

Small CSA Contents:

- 1 candy onion
- 1 head German white porcelain garlic
- 1 lb green beans or peas
- 1 bunch green onions
- 2 ct zucchini
- 2 ct squash
- 1 bag sweet cherries
- 1 pint black raspberries
- Approx 1.5 lbs slicing tomatoes
- