

Butterbean Community Farm News

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This week's share:

- | | |
|-------------------------|----------------------|
| 1 - peas | 6 - scallions |
| 2 - parsley or cilantro | 7 - broccoli |
| 3 - lettuce | 8 - kale |
| 4 - summer squash | 9 - cabbage |
| 5 - cucumber | 10 - hakurei turnips |
- Ranked from "use-me-first" to longest storage potential.

Field Report

When I began working on farms, I was blown away to find out that broccoli, kale, and cabbage are all related. Not only are they in the same genus, but broccoli, kale, cabbage, brussels sprouts, kohlrabi, collards and cauliflower are all the same species: *Brassica oleracea*. That means that cabbage and kale are just like a dachshund and a great dane. Plus, radishes, turnips, mustard greens, rapeseed, Chinese cabbages and rutabagas are all under the Brassicaceae family.

All of this makes sense when a certain threat starts targeting groups of crops on a farm. This spring, we and other farmers in our area struggled with flea beetles on the more tender leaved crops like turnips, mustard greens, and tatsoi. The spinach and lettuce were not palatable to those flea beetles, but anything Brassica was on the dinner menu.

This week flea beetles and other Brassica threats aren't looming. However, late blight has been spotted in Adams, Juneau and Sauk Counties, and it's aimed at the Solanaceae. Late blight is a type of airborne fungal disease that brings down a tomato or potato field within ten days – the same disease that caused the Irish potato famine in the 19th century. There are organic methods of preventing blight on tomato and potato crops, but some methods are more palatable to your farmers than others.

A common fungicide used in organic production is copper hydroxide. This is literally spraying a barrier of copper on the entire plant. Copper's been used as an anti-fungal remedy for ages, but still, copper solution can be nasty when spraying on a tomato. Like conventional sprays, it's highly recommended that you wash the fruit before eating. We're not enthusiastic about that, so we're looking into a new spray that's mostly derived of – believe it or not – clove, rosemary and mint oil and has been effective in the lab. So, we'll be using both: copper on the potatoes (avoiding spray contact with the tubers) and the new alternative on the tomatoes. Oh, and we'll be crossing our fingers and looking forward to your thoughts and input. If you have any questions or concerns, please let us know.

Recipes

Petite Asian-Inspired Kohlrabi or Turnip Salad
adapted from Farm Fresh and Fast

Is there still a lonely purple kohlrabi sitting in your fridge? If so, this recipe would be a great way to use it up. Otherwise this tastes great with hakurei turnips – you could even mix and match!
serves 2 // vegan // side dish

Ingredients:

- 1 kohlrabi, peeled, or two medium sized hakurei turnips
- juice from ½ lemon
- 1 tablespoon sesame oil
- 1 teaspoon white wine vinegar
- ½ teaspoon crushed red pepper
- 2 tablespoons chopped fresh cilantro
- salt and ground pepper to taste
- 1 tablespoon slivered almonds, toasted or raw

If using turnips, slice in half length-wise and slice into half-moons. If using kohlrabi, grate the peeled kohlrabi. In a small bowl, combine the kohlrabi or turnips, lemon juice, sesame oil, white wine vinegar, crushed red pepper, cilantro, salt, and pepper. Toss to fully coat. To serve, arrange 5-7 slices on each plate and top with slivered almonds.

Disappearing Summer Squash Macaroni and Cheese with Broccoli
a Butterbean original!

Looking for a way to cram extra vegetables into your macaroni and cheese? Me too. I decided to try using pureed summer squash and onion to thicken the cheese sauce for this mac and cheese instead of flour and butter. The result was a quick, tasty, summertime one pot meal. For a dairy-free version, I might try pureeing the summer squash and onion with white beans and vegetable stock or tomato puree instead of milk and cheese.
serves 5 // vegetarian // main dish

Ingredients:

- 1 tablespoon olive oil or butter
- 4 small summer squash (about 2 – 2.5 cups), chopped
- 1 onion, chopped, OR most of a bunch of scallions, greens and white parts chopped
- 1 quart dry macaroni noodles
- 1 cup milk
- 2 cups sharp cheddar cheese (I used Hook's 2 year white cheddar)

- 1 large head of broccoli, chopped into small pieces (about 3 cups)
- salt and pepper

Get noodles cooking in boiling, salted water. Meanwhile, heat oil and sauté scallions or onions and summer squash in a medium sized pot until soft, about 7 – 10 minutes. Add the milk and using an immersion blender if you have one, or a food processor, make

a puree of the summer squash, onions/scallions, and milk. Add salt and pepper to taste, then fold in the cheese. When the noodles are almost done, toss the broccoli in the pot for the last couple minutes, maybe 3 minutes if you like your broccoli more cooked or a minute and a half for broccoli that still has crunch. Drain the noodles and the broccoli, then combine them with the summer squash cheese sauce.



A few new crops coming soon: peppers, eggplant, green beans, and lots of tomatillos

Use and Storage Tips

vegetable	storage and preservation				usage suggestions							
	IDEAL CONDITIONS	PICKLE	FREEZE	DEHYDRATE	RAW	STEAM	BRAISE	BOIL	GRILL	ROAST	SAUTE	FRY
lettuce	washed, dried, loosely wrapped, refrigerated				•	•					•	
summer squash	loose paper bag, warm refrigeration (45° -55°)	•	•		•	•	•	•	•		•	•
peas	wrapped, refrigerated		•		•	•		•			•	
cucumber	Loose paper bag, warm refrigeration	•		•	•						•	
scallions	wrapped, refrigerated	•	•	•	•					•	•	
hakurei turnips	wrapped, refrigerated	•	•	•	•	•			•	•	•	
cabbage	loosely wrapped, refrigerated		•		•	•	•				•	
broccoli	loosely wrapped, refrigerated	•	•	•	•	•		•	•	•	•	
kale	washed, dried, loosely wrapped, refrigerated		•		•	•	•				•	
herbs	loosely wrapped, refrigerated			•	•			•	•	•	•	

(from *Farm Fresh and Fast*)