

# Newsletter

# EREHWON FARMS

Week 5-July 06, 2008

This is a Healthy Alternative A week

## Farmer Tim Reports

### Greetings, subscribers!

Last Thursday we made our first harvest from Mike Konen's farm—broccoli--and had some nice big heads. We'll continue to harvest them this week—so broccoli for all. We may also have cauliflower and cabbage sometime next week. Summer squash are coming along, too. We are planning to install a moveable drip irrigation system to keep his crops growing in case we don't get a rain soon.

At Mongerson our beans are finally growing and next week we should have a few that were planted in our hoop house. Chinese cabbage is heading up and should be ready soon; this plant produces a beautiful head which can nearly fill up a box! We have been rejuvenating our sugar snap pea section by pulling weeds, watering heavily, and picking off any mature pea pods. Seems that if two or three pods mature, the plant stops blossoming, thinking it has done its job.

Some other plants, like immature tomatoes, will try to set fruit if they are stressed by lack of water, extreme heat, etc. We pick off blossoms if the plant looks stunted and we often see some quick growth. Don't give up on those little guys!

Marsha and Dick DeTamble have visited our farm several times this year and have harvested weeds (I love it when folks come out to harvest our weeds!) to make healthful vegetable smoothies. Marsha uses stinging nettles (Yikes! Be careful!), dandelion leaves, purslane and lamb's quarters, which we gave out last week. She adds



fruit, spins it up in her blender, and serves it straight up. Delicious! The good news is that she is coming to the Friday pickup and will demonstrate her skills. Don't miss it! This may be the answer for how to use some of the greens like kale, carrot tops, spinach, Swiss chard, and others.

Thanks for your support and encouragement as we continue our journey.

### Garlic Harvest--July 19

We are planning a fantastic volunteer event centered around harvesting the garlic. This is a great activity for all ages. Here's the schedule:

#### 12:00-2:45

Volunteers help harvest, sort and string up garlic for hanging. Juice, water, and light snacks will be provided.

#### 3:00-3:45

More than you ever wanted to know about garlic—information about the history of garlic, it's health benefits, growing garlic, and cooking with garlic.

#### 4:00-7:00

Potluck dinner—everyone invited—bring a dish to pass. We will provide plates, plasticware, cups, water, and juice. If you want something besides juice or water to drink, bring your own. To help

cover our costs, we are asking for \$5 per family. The fee will be waived for those who volunteer.

We will also have some children's activities—catching bugs, drawing farm pictures, playing with Bucky the Farm Dog, etc.

Please bring your own chairs as we do not have enough for everyone.

### In your boxes this week

The theme this week is "Brilliant Brassicas." Broccoli for everyone, lettuce (Gallactic-dark magenta ruffled leaves, Red Cross—red streaks on a green leaf in a loose head), Swiss Chard, sugar snap peas, possibly some new potatoes or summer squash later in the week. Look for carrots and cabbages in the swap box.

Those who have the Healthy Plus shares can expect radishes, beans, cauliflower and/or cabbages, and an herb.

### We Get Mail

I confess, I've been leaving my box in Lombard intact as I historically have trouble breaking down boxes, and instead, just end up breaking them. I also included my strawberry box last week...those were the first things eaten here. I don't think my kids knew what "real" strawberries tasted like until they had yours!

We're all having a great time tasting everything and experimenting with new things. And I tell my classes (I teach Jazzercise) every week what has come and what meals I've made. They

were all impressed to hear that I got a potted herb, too...what a bonus!

This is my first experience with a CSA, and I'm loving it, and passing that fact on. Maybe next year you'll have a bunch more of us from the Lombard/Villa Park area.

Thank you!

Lesli Kamm

*Thanks for your cheery words. As for the boxes, we're happy that you are returning them. We have a small supply that we hope will carry us through the end of the season. If we run out, we'll need to order a pallet-full (500) at \$2.00 a box! Andy Hansing who makes the Tuesday deliveries is a master of setting up and tearing down those darned contraptions and he will be happy to do it for you. tf*

Thank you for the wonderful greens. My husband (also from Italy) was excited about the arugula. This week he was overjoyed when I brought home a rosemary plant for our garden. This week I added the garlic to red potatoes and cherry tomatoes which I oven roasted with cod. I sprinkled all with salt, pepper and rosemary. mmmmmm.

We will be out of town for our Friday July 11 pick-up. could we pick-up on wed the 9th instead?

*Kristin, sounds delicious! We've been peeking under the straw in our potato patch and are seeing some babies now and we think the plants won't mind if we sneak a few for subscribers. Also, there are small fruits on our cherry tomatoes. tf*

I just wanted to let you know that I made a hot veggie wrap (for the first time) recently using only your vegetables...plus some cheese. The most interesting thing to me was how well the radishes turned out. I'm not sure what I was expecting, but they tasted great and had the consistency of cooked potatoes, which I suppose

makes sense since they're both root vegetables. If you're interested, [this is what I made](#). My husband, who does eat vegetables but is not usually very enamored of them, loved it.

