

Hi all,

The leafy greens season has passed, and we've moved into the heavier, but not as fluffy, CSA bag season. You'll also notice your list of veggie descriptions is getting shorter. You've seen many of the more obscure or questionable items by now, so I won't keep repeating what you've already read. Remember that the past newsletters are online for your reference (see the link in In The Bag).

For those of you with flower shares: A CSA member made us aware that stargazer lilies are poisonous to cats. If you have a feline friend, be sure they can't get to the flowers or the pollen. For more information, see <http://www.petpoisonhelpline.com/poison/stargazer-lily/>.

Do you all know about the cookbook [Plenty](#)? It's another of Yotam Ottolenghi's gorgeous, amazing, inspiring cookbooks. You really can't go wrong with any Ottolenghi book, but this one is a CSA member's best friend. It is a collection of 120 vegetarian recipes based on fresh, seasonal food and drawing from diverse cultures. I just opened it at random and found a Mixed Grill with Parsley Oil. It involves zucchini, kohlrabi, eggplant, cheese, and parsley. The next random recipe is Stuffed Cabbage, stuffed with rice, pine nuts, ricotta, parmesan, mint, parsley, garlic... Or how about Nutty Endive with Roquefort? The flavors are just complex enough, the recipes hearty and interesting, and the skill level is completely accessible. See if your library carries it and take a peek!

In May the *New York Times* published the article "[What Farm-to-Table Got Wrong](#)" featuring our friend Heinz at [Next Step Produce](#). It's a really interesting opinion piece that offers a fantastic peek into Heinz's grain growing operation. Give it a read!

Happy Eating!
becky

In The Bag Week 6: July 9, 2014 Featuring Cucumbers

Here is a list of what you may find in your bag this week. Things change from day to day, so sometimes what's on our list is not exactly what you get. Don't be alarmed!

Mini: squash, cucumbers, onions, beets, fennel, lettuce, chard, buckwheat flour

Regular: squash, cucumbers, garlic, onions, beets, cabbage, carrots, basil, whole grain

Robust: squash, cucumbers, garlic, onions, beets, carrots, lettuce, basil, chard, wheat berries

Basil goes in a glass of water on the counter. Garlic goes in a cool, dark place. Everything else should be stored in the fridge--even your onions. Check out this great post by blogger Food In Jars about storing produce without plastic: <http://foodinjars.com/2014/05/storing-fresh-produce-without-plastic-bags-giveaway/>.

You may receive organic grains or flour in your bags from our friends at Next Step

Produce. These grains are untreated and should be stored in the freezer for a week if you're not going to use them immediately. After a week in the freezer, they're safe to sit in your cupboard until you get to them.

If you have trouble figuring out what you brought home, refer to our [ID That Veggie](#) section of the website. We try to keep it updated with what's available to you.

Want to reference a past week's newsletter? Take a look at the [newsletter archive](#).

Cabbage, in the Brassica family, seems to have a bad reputation. No one knows what to do with cabbage (aside from corned beef and cabbage or sauerkraut, that is). With such a longstanding history as a staple throughout the world, there is plenty to do with this gem. Its sweetness is enhanced by quick-cooking methods like stir frying or light steaming. It can also be cooked longer in soups and stews and give a richness to the broth. It keeps very well in the refrigerator or the root cellar and is an excellent source of vitamins K and C, and high in dietary fiber, manganese, folate, and vitamin B6. Scientists have also found that a certain component of the cruciferous vegetable family, sulforaphane, helps stimulate enzymes that guard against the development of cancerous tumors (Greens Glorious Greens, Johnna Albi and Catherine Walthers, page 59).

Sweet Onions are fresh onions--not cured. They need to go in the fridge. They're amazing grilled, caramelized, raw, or in pretty much any recipe that calls for onions. They also freeze very well. Just slice or dice them, stick them in a bag, and throw them in the freezer.

Featuring Cucumbers

Cucumbers belong to the same family as melons and squash: the *Cucurbitaceae* family. You'll find a variety appearing in your bags. We have standard slicers, picklers, long Asians, tasty greens, Middle Eastern... all are thinner-skinned varieties and can be used interchangeably (though picklers do make the best pickles). At the top of the [phytonutrient list](#) for cucumbers are its cucurbitacins, lignans, and flavonoids. These three types of phytonutrients found in cucumbers provide us with valuable antioxidant, anti-inflammatory, and anti-cancer benefits. Cucumbers are a valuable source of conventional antioxidant nutrients including vitamin C, beta-carotene, and manganese.

You'll be getting lots of delicious, cool cukes in your shares. If you get tired of having them in salads or just dunking them in some chevre cheese like I love, then keep reading!

