



A Place on Earth CSA Notes, June 30-July 3, 2021

In your share this week:

Sorrel; Cucumber; Cabbage; Summer Squash; Collards or Kale; Fresh Garlic; Broccoli; Basil; Beets; Lettuce

Onions: Note that early onions need to be used quickly, as they have not dried sufficiently to keep on the counter without rotting.

Sorrel: Sorrel is often used in soups and as a part of a salad, though it does have a rather sharp flavor. It may be combined with broccoli in a soup (last week's recipe) or included in a salad.

Cucumbers: It is almost pickle-making time, but before pickles, we can peel and eat the cukes, serve with sour cream, or as Tzatziki.

Greek Tzatziki

This cool Greek dip only gets better with time. Serve with pita bread, in gyros, on lamb or with whatever you like! Makes 5 cups, but it's OK to cut recipe in half, or less. This recipe comes from Allrecipes.com.

- 1 (32 ounce) container plain low-fat yogurt
- ½ English cucumber with peel, grated (or use 1 med/small cuke, peeled)
- 1 clove garlic, pressed.
- 2 tablespoons fresh lemon juice
- 2 tablespoons extra-virgin olive oil
- 2 teaspoons grated lemon zest.
- 3 tablespoons chopped fresh dill.
- 1 tablespoon salt, or to taste.
- 1 tablespoon freshly ground black pepper, or to taste.

Stir together yogurt, grated cucumber, garlic, lemon juice, and olive oil in a bowl. Add lemon zest, dill, salt, and pepper, whisk until smooth. Pour into a serving dish, cover tightly, and refrigerate 8 hours before serving.

Cabbage: I am excited to see cabbage because I needed to make some kimchi. Before you roll your eyes, give me a chance to tell you something you may not know about this wonderful condiment that is so easy to make. Koreans and other Asian cooks know something about kimchi that Americans often don't know. If you suffer from various digestive distresses: indigestion, bloating, and um.... *well, keeping you away from polite company*, this amazing food may relieve all or much of your digestive distress. The reason is that it is a fermented food, and they are usually good for digestion.

If your only introduction to kimchi was the very hot variety in Asian restaurants, know that you don't have to make it hot at all. You can make it bland and pass the hot sauce or add hot peppers or hot sauce when it is fermenting if that is what your family likes. It is somewhat similar to sauerkraut, but far tastier, in my opinion. My favorite way to use it is on a grilled cheese sandwich. Just add mayo, melting cheese of choice—I love local Kenny's cheese--and a couple of tablespoons of kimchi before adding the top piece of bread. Grill, and I promise this sandwich will grow on you. In fact, my college-age grandson Owen Fitzgerald requests it when he helps me in my garden. Here's the easy recipe!

Kimchi Light

1 small head cabbage, about 1 pound, washed, cored, and sliced thin. OK to use food processor.

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 (boiled, cool water works)

A few shakes of hot sauce, optional

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

**If you like a finer texture, it's OK to use the grating or slicing tools on your food processor. It makes a texture that is easy to put on a sandwich.

Combine all ingredients except water in a large bowl with your hands, working in the salt well. Massage the mixture with your hands or 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, when the kimchi is finished, so 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 10 days to 2 weeks, 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. Makes about 2 quarts.

Summer Squash: This should be a staple throughout the summer, especially yellow and zucchini. For this recipe, it's fine to use both. My Texas friend Eleanor Newnan sent me this recipe from the Abilene Reporter News. It's a great potluck dish.

Texican Squash

3 cups cooked sliced yellow (or zucchini) squash.
1 medium onion, diced.
1 4-ounce can green chilies, chopped.
1-2 jalapenos seeded and minced.
2 cups (8-ounces) Cheddar, Colby, or Monterey Jack cheese*, grated.
1 cup sour cream
Salt and pepper to taste.
1 ½ cups crushed flavored tortilla chips**
Paprika (I like the Bourbon Barrel smoked paprika)

Heat oven to 350 degrees. Butter a 2-quart glass baking dish and set aside.

In a large bowl, gently combine sliced squash, onion, green chilis, including juice, jalapenos, cheese, sour cream, salt, and pepper.

Spread half of the crushed chips on the bottom of the prepared baking dish. Pour squash mixture in the dish and sprinkle with remaining chips to top. Dust with paprika. Bake for 25-30 minutes, until heated through, and top is golden brown. Serves 8.

*Pre-grated supermarket cheese will give you a blah flavor.

**If you don't have seasoned chips, it's OK to brush a few corn tortillas with oil, cut into shapes with a pizza cutter, dust with seasoned salt or other seasoning, and bake until crispy.

Did you lose a recipe from another year? My friend Jan Eastburn has been putting these on my website, www.phyllisfitzgerald.com. Feel free to look for a recipe there, or send an e-mail to me at phyllisfitzgerald@yahoo.com, and I'll forward it to you.

Would you like to submit a recipe? I'll be happy to share your favorite recipes for using CSA food. Just e-mail them and I'll include them in the notes.

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