The greens from the radishes plus other leftover veggie parts from the past weeks are chopped and in the freezer for use in making a veggie broth someday...another first for me.

We're looking forward to the pickup tomorrow. Thanks again for everything!

Lesli

Oh, and never underestimate the power of a brown thumb....I will steer clear of anything not being harvested while I'm at your farm. ;)

*Hey Leslie, you may have a brown thumb, but your "Going Green" blog with the pictures is terrific! Thanks for your kind comments and the peek into your freezer! We hope you continue to share your adventures. (You can get to her blog with this link: <http://easytobegreen.wordpress.com/>)*

Hi Beth, I have a question about the compost: We have lots of yard waste every month that I would be happy to give you, however, 75% of it is thistles. Do you still want it? I stopped putting them in my own compost bin because we can't get ours to heat up enough to destroy the seeds. If you'd rather not have the thistles, I can try to separate them out when I weed and just bring you the non-thistle yard waste. I'm sure your compost pile heats up enough to destroy the seeds since you guys are probably more attentive to yours than I want to be. Please let me know. By the way, as first time subscribers this year, we are thoroughly enjoying our veggies! We even stopped by the Batavia Farmer's market this morning to pick up some more. Barb Fritz

*Thanks Barb for your message. We have been having a debate here at the farm about what to do with our thistle cuttings. One camp says, "Burn them!", the other feels they will be ok in the compost. We make our compost from horse manure and bedding material from a local stable. It's hot when we get it and we add green weeds and all the grass clippings that we can get each time we turn the pile. To keep it hot we have to also add quite a bit of water. The pile should be moist enough so that when you squeeze a handful of compost, a few drops of moisture come out. Our pile is hot, almost too hot to hold your hand in there and we try to keep it going for about six months if we can. We'll take 'em. tf*

## Delivery Schedule

12:30–van leaves farm  
1:00-1:30–delivery at Ball Hort  
1:30-2:00–delivery at Wheaton  
2:00-3:00–delivery at Lombard  
3:00-3:30–delivery at Elgin

All times are approximate and may vary.

## Farm pick-up times

Wednesday: 4:00-6:30  
Friday: 2:30-5:30

Please try to pick up during these times. We are not available for early pick up because we are busy harvesting and processing your veggies and do not arrive to set up at Heritage Prairie until 30 minutes before the pick up starts. **If you have problems or questions about the pick up, please call Beth (630-485-9964) or Tim (630-485-9963).**

## Wish List

- Yard waste for the compost pile.
- Newspapers and cardboard for mulching to kill weeds.
- Wagons for use in harvesting

## Grandma Beth's Cookbook

### Cooking demonstrations

Last Wednesday volunteer Jackie Kleck hosted a cooking demonstration of the Greens and Pasta recipe that appeared in last week's newsletter. Subscribers who picked up early were treated to the smell of sauteeing garlic scapes and onions wafting throughout the pick up area. Yum! Here is a picture of Jackie hard at work.



This Friday we have scheduled a demonstration on how to make veggie smoothies. We would love to have more demonstrations, but our resources are stretched a little thin right now, so we have to depend on volunteers. If any of you would like to volunteer to demonstrate a favorite recipe of yours, it would be greatly appreciated.

### Readers Contribute Recipes

Last week we had two wonderful recipes contributed by Chuck Wettergreen. Now I know that many of you out there have wonderful recipes for cooking your veggies because you rave about them when you come pick up. Please e-mail them to me and I will put them in the newsletter.

### Beautiful Broccoli

Broccoli is a member of the cabbage family, and is closely related to cauliflower. Its cultivation originated in Italy. Broccolo, its Italian name, means "cabbage sprout."

Broccoli is high in vitamin C and soluble fiber and contains multiple nutrients with potent anti-cancer properties including diindolylmethane and selenium. The 3,3'-Diindolylmethane found in broccoli is a potent modulator of the innate immune response system with anti-viral, anti-bacterial and anti-cancer activity. Broccoli also contains the compound glucoraphanin, which can be processed into an anticancer compound sulforaphane, though the

benefits of broccoli are greatly reduced if the vegetable is boiled more than ten minutes. A high intake of broccoli has been found to reduce the risk of aggressive prostate cancer. Broccoli leaf is also edible and contains far more betacarotene than the florets.

The World's Healthiest Foods has long recommended quickly steaming or healthy sautéing as the best ways to cook vegetables to retain their nutrients. Several recent studies have confirmed this advice. The way you cook can dramatically impact the amount of nutrients your vegetables deliver.

A study published in the *Journal of the Science of Food and Agriculture* investigated the effects of various methods of cooking broccoli. Of all the methods of preparation, steaming caused the least loss of nutrients. Microwaving broccoli resulted in a loss of 97%, 74% and 87% of its three major antioxidant compounds-flavonoids, sinapics and caffeoyl-quinic derivatives. In comparison, steaming broccoli resulted in a loss of only 11%, 0% and 8%, respectively, of the same antioxidants.

Study co-author, Dr. Cristina Garcia-Viguera, noted that "Most of the bioactive compounds are water-soluble; during heating, they leach in a high percentage into the cooking water. Because of this, it is recommended to cook vegetables in the minimum amount of water (as in steaming) in order to retain their nutritional benefits."

A second study, published in the same issue of the *Journal of the Science of Food and Agriculture*, provides similar evidence. In this study, Finnish researchers found that blanching vegetables prior to freezing caused losses of up to a third of their antioxidant content. Although slight further losses occurred during frozen storage, most bioactive compounds including antioxidants remained stable. The bottomline: how you prepare and cook your food may have a major impact on its nutrient-richness.

A third study, published in the *British Medical Journal*, checked to see how much of the B vitamin, folate, was retained after broccoli, spinach or potatoes were boiled or steamed.

Boiling for typical time periods caused a loss of 56% of the folate in broccoli, and 51% of the folate in spinach, while boiling potatoes caused only minimal folate loss. Steaming spinach or broccoli, in contrast, caused no significant loss of folate.

The take home message: Boiling potatoes may be okay, but to get the most benefit from cruciferous vegetables like broccoli, and greens like spinach, cook them lightly!

## Preparing Broccoli

Don't wash broccoli before storing in the refrigerator because water left on the florets will promote the development of bacteria and the breakdown of the florets. Broccoli is best when eaten within a few days to a week after harvest.

Broccoli may also be frozen for long term storage. Blanch for 3-4 minutes and immediately immerse in cold water to stop the cooking action. Drain and store in an air-tight container.

To assure the removal of any insect pests, soak upside-down in cold salt water. Snap or cut off the stem. Leaves can remain as they provide an added nutritional benefit.

## Cooking Ideas

- ◆ Serve fresh chopped on salads including pasta salads
- ◆ Grate the stems to make a broccoli slaw
- ◆ Sprinkle lemon juice and sesame seeds over lightly steamed broccoli.
- ◆ Toss pasta with olive oil, pine nuts and healthy sautéed broccoli florets. Add salt and pepper to taste.
- ◆ Purée cooked broccoli and cauliflower, then combine with seasonings of your choice to make a simple, yet delicious, soup.
- ◆ Add broccoli florets and chopped stalks to omelets.
- ◆ Sauté broccoli and onion, then add to your favorite breakfast omelet and serve with grilled tomatoes.
- ◆ Enjoy a bowl of tomato soup along with a salad including broccoli florets for lunch.
- ◆ Add lightly steamed broccoli florets to the tomato-paste toppings on your favorite pizza.
- ◆ Sauté broccoli florets along with other favorite vegetables, such as onions and mushrooms, add to pasta sauce and use to top whole wheat pasta or brown rice.
- ◆ For a quick snack, serve raw broccoli florets along with the carrot and celery sticks, dip and crackers.

## Broccoli Soup

Makes 4 servings. (1 cup each)

### Ingredients

1 1/2 cups chopped broccoli (or 10-ounce pkg. frozen broccoli)  
 1/4 cup diced celery  
 1/4 cup chopped onion  
 1 cup low sodium chicken broth  
 2 cups nonfat milk  
 2 Tbsp. cornstarch  
 1/4 tsp. salt  
 Dash pepper  
 Dash ground thyme  
 1/4 cup grated Swiss cheese

Place vegetables and broth in saucepan. Bring to boil, reduce heat, cover, and cook until vegetables are tender (about 8 minutes). Mix milk, cornstarch, salt, pepper, and thyme; add to cooked vegetables. Cook, stirring constantly, until soup is lightly thickened and mixture just begins to boil. Remove from heat. Add cheese and stir until melted.

## Sauteed Chinese Cabbage

2 tablespoons peanut oil  
 1/2 teaspoon red pepper flakes  
 1 head Chinese cabbage, shredded  
 1 tablespoon minced garlic  
 1 tablespoon rice wine  
 1 tablespoon soy sauce  
 1 teaspoon sesame oil  
 1 tablespoon minced gingerroot  
 1 tablespoon toasted sesame seeds

Stir together rice wine, soy sauce, sesame oil, and ginger root in a small bowl; set aside.

Heat the oil in a wok over medium-high heat.

Add red pepper flakes and minced garlic, and stir-fry until it becomes aromatic but not scorched.

Add shredded cabbage and stir-fry until limp, but not mushy.

Add contents of seasoning bowl and cook, stirring, 1-2 minutes more, until liquid is almost absorbed.

Sprinkle with toasted sesame seeds and serve.

# Crehwon Farm Newsletter

June 15, 2008

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