

IN THE BAG
Potomac Vegetable Farms
Week 4A: October 17, 2011

This is what we anticipate will be in your bag. It could be slightly different.

Mini: peppers, cabbage, butternut, turnips or kohlrabi, beans, kale or salad mix, garlic

Regular: peppers, cabbage, sweet potatoes, radishes, potatoes, kale, mustards, garlic, broccoli

Robust: peppers, kohlrabi, cabbage, butternut, sweet potatoes, radishes, potatoes, salad mix, garlic, broccoli

Butternut, sweet potatoes and garlic should go in a cool, dry place. Everything else should go in the fridge.

Asian-Style Slaw

From CSA Member Sandra Dickerson

Shred 1/2 head Nappa Cabbage and whole Kohlrabi root along with 2 carrots dressed with rice vinegar and toasted sesame oil, seasoned with sea salt, fresh cracked black pepper, and Chinese 5 spices.

Braised Cabbage Recipe
From CSA Member Katharine Mardirosian

5 Tbsp olive oil
1 or 2 onions diced
1 large cabbage (any kind) shredded
1 or two medium or large carrots cut in coins or shredded
1 red pepper diced
1 hot pepper diced
2 or 3 cups diced tomatoes
a pinch of dried thyme or a couple sprigs of fresh thyme
salt and pepper to taste
6 Tbsp Lemon Juice

Instructions: Heat oil in a large pot. Add diced onions and saute for 7-10 minutes, or until wilted. Add diced hot pepper, red pepper and carrots. Continue to cook for another 5 minutes. Add shredded cabbage and herbs. Mix well and simmer on low heat for 30 minutes or so. When cabbage is reduced add diced tomatoes, cover and cook at a simmer for another 20 or 30 minutes. Turn off heat, add lemon juice and season with salt and pepper. Serve in a bowl as a soup or side dish. Garnish with your favorite fresh herbs.

Rustic Cabbage Soup Recipe

From [101 Cookbooks](#)

Chances are I'm not making my own stock on the average weeknight. I am a big fan of Rapunzel Herb Bouillon (available at many stores), I use about 1/2 of one cube in a soup like this to kick things off - it makes a nice, light but flavorful broth. I'll crush it into a powder and add it to the pot just before I add water. I had some Rancho Gordo flageolet beans already cooked so I used them here, but no worries if you have to turn to the can. For the vegans out there, just skip the Parmesan, and you're in business.

1 tablespoon extra virgin olive oil
a big pinch of salt
1/2 pound potatoes, skin on, cut 1/4-inch pieces
4 cloves garlic, chopped
1/2 large yellow onion, thinly sliced
5 cups stock (see head notes)
1 1/2 cups white beans, precooked or canned (drained & rinsed well)
1/2 medium cabbage, cored and sliced into 1/4-inch ribbons

more good-quality extra-virgin olive oil for drizzling
1/2 cup Parmesan cheese, freshly grated

Warm the olive oil in a large thick-bottomed pot over medium-high heat. Stir in the salt and potatoes. Cover and cook until they are a bit tender and starting to brown a bit, about 5 minutes - it's o.k. to uncover to stir a couple times. Stir in the garlic and onion and cook for another minute or two. Add the stock and the beans and bring the pot to a simmer. Stir in the cabbage and cook for a couple more minutes, until the cabbage softens up a bit. Now adjust the seasoning - getting the seasoning right is important or your soup will taste flat and uninteresting. Taste and add more salt if needed, the amount of salt you will need to add will depend on how salty your stock is (varying widely between brands, homemade, etc)...

Serve drizzled with a bit of olive oil and a generous dusting of cheese.

Serves 4.

Grilled Cabbage Wedges with Spicy Lime Dressing

From [The Kitchn](#)

serves 8 as a side dish

Juice of 3 limes (about 1/4 cup)
1/4 cup extra virgin olive oil
1 teaspoon fish sauce (optional - leave out for a vegetarian or vegan dish)
2 garlic cloves, roughly chopped
1/4 cup cilantro leaves
1/2 teaspoon salt
1/2 teaspoon cayenne
1/4 teaspoon sugar
Lime wedges, to serve
1 head green cabbage
Grapeseed or canola oil

Heat a gas or charcoal grill. Whiz the limes, olive oil, fish sauce, garlic, cilantro, salt, cayenne and sugar in a small chopper or blender until the sauce is pale orange and the garlic is pulverized. Set aside.

