



## What's in your box for Week 19

### Red Russian Kale, 1 bu



Red Russian kale is one of the heirloom kale varieties dating from before 1885. Also known as Ragged Jack kale.

### Red Russian Kale with Tomatoes and Onions

2 tablespoons olive oil  
1 yellow onion, chopped  
1 teaspoon crushed red pepper flakes  
5 to 6 cloves fresh garlic, diced (or to taste)  
2 bunches of prepared Kale  
1 (28-ounce can) of whole peeled tomatoes

Kosher or coarse salt and freshly-ground pepper, to taste  
1/2 cup chicken stock

Wash your kale under running water, as this is the best way to remove debris clinging to the leaves. Shake the water from the leaves, then holding a leaf by the stem end in one hand, run the other hand from the stem end down the stalk to remove the leafy parts.

The stem will snap right off. Discard stems, put leaves in a pile and run a very sharp knife through the pile about three times.

Heat olive oil in a large pot over medium-high heat. When hot, add onions and saute until softened, about 4 minutes. Add red pepper flakes, garlic, stir, and let cook for about one minute until the garlic becomes fragrant. Add kale, salt and pepper, cook for three minutes. Pour in the can of tomatoes, and with your clean hands, crush the whole tomatoes gently, (they may splatter if you do it too quickly) adding all the juice from the can, and then add the chicken stock. Using a metal spatula, turn kale to mix in with all the other ingredients.

Turn heat to medium, cover the pot and continue to cook for about 15 to 20 minutes or until kale is soft and silky. If you like it crunchy kale, reduce the cooking time. I usually take the lid off turning the last few minutes to allow some of the liquid to simmer off.

When finished, you may add fresh lemon juice, or red vinegar to taste. If you prefer not to add lemon or vinegar, try a little nutmeg. Stir, and adjust seasonings as you desire.

Source: [Whatscookingamerica.net](http://Whatscookingamerica.net)

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## Brussels Sprouts, 1.5 lb



Brussels sprouts aren't hard to cook — you just have to cook them enough so they're tender, but don't let them go long enough where they turn to mush. They can also be eaten raw, but it's recommended that you cut each sprout (usually called shaving) crosswise so the leaves separate into thin, lettuce-like pieces.

Roasting Brussels sprouts helps to concentrate their sweetness and brings out a pleasant nuttiness. Brussels sprouts pair well with salty, rich foods like bacon, but also take well to light, acidic things like vinaigrettes and lemon zest since that helps to combat its more vegetal-flavored side.

### Smoky, Lemony Sautéed Shredded Brussels Sprouts

Serves 4 (can be easily doubled)

#### Ingredients

1 pound Brussels sprouts  
2 tablespoons olive oil  
1 clove garlic, minced  
1 teaspoon smoked sweet paprika  
Zest of 1/2 lemon  
2 teaspoons lemon juice (or more, to taste)  
1 teaspoon fresh thyme leaves  
Kosher salt  
Freshly ground black pepper

Trim the ends off the Brussels sprouts. Peel off and discard any blemished outer leaves. Cut each Brussels sprout in half from top to bottom. Lay it flat and slice into fine shreds. (Can also shred Brussels sprouts using a mandoline or food processor fitted with a slicing blade.) Using your hands, fluff up the sprouts and separate the shreds.

Heat the olive oil in a large skillet over moderate heat. Add the garlic and paprika and cook, stirring, until the garlic is fragrant, about 30 seconds. Add the Brussels sprouts and lemon zest and sauté until crisp-tender, about 5 minutes.

Remove from heat and stir in the lemon juice and thyme. Season to taste with salt and pepper. Best served immediately, but may also be served at room temperature.

Make-ahead tip: Brussels sprouts may be shredded up to a day ahead and stored in an airtight container in the refrigerator.

Source: [TheKitchn](#)

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## Sunchokes (Jerusalem Artichokes)



**1 lb (Peninsula) 1.5 lb (Seattle)**

The sunchoke, also known as, the Jerusalem artichoke (*Helianthus tuberosus*), is what they call an edible tuber, in the same vein as a potato, that grows underground. Native Americans cultivated them and they became a popular crop in Europe after colonizing the Americas. Despite their alternate name, sunchokes have nothing to do with Jerusalem nor are they related to artichokes, though they taste a little bit like them.

The Jerusalem artichoke taste is slightly nutty and savory—like a cross between an artichoke heart and the best potato you've ever had.

### Easy Roasted Sunchokes

1lb sunchokes  
1tbsp olive oil  
Salt and pepper

Preheat the oven to 400° F.

Rinse the sunchokes under cold water, scrubbing lightly to remove any dirt. Cut into quarters and place onto the baking sheet. Don't over-crowd them though, they need their space. Drizzle the sunchokes with olive oil and sprinkle generously with salt and pepper. Cook for 35-45 minutes, stirring once or twice.

[Recipe from [Tablespoon.com](#)]  
Credit: [theSpruceEats.com](#)

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## Garlic, .2 lb



Garlic is legendary for its nutritional and medicinal benefits, which humans have been employing for hundreds of years. The sulfurous compounds that give garlic its characteristic odor also have healthful benefits, especially allicin, which is released in greater amounts when the garlic is chopped or mashed rather than left whole. Regular garlic consumption may lower blood pressure and reduce the buildup of atherosclerotic plaques and the incidence of certain cancers. Both garlic and onions contain significant anti-inflammatory and antibacterial properties, even against antibiotic-resistant bacterial

strains. Garlic is also a good source of manganese, vitamin B6, vitamin C, tryptophan, and selenium. A single teaspoon contains 4 calories.

From [Bounty from the Box](#)

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## **Broccoli—2 lb (Seattle)**



Broccoli packs formidable amounts of vitamins A, B2, B6, C, and K, as well as folate, dietary fiber, phosphorus, potassium, and manganese.

### **Crispy Cheesy Roasted Broccoli**

#### **Ingredients**

12 oz fresh broccoli florets

1 1/2 Tbsp olive oil  
2 oz cheddar cheese, finely shredded  
1/8 cup panko breadcrumbs  
1/2 tsp black pepper  
1/4 tsp kosher salt  
bit of vegetable oil cooking spray

Preheat oven to 500 F degrees. Line a large rimmed baking sheet with parchment paper and set aside.

To a large mixing bowl, add broccoli florets and olive oil, giving it a toss with your hands to fully coat the broccoli with the oil. Add pepper and salt and toss again to combine.

Transfer broccoli to prepared baking sheet and bake 8 minutes. While broccoli is baking, combine cheese and panko in a small bowl.

Remove baking sheet from oven and sprinkle broccoli with cheese/panko mixture. Spray quickly with a little cooking spray and return to oven for 3-5 minutes, until cheese is melted and a bit crispy.

Can be served from the baking sheet or alternatively, after broccoli is finished with the first 8 minute bake, transfer broccoli to a large casserole dish. Top with cheese/panko and bake 3-5 minutes and serve directly from the dish. Just make sure the casserole dish is oven safe at 500!

Source: [TheChunkyChef.com](http://TheChunkyChef.com)

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## Green Cabbage, 1 hd



### Steaming and Boiling

Steaming cabbage results in a less waterlogged vegetable than boiling. Head cabbage can be steamed for about 20 minutes, if you like it with a little crunch, or longer if you prefer it more tender. Cabbage has a bad rap because it is often overcooked, which releases more of the vegetable's sulfurous compounds and makes it strong smelling, yet another reason not to overcook it!

A few complementary herbs, seasonings and foods: arugula, bacon, beef, beets, black pepper, butter, caraway, carrots, celery root, cheese, chicken, chiles, chives, cilantro, coconut, dill, duck, eggs, fish, garlic, mushrooms, mustard, nutmeg, olive oil, onions, parsley, pork, potatoes, sausage, spinach, tomatoes, vinegar and more.

From [Bounty from the Box](#)

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## Pearl Romanesco, 1 medium ea, or 2 small (Peninsula)

### Baked Romanesco Broccoli With Mozzarella and Olives

Sicilian cooks make a traditional cauliflower dish, using a pale-green variety that is baked with soft mild sheep's milk cheese and studded with meaty black olives. It can also be made with romanesco broccoli (confusingly called Roman cauliflower in English).

Salt and pepper

2 or 3 medium heads romanesco broccoli or cauliflower (about 3 pounds)

3 tablespoons extra-virgin olive oil, plus more for baking dish

1 pound fresh mozzarella, sliced

1 cup grated pecorino or Parmesan (about 2 ounces)

1 dozen soft black oil-cured olives, or another type of black olive, pitted

1 teaspoon roughly chopped capers

4 roughly chopped anchovy fillets

4 garlic cloves, minced

½ teaspoon crushed red pepper, or to taste

Pinch of dried oregano

Put a large pot of well-salted water over high heat and bring to a boil. Heat oven to 375 degrees.

Cut broccoli into quarters and trim away the core and any tough bits. Chop quarters into rough 2-inch cubes. Transfer to boiling water and cook for 2 minutes. Drain and rinse with cool water.

Lightly oil an earthenware baking dish. Arrange blanched broccoli in one layer. Season lightly with salt and pepper.

Tear mozzarella slices and scatter over the top, then sprinkle with pecorino. Arrange olives here and there. In a small bowl, stir together capers, anchovy, garlic, red pepper and 3 tablespoons olive oil.

Drizzle mixture evenly over the top.

Bake for about 30 minutes, until cheese has browned a bit and broccoli is tender when pierced with a fork. Let rest 10 to 15 minutes before serving. Sprinkle with a good pinch of dried oregano.

Recipe from: [Cooking.nytimes.com](http://Cooking.nytimes.com)  
Credit above: [Bounty from the Box](#)

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## News from the Farm

### Nash's Central Station: from field to fulfillment



*From Eileen Meyer, your Farm Store Cashier temporarily filling in for our strong and fearless leader, Patty McManus. Patty is recovering from hip surgery last week. Thank you for asking, she is making great progress in her recovery and certainly appreciates all of your well wishes.*

I'm the kind of person that likes to understand the inner workings of how people and systems come together. Prompted by my own curiosity, as well as all of your questions at the Nash's Farm Store register, I decided it was time to pay a visit with Rachel Covault. She is our rock star Sales Manager, but we affectionately refer to her as "Keeper of the Shed." While titles aren't so important on a farm, there is clear respect and appreciation for Rachel's efficiency in overseeing this all-important food hub on the farm.



When fields are harvested, the incoming veggies arrive at the shed where they are organized and processed. Root crops are washed and refrigerated and culls that result from this process are recycled back into the farm as a food source for pigs. All of the produce is prepared for the big day when they are shipped out into the world.

It's Rachel's job, and that of her equally efficient assistant Ava Kovach, to keep tabs on the produce needs of Nash's Farm Store, as well as the variety of markets from our Peninsula to greater-Seattle regions. It all begins with an order. Whether it's from special orders and wholesale markets (organic produce stores), or from our own traveling Nash's farmers marketeers, this is the point where Rachel generates her "map of the week," a detailed pathway to fulfilling the food needs of the community.



As you might expect, Fridays are when the produce party really gets



started, and Saturdays are when the rubber meets the road. Enter Skipper and the Reefer, the workhorses that deliver the goods to market. Nash's produce that has recently come in from the fields and/or pulled from storage is loaded onto the trucks by Friday evening. And very (very) early Saturday morning, Nash's marketeers drive their product and cheery, caffeinated selves to market.

(Bookmark! We'll explore the wild, wonderful world of our marketeers in a future newsletter. )