



A Place on Earth CSA Notes

July 29-August 1, 2020

In your share this week:

Potatoes; Green Beans; Garlic; Onions; Cucumber; Squash/Zucchini; Tomatoes; Cabbage; Collards

Squash! We've all heard the stories about keeping your car windows closed in summer, so you won't come back and find the back seat full of zucchini. That happened to me this week, but they were on my front porch. However, I knew from whence they came, so returned them so they could learn more by being more resourceful in the use of their CSA box. I used a big yellow squash last week to make a pot of squash soup, for which we gave the recipe last week.

Skillet Zucchini: I gave a similar recipe for this a couple of weeks ago, but I have simplified the recipe, and can attest that it is still just as delicious—maybe more so. Start with a smallish—8" to 9" zucchini or yellow squash. Cut in half lengthwise and remove the ends. Put a tablespoon of oil in a heavy skillet (mine's an old iron skillet); place the cut side down and cook on medium heat until the squash is nicely browned. Turn over and coat the cut side with sour cream or sliced parmesan or other cheese. Season with salt and pepper and any herb you like, and seasoned breadcrumbs. (You could also cover with sliced tomatoes or cooked, crumbled bacon before the breadcrumbs.) Cover the skillet and cook until the squash is tender. Delicious, and so easy!

Next week we will give recipes for zucchini bread. It's fine to grate the squash and freeze to use in bread. Remove seeds from large squash before grating.

CSA member Sam Vaughn has come to the rescue with some recipes/techniques for using zucchini and yellow squash, large and small, as well as cucumbers:

Fried Squash with Cornmeal

2 medium summer squash or zucchini sliced into 1/4-inch rounds
1 Tablespoon or so of oil
1 Tablespoon or so of fine cornmeal
Salt and pepper

Heat oil in a large skillet over medium heat. Add squash in mostly a single layer. Salt and pepper liberally. Sprinkle cornmeal all over the top of the squash to coat lightly. When the squash starts

to brown, flip it over. Continue to cook it and flip and move around as needed to make sure all the pieces get cooked, but don't mess with it too much. It's done when it's cooked through and browned on both sides.

Quick Kimchi Cucumbers (and Fruit!)

About a pound of cucumbers, cut into bite sized pieces and peeled if the skin is tough
Optional: replace some of the cucumbers with fruit like sliced apples, mango, or peaches!

2 teaspoon salt
1 Tablespoon gochugaru (Korean red pepper flakes)
1 teaspoon grated ginger
1 teaspoon grated garlic
1 teaspoon honey
2 teaspoon cider vinegar

Put the cucumbers and fruit if using in a colander and sprinkle the salt all over. Rub it in and let sit for 20-30 minutes, squeezing the water out from time to time.

Combine all the other ingredients in a bowl.

When the cucumbers have drained 20-30 minutes, rinse them well, drain, and mix with the spice paste. Serve as a spicy side salad or add to stir fries or fried rice.

Cabbage: Coleslaw is one of the most popular salads, and most of us love it. I have many cabbage recipes, but none have gotten as much response as in the recipe for Kalpudding, by Sam Sifton. It's not for vegetarians, but for meat eaters, I promise a spectacular dish.

Kalpudding (Caramelized Cabbage Meatloaf)

For the meat loaf:

2 tablespoons plus 1 teaspoon unsalted butter
1 head green cabbage, approximately 3 pounds, cored and shredded
3 tablespoons molasses
Kosher salt and freshly ground pepper, to taste
¾ pound ground beef
¾ pound ground pork
1 small yellow onion, peeled and chopped
1 cup heavy cream
4 tablespoons breadcrumbs
½ cup chicken, beef, or vegetable stock, ideally homemade or low-sodium store-bought (or water)

For the Sauce:

½ cup lingonberry preserves (I used cranberry sauce)
1 tablespoon red-wine vinegar

1 tablespoon unsalted butter
1 teaspoon Worcestershire sauce, or to taste

Heat oven to 350. Put a large pan over medium-high heat and add the butter. When it starts to foam, add the cabbage and molasses, lower the heat to medium and sprinkle with salt. Cook slowly, stirring often, until all the liquid has evaporated, and the cabbage is caramelized, approximately 20-25 minutes.

While the cabbage is cooking, lightly mix the meats in a large bowl, then add the onion, cream, and breadcrumbs, and mix again to combine.

When the cabbage is done, add about a third of it to the meat mixture, and mix to combine. Use the remaining butter to grease an 8-inch-square baking pan, and transfer the meat mixture to it, spreading it out to cover the whole surface evenly. Spread remaining cabbage over the meat, pour the stock or water over the top and place in the oven, on a sheet tray, to cook for approximately 40 to 45 minutes, or until the cabbage is very, very caramelized, almost dry and crunchy at the edges. Allow it to sit for 10 minutes or so before serving.

While the meat and cabbage cooks, make the sauce. Heat lingonberry preserves (or cranberry sauce), vinegar and butter in a small pot set over medium heat, then add Worcestershire sauce to taste. Serve alongside the kalpudding.

Another fun cabbage recipe for something I would never think of cooking, from John Bliss on the Real Awesome Country Living website. I tried it and liked it; served it with cilantro pesto.

Cabbage Fritters

2 1/2 cups cabbage, finely chopped or grated
1/4 cup finely chopped onion
1/4 cup crumbled cooked bacon
1/2 cup all-purpose flour
1 t. salt
1/4 t. black pepper
2 eggs, lightly beaten
1/4 cup vegetable oil

In a mixing bowl, combine all ingredients except oil; mix well. In a large skillet over medium heat, heat vegetable oil. Drop heaping tablespoons of batter into skillet; be sure not to overcrowd. I flatten then out with the back of spoon. Cook 2 to 3 mins per side, or until golden. Remove to a paper towel lined platter, repeat with remaining batter.

While this does have bacon, I think it would work with Morningstar Farms soy bacon, cooked crisp. I used that a lot when I was vegetarian.

Feel free to send us your favorite recipe and we will share with others.

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