Remove the loosest, toughest outer leaves from the cabbage, and cut into 8 evenly-sized wedges. Do not remove the stalk or inner core. Lightly brush the wedges with grapeseed or canola oil.

Place the wedges on the grill and cover. Cook for 5 to 7 minutes, or until the edges of each layer are blackened and the cabbage is beginning to soften. Flip each wedge over, cover the grill, and cook for an additional 5 to 7 minutes on the other side. Remove the cabbage when it is beginning to wilt, but is still firm in the middle. (This will also be somewhat a matter of taste; I like it fairly crispy still, but you may prefer it more well-done.) If necessary, turn the heat down or move the wedges to a cooler part of the grill so they don't burn. But don't be afraid of those blackened edges; you want a lot of grill and char marks on the cabbage to give it smoky flavor.

Take the cabbage off the grill and arrange the wedges on a plate. Pour the dressing over top and serve immediate, with wedges of lime to garnish.

Cabbage and Mushroom Galette with Horseradish Sauce

From [Smitten Kitchen](#)

For the pastry

1 1/4 cups all-purpose flour

1/4 teaspoon salt

8 tablespoons (1 stick) unsalted butter, cut into pieces

1/4 cup sour cream

2 teaspoons fresh lemon juice

1/4 cup ice water

For the filling

2 tablespoons butter

1 large onion, finely diced

4 ounces fresh shiitake mushrooms, stems discarded, caps thinly diced

1 teaspoon chopped thyme or 1/2 teaspoon dried

1 teaspoon chopped tarragon or 1/2 teaspoon dried

1 tablespoon chopped dill or 1 teaspoon dried

6 cups thinly sliced cabbage, preferably Savoy, or 4 cups cabbage plus 2 cups other greens, such as beet, chard, or kale

salt and freshly milled pepper

1/4 cup chopped parsley

1 hard-cooked egg, chopped

1/4 cup sour cream or yogurt

1 teaspoon tarragon vinegar

2 tablespoons melted butter

For the horseradish sauce

1/4 cup prepared horseradish

1 cup yogurt or sour cream

1. Make pastry: In a bowl, combine the flour and salt. Place the butter in another bowl. Place both bowls in the freezer for 1 hour. Remove the bowls from the freezer and make a well in the center of the flour. Add the butter to the well and, using a pastry blender, cut it in until the mixture resembles coarse meal. Make another well in the center. In a small bowl, whisk together the sour cream, lemon juice and water and add half of this mixture to the well. With your fingertips, mix in the liquid until large lumps form. Remove the large lumps and repeat with the remaining liquid and flour-butter mixture. Pat the lumps into a ball; do not overwork the dough. Cover with plastic wrap and refrigerate for 1 hour.

2. Prepare the filling: Heat the butter in a large skillet over medium heat. Add the onion, mushrooms, and herbs and cook until softened, about 10 minutes. Add the cabbage, 1 teaspoon salt, and 1/2 cup water. Cover and cook slowly until the cabbage is tender, 15 to 20 minutes, turning it occasionally. Add more liquid. When tender, uncover and raise the heat to evaporate any excess moisture. The mixture should be fairly dry. Stir in the parsley, egg, and sour cream. Season with vinegar and taste for salt and pepper.

3. Assemble galette: Preheat the oven to 400» F. Roll the dough into a large thin circle and set it on the back of a sheet pan or cookie sheet. The edges will hang over the sides. Add the filling, making a mound 7 to 8 inches across, then fold the edges over and

brush with the melted butter. Pour any extra butter into the vegetables. Bake until browned, 25 to 30 minutes. While it is baking, mix the horseradish and cream to form a sauce, and season to taste. When galette is done, carefully slide it onto a serving plate. Serve with the horseradish sauce on the side.

Alex Mom's Stuffed Cabbage

From [Smitten Kitchen](#)

1 head Savoy cabbage
1 pound ground beef
1 small to medium onion, chopped small
2 tablespoons olive oil
1 carrot, shredded
1 celery stalk, thinly sliced
1 parsnip, shredded
1/2 cup uncooked rice
1 to 2 tablespoons tomato paste
3 to 4 cups of your favorite simple tomato sauce, tomato juice or V8

Cut the core out of the cabbage but leave it whole. Place it, with the empty core area facing up, in a large bowl. Boil a small pot of water and pour the water over the cabbage and let it sit for ten minutes.

Heat the oil in a saute pan. (I like to use the large one I will cook the final dish in — a deep 12-inch saute pan — to save dishes.) Cook the onions until they are soft, add the carrot, celery and parsnip and saute them for a couple extra minutes — until they are also soft. Season the mixture with salt and pepper, transfer it to a bowl and let it cool a bit. Mix in the meat, rice and tomato paste and season again with salt and pepper.

Drain the head of cabbage. Pull off large leaves, cut out the large vein — if the leaf is very large, you can make two rolls from each, if it is smaller, you can cut the vein out partially and pull the sides to overlap before you roll it into one roll. Pat the leaves dry with towels. Roll about 1/4 to 1/3 cup of filling in each leaf (depending on the size of your leaf) and arrange in a large, wide pot. Pour in enough juice or sauce to cover the rolls. Bring to a boil and reduce the heat, letting them simmer covered on the stove on low for about 45 minutes. Serve immediately. If sauce has thinned a bit, you can heat up any additional sauce you didn't use and pour it over as you serve the rolls.

[These also freeze very well.]

Pagach
From [The Joy of Soup](#)

Dough:

2-1/2 cups flour
1 cup warm water
1 pkg yeast
1/2 teaspoon salt

Cabbage filling:

1 lg onion peeled and sliced
1 med head cabbage, shredded
1/2 cup oil
salt
pepper

Potato filling:

3 potatoes
1 medium onion
1/4 lb oleo
1 tablespoon milk
5 oz cheddar cheese

The dough: Dissolve yeast in the water. Add salt and 2 1/2 cups flour and knead smooth and elastic, adding more flour as needed. Place dough on countertop, cover with stainless steel bowl. Allow to rise double in bulk.

Potato filling: Cook the potatoes in 2 quarts salted water, until done. Drain. Fry onion in oleo until golden. Add to the potatoes. Add cheese, milk and salt and pepper and mash with the potatoes.

Cabbage filling:

Saute onion in oil until soft. Add shredded cabbage and salt and pepper and cover and cook until cabbage is tender and soft. Drain off any excess oil.

Assembly:

Punch down dough and divide into 2 parts. Cut bread dough in half. Roll out one half and place on cookie sheet. Place cooled potato filling on one side of the dough and spread the cabbage filling on the other half, leaving a 2 inch margin at the edges. Cover with the other half of the dough. Carefully pinch edges together. Brush oil over the top of the dough and sprinkle with salt or garlic salt. Place on greased baking sheet. Let rise until double.

Bake at 400°F for 30 minutes or until golden brown.

Around here, you can get pagach that are all cabbage, all potato, or potato and cheese. Personally, the Soup Lady likes the two fillings mixed together so that you get the goodness of each in every bite.

Kimchi

From [David Lebovitz](#)

Makes two quarts

I couldn't find chili powder so I used some Thai chili paste, which made the kimchi a bit murky. If you can, try to find the Korean chile powder. I added a scant teaspoon of Mexican chile powder for color. Even though my arm was killing me from carrying home all that pork, I was a trooper and hand-chopped all the garlic and ginger. But I think it could also be done in a blender or food processor.

1 large Chinese or Napa Cabbage
1 gallon (4l) water
1/2 cup (100g) coarse salt

1 small head of garlic, peeled and finely minced
one 2-inch (6cm) piece of fresh ginger, peeled and minced
1/4 cup (60ml) fish sauce
1/3 cup (80ml) chili paste or 1/2 cup Korean chili powder
1 bunch green onions, cut into 1-inch (3cm) lengths (use the dark green part, too, except for the tough ends)
1 medium daikon radish, peeled and grated
1 teaspoon sugar or honey

1. Slice the cabbage lengthwise in half, then slice each half lengthwise into 3 sections. Cut away the tough stem chunks.
2. Dissolve the salt in the water in a very large container, then submerge the cabbage under the water. Put a plate on top to make sure they stay under water, then let stand for 2 hours.
3. Mix the other ingredients in a very large metal or glass bowl.
4. Drain the cabbage, rinse it, and squeeze it dry.
5. Here's the scary part: mix it all up.

Some recipes advise wearing rubber gloves since the chili paste can stain your hands.

6. Pack the kimchi in a clean glass jar large enough to hold it all and cover it tightly. Let stand for one to two days in a cool place, around room temperature.

7. Check the kimchi after 1-2 days. If it's bubbling a bit, it's ready and should be refrigerated. If not, let it stand another day, when it should be ready.

8. Once it's fermenting, serve or store in the refrigerator. If you want, add a sprinkle of toasted sesame seeds over the kimchi for serving.

Storage: Many advise to eat the kimchi within 3 weeks. After that, it can get too fermented.