Cucumber Recipes:

Lemon-Dill Orzo Pasta Salad with Cucumbers, Olives & Feta:

<http://www.potomacvegetablefarms.com/recipe/lemon-dill-orzo-pasta-salad-with-cucumbers-olives-feta/>

Turkish Cucumber Salad with Dill and Mint:

<http://www.potomacvegetablefarms.com/recipe/turkish-cucumber-salad-with-dill-and-mint/>

Cucumber and Watermelon Salad:

<http://www.potomacvegetablefarms.com/recipe/cucumber-and-watermelon-salad/>

Thai Quinoa Salad with Fresh Herbs and Lime Vinaigrette:

<http://www.potomacvegetablefarms.com/recipe/thai-quinoa-salad-with-fresh-herbs-and->

[lime-vinaigrette/](#)

Cucumber and Napa Cabbage Coleslaw:

<http://www.potomacvegetablefarms.com/recipe/cucumber-and-napa-cabbage-coleslaw/>

Herb Yogurt Cucumber Dip: <http://www.potomacvegetablefarms.com/recipe/herb-yogurt-cucumber-dip/>

Raw Nori Wraps with Red Cabbage, Cucumber, Carrots, Zucchini & Spicy Dipping Sauce: <http://www.potomacvegetablefarms.com/recipe/raw-nori-wraps-with-red-cabbage-cucumber-carrots-zucchini-spicy-dipping-sauce/>

Na'ama's Fattoush Recipe: <http://www.potomacvegetablefarms.com/recipe/naamas-fattoush-recipe/>

Cucumber Feta Rolls: <http://www.potomacvegetablefarms.com/recipe/cucumber-feta-rolls/>

English Cucumber Gazpacho: <http://www.potomacvegetablefarms.com/recipe/english-cucumber-gazpacho/>

Preserving Cucumbers:

Cucumbers get pickled. Their high water content makes them impossible to freeze, though for the juicers out there you could juice them and freeze the juice. For the non-juicers, there are different pickling methods and flavors to give a try.

Refrigerator pickles: When you make refrigerator (they're also known as quick pickles), you pack your vegetables into a jar (or other container) with spices and aromatics and pour over hot pickling liquid. These pickles are allowed to cool on the counter and are stored in the fridge once they've returned to room temperature. This is a great method if you have a small amount of produce to preserve or if you're working with fragile vegetables that don't do well when exposed to the heat of the canning pot.. Normally they will last a few weeks to a month in the fridge.

Homemade Refrigerator Dill Pickles: <http://www.onceuponachef.com/2012/04/quick-and-easy-dill-pickles.html>

Slightly Sweet Dill Refrigerator Pickles:

<http://www.epicurious.com/recipes/food/views/Slightly-Sweet-Dill-Refrigerator-Pickles-242476>

Bread and Butter Pickles: <http://smittenkitchen.com/blog/2010/06/bread-and-butter-pickles/>

Spicy Dill Refrigerator Pickles: <http://alldayidreamaboutfood.com/2011/07/spicy-dill-refrigerator-pickles-secret-recipe-club.html>

Canned Pickles: Preserved pickles begin their life in much the same way that a refrigerator pickle does. Vegetables and spices are packed into clean mason jars and are then filled with a vinegar-based pickling liquid (made with 5% acidity vinegar). The jars are carefully tapped to ensure that all the trapped air bubbles get released. Lids and rings are attached and then the jars are processed in a boiling water bath canner for the amount of time that the recipe prescribes. Once processed, these pickles are shelf stable for up to a year.

Sweet/Spicy Cucumber Pepper Relish: <http://foodinjars.com/2010/07/july-can-jam-cucumber-pepper-relish/>

Garlic Dill Pickles: <http://foodinjars.com/2009/08/garlic-dill-pickles/>

Garlic Dill Pickles, an alternative: <http://www.simplebites.net/pickles-101-recipe-garlic-dill-pickles/>

Sweet and Spicy Bread and Butter Pickles:

<http://www.marthastewart.com/316122/sweet-and-spicy-bread-and-butter-pickles>

Curry Pickle Slices: <http://homemadetrade.blogspot.com/2012/09/make-pickles-cook-it-august-resolution.html>

Maple Whiskey Pickles: <http://cupcakerehab.com/2013/04/maple-whiskey-pickles-version-2-0/>

Lacto-fermented Pickles: Before the advent of modern day canning, most of our fore-mothers preserved the harvest through lacto-fermentation. Vegetables can be preserved simply with salt, water and spices – no boiling water baths necessary. The fermentation process creates lactic acid, nature's preservative. The proliferation of lactic acid aids in the natural preservation of whatever is being cultured, and results in an end product that's exceptionally nutritious. The process of lacto-fermentation also makes foods more digestible than they were to begin with (which is why many people who cannot tolerate milk do just fine with yogurt, for example).

Traditional Pickled Cucumbers (2nd recipe on the page):

<http://www.myhumblekitchen.com/2009/09/preserving-cucumbers/>

Easy Lacto-Fermented Dill Pickles:

<http://www.modernalternativekitchen.com/2013/06/easy-lacto-fermented-dill-pickles/>

Sour Pickles: <http://nourishedkitchen.com/sour-pickles/>