes are about to take off and should be coming soon. If it is anything like the way cucumbers have taken off this week we should have lots of tomatoes to enjoy so hopefully we will have some warmer ripening weather coming.

## Recipes

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## Week 8 Produce

Summer cooking veggies are here!

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## Week 8 Produce

**Cucumbers:** Cucumbers are suddenly ready! Try quick pickling, cucumber red onion salad, cucumber spears, with veggie dip, in a salad, or cucumber water. Cucumbers are hydrating and cooling, so they make great snacks to take on a hike or picnic. Peel off strips of skin if desired before slicing.

**Carrots:** Purple and orange carrots make their appearance for this fall-like week. Garden carrots are flavorful and sweet. Remove tops right away to keep the root crisp and reserve for vegetable stock.

**Kohlrabi:** Slice into matchsticks for slaw or taco topping. Also try the kohlrabi apple salad below.

**Zucchini:** Slowly picking up, these fruits from the garden are great tossed into a stir fry or made into zoodles.

**Red onion:** This red onion serves dual purposes as a fresh raw onion or it can be added to cooked dishes. Keep the root end on to maintain freshness and reduce tears while slicing. To slice for salads, I like to cut the onion in half and then slice lengthwise (from end to end) to get nice slices.

**Fennel Frond:** This bronze fennel frond is similar to dill in it's uses—great with fish, in pickles, or in the kohlrabi apple slaw. Fennel frond can also be used for a nice after dinner tea.

**Swiss Chard:** Spinach of the summer! Substitute in recipes for spinach. I like to add to curry dishes or try in a lentil stew.



# Recipes

## Fennel Apple Kohlrabi Salad

- |                             |  |
|-----------------------------|--|
| 1 kohlrabi bulb             | 1 teaspoon grainy mustard                |
| 1 green apple               | 1 Tablespoon finely chopped fennel frond |
| Salt and pepper             | Thinly sliced red onion                  |
| 1/4 cup Apple cider vinegar |  |
| 1/4 cup Olive oil           |  |
| 1 Tablespoon Honey          |  |

Peel kohlrabi and thinly slice and cut into half-moons. Thinly slice apples (peel if desired) to be the same size as kohlrabi slices. Combine sliced apple, kohlrabi, and red onion in a bowl. Salt the apple and kohlrabi slices and set aside.

In a jar, add the apple cider vinegar, olive oil, honey, grainy mustard, salt and pepper to taste, and all but 1 teaspoon fennel frond. Cover with a lid and shake until well emulsified.

To serve, pour dressing over salad and garnish with remaining fennel frond.

## Vegetable Stock

- |                      |                                      |
|----------------------|--------------------------------------|
| Veggie scraps        | 1 tablespoon whole black peppercorns |
| Bones (optional)     |                                      |
| 4 quarts fresh water | Salt and pepper to taste             |
| 2-3 bay leaves       |                                      |

Over the course of the week, collect up all of your vegetable scraps and save in a bowl in the fridge. Scraps that work well include carrot tops, onion tops, kohlrabi peels, cucumber skins, garlic scraps, zucchini ends, chard stems, herb stems etc.

When you have a full bowl of scraps, add to a large stock pot and cover with water. A chicken carcass or other bones can also be added at this point. Add bay leaf and peppercorns. Bring up to a boil and then turn down to low. Simmer on low for several hours until it has a deep color and fragrant scent. Turn off and let cool at room temperature, then transfer to the refrigerator to cool completely.

To strain, line a colander with cheesecloth or use a fine mesh strainer. Pour off liquid and discard solids. Allow debris to settle to bottom of container. At this point, I usually portion into separate tupperwears or ice cube trats to freeze into single use amounts. Once frozen, the broth can be removed from the containers and transferred to a zip lock bag.

To use vegetable stock, add to rice substituting for some of the water, add to soup, stew, or use for braising greens like chard or kale.