



A Place on Earth CSA

July 15, 2020

In your share this week: Garlic; Green Beans; Onions; Cucumber; Chard; Squash/Zucchini; Broccoli or Okra or Blackberries or Cherry Tomatoes; Basil; Radishes; Rhubarb; Cabbage; Kale

This week's share looked like a robust share from last year, so enjoy the variety.

I have one of those "Life's Little Lessons" signs in my house, and one of the "Lessons" is "Don't plant Zucchini unless you have a lot of friends." Carden clearly has lots of friends: us! So, if you are thinking of what to do with this next contribution of zucchini, my friend Connie Marrett has a recipe I think you will like. She says she sometimes modifies it by making her own crust or use whole wheat tortilla shells (pan needs to be greased). She does not always use cheese; sometimes she uses plain Greek yogurt or tofu, so don't be afraid to experiment. In fact, she says it is her family's favorite dish, so here goes:

Zucchini Pie

3 oz crescent or Italian Crescent rolls
3/4 cup cashews, sunflower seeds, or walnuts
3 Tablespoons butter
1/2 garlic clove, crushed
1/4 teaspoon salt
1/4 teaspoon dill weed
1 Tablespoon dill seed
1/8 teaspoon pepper
2 eggs, beaten
1 c. cubed Monterrey jack cheese
2 Tablespoons fresh snipped parsley
3 Medium zucchini, sliced 1/8" thick.

Separate dough into triangles, place in ungreased 9-inch pie pan, press together to form crust. Sprinkle seeds/nuts on unbaked crust.

Saute squash in butter, add seasonings and spoon into the crust. Pour eggs over the squash and seasonings. Top with cheese and parsley. Bake at 325 for 45-50 minutes until top is brown. Serves 4.

Cabbage: We had another cabbage in our share this week, along with some other ingredients for making kimchi, such as onions, radishes, and garlic. You can also add peppers, carrots,

celery, and lots of other veggies. The Koreans make it extremely hot, but mine is not hot; just very flavorful. The good thing about kimchi is that it is particularly good for your gut health. In addition to eating it like a condiment and vegetable, I sometimes put it on a sandwich—like sauerkraut on hotdogs. It takes 7-14 days for it to ferment, but you can stop the fermentation anytime you want, and refrigerate. Asians probably roll over in their graves at my recipe, but it works for me, and I think is a good introduction to a food preservation method. And it keeps, refrigerated, indefinitely.

Kimchi is thought to have properties similar to probiotics, helping intestines produce the bacteria needed to digest food. (If you want heat, you can make it hot.) It stores well in the fridge and adds a tangy dish to your meal when other things are bland. You can even put it on sandwiches. If you must watch salt, you can rinse the kimchi in a strainer before eating it; it's still delicious!

Kimchi Light

1 small head cabbage, about 1 pound, washed, cored, and sliced thin

3-5 carrots, peeled and sliced into thin rounds

2-3 onions, peeled and sliced thin

3-4 small turnips, peeled and sliced

3-4 cloves garlic, minced

3-4 thin slices fresh peeled ginger, minced

2 tablespoons Kosher salt (some like sea salt)

1-2 cups purified water or juice from a previous batch of kimchi (or boiled, cooled water)

A few shakes of hot sauce

*Other vegetables could include chopped celery, radishes, beets, sweet and hot peppers, and many others.

Combine all ingredients except water in a large bowl with your hands, working in the salt well. Pound the mixture with a mallet, pastry blender, or potato masher until it produces some liquid. (I massage it well with my fingers, and never bother with the mallet/pastry blender.) Add just enough water or kimchi liquid from a previous batch so that when you weight it down with a bowl or plate, all vegetables are covered with liquid. (You might look for a wide-mouth crock or other container that has a good lid for later, so when the kimchi is finished, you can refrigerate it.) Cover with a kitchen towel secured with a rubber band and place it out of the way in your kitchen or pantry for a week to 10 days, stirring every day or two, then re-covering with cloth. In winter, it could take a little longer. Taste for hotness, adding more hot sauce if needed. When you have the flavor you want, place in jars in the fridge. Keep all vegetables below the liquid level. Enjoy a little every day. I promise, the flavor will grow on you! And your digestive tract will be so happy.

Rhubarb! It's my favorite! And I promised to share one of my favorite pie recipes that uses rhubarb. No, not with strawberries, but in a cream pie that takes all of about 5 minutes to put together once you have your crust made and the rhubarb cut into half-inch pieces. You can cut the rhubarb and freeze to make the pie later. While the recipe calls for 3 cups of rhubarb, I have made it with 2 cups, and even with one cup, though a larger amount is best. Hint: you can find rhubarb at the supermarket to supplement what you have to make this pie. This recipe came

from my friend Ron Day, who got it from neighbors in Pineville. His friend used a top crust, but I like it with a single crust.

Rhubarb Custard Pie

3 cups rhubarb, cut into ½” lengths
1 cup sugar
2 tablespoons flour
½ cup light cream or half/half
2 eggs, beaten
¼ teaspoon salt
1 teaspoon vanilla

Mix cut rhubarb with ½ cup sugar and the flour. Put into an unbaked pie crust. Mix beaten eggs, ½ cup sugar, salt, cream, and vanilla, mixing well. Pour over rhubarb & cover with top crust. Bake 15 minutes @450, & 30 minutes @350. Delicious!

Large Radishes: Mine were pretty large, and could be a bit woody for eating raw, but even the large ones are great in a stew, as they taste and behave just like turnips in the stew, except that they don't have to be peeled. Just drop in whole, or cut up in the stew, and they will make the stew have more depth.

And what about radish greens? You can strip them from the stems, wash, and chop, and cook with other greens, or freeze (blanched 2-3 min.), bagged in a freezer bag, and cooked in the same stew, or in vegetable soup. *(Be sure to mark even small bags like this; otherwise, when you die, who knows what these little bags are, and what to do with them! :<)*

Okra: Southerners adore it, and some other folks don't. I love it cooked with tomatoes or fried, but struggle with it some other ways. A friend taught me this trick: Trim the tiny okra pods, leaving a short stem on the pods. Boil a pot of water and drop in the okra pods. As soon as they turn bright green, remove from the water and dump into ice water. Hold the pods by the stem, one-at-a-time, and dunk into melted butter. Bite off everything but the stem, and it's delicious. This way, it does not get slimy.

Red Onions: I received red onions in my box. They are a little sweeter, but otherwise, you may use them just like the other onions we sometimes get. Know they may keep a couple of weeks on the counter but may start to deteriorate after that. Use them!

Are Greens Taking Over your Fridge? At this time of year, it can happen. Wash and chop them, removing the center stalk. Drop into boiling water for 3 minutes, then plunge into ice water. Drain on towels and package in freezer bags to enjoy next fall.

Have a great recipe you want to share? Send it, & I'll pass it on. Happy, healthy cooking!

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