Sauerkraut

From [Wild Fermentation](#)

Timeframe: 1-4 weeks (or more)

Special Equipment:

- * Ceramic crock or food-grade plastic bucket, one-gallon capacity or greater (I make a smaller portion and use a one-gallon jar)
- * Plate that fits inside crock or bucket (I use a gallon size Ziploc filled with water as both the weight and the cover)
- * One-gallon jug filled with water (or a scrubbed and boiled rock)
- * Cloth cover (like a pillowcase or towel)

Ingredients (for 1 gallon):

- * 5 pounds cabbage
- * 3 tablespoons sea salt

1. Chop or grate cabbage, finely or coarsely, with or without hearts, however you like it. I love to mix green and red cabbage to end up with bright pink kraut. Place cabbage in a large bowl as you chop it.

2. Sprinkle salt on the cabbage as you go. The salt pulls water out of the cabbage (through osmosis), and this creates the brine in which the cabbage can ferment and sour without rotting. The salt also has the effect of keeping the cabbage crunchy, by inhibiting organisms and enzymes that soften it. 3 tablespoons of salt is a rough guideline for 5 pounds of cabbage. I never measure the salt; I just shake some on after I chop up each cabbage. I use more salt in summer, less in winter.

3. Add other vegetables. Grate carrots for a coleslaw-like kraut. Other vegetables I've added include onions, garlic, seaweed, greens, Brussels sprouts, small whole heads of cabbage, turnips, beets, and burdock roots. You can also add fruits (apples, whole or sliced, are classic), and herbs and spices (caraway seeds, dill seeds, celery seeds, and juniper berries are classic, but anything you like will work). Experiment.

4. Mix ingredients together and pack into crock. Pack just a bit into the crock at a time and tamp it down hard using your fists or any (other) sturdy kitchen implement. The tamping packs the kraut tight in the crock and helps force water out of the cabbage.

5. Cover kraut with a plate or some other lid that fits snugly inside the crock. Place a clean weight (a glass jug filled with water) on the cover. This weight is to force water out of the cabbage and then keep the cabbage submerged under the brine. Cover the whole thing with a cloth to keep dust and flies out.

6. Press down on the weight to add pressure to the cabbage and help force water out of it. Continue doing this periodically (as often as you think of it, every few hours), until the brine rises above the cover. This can take up to about 24 hours, as the salt draws water out of the cabbage slowly. Some cabbage, particularly if it is old, simply contains less water. If the brine does not rise above the plate level by the next day, add enough salt water to bring the brine level above the plate. Add about a teaspoon of salt to a cup of water and stir until it's completely dissolved.

7. Leave the crock to ferment. I generally store the crock in an unobtrusive corner of the kitchen where I won't forget about it, but where it won't be in anybody's way. You could also store it in a cool basement if you want a slower fermentation that will preserve for longer.

8. Check the kraut every day or two. The volume reduces as the fermentation proceeds. Sometimes mold appears on the surface. Many books refer to this mold as "scum," but I prefer to think of it as a bloom. Skim what you can off of the surface; it will break up and you will probably not be able to remove all of it. Don't worry about this. It's just a surface phenomenon, a result of contact with the air. The kraut itself is under the anaerobic protection of the brine. Rinse off the plate and the weight. Taste the kraut. Generally it starts to be tangy after a few days, and the taste gets stronger as time passes. In the cool temperatures of a cellar in winter, kraut can keep improving for months and months. In the summer or in a heated room, its life cycle is more rapid. Eventually it becomes soft and the flavor turns less pleasant.

9. Enjoy. I generally scoop out a bowl- or jarful at a time and keep it in the fridge. I start when the kraut is young and enjoy its evolving flavor over the course of a few weeks. Try the sauerkraut juice that will be left in the bowl after the kraut is eaten. Sauerkraut juice is a rare delicacy and unparalleled digestive tonic. Each time you scoop some kraut out of the crock, you have to repack it carefully. Make sure the kraut is packed tight in the crock, the surface is level, and the cover and weight are clean. Sometimes brine evaporates, so if the kraut is not submerged below brine just add salted water as necessary. Some people preserve kraut by canning and heat-processing it. This can be done; but so much of the power of sauerkraut is its aliveness that I wonder: Why kill it?

10. Develop a rhythm. I try to start a new batch before the previous batch runs out. I remove the remaining kraut from the crock, repack it with fresh salted cabbage, then pour the old kraut and its juices over the new kraut. This gives the new batch a boost with an active culture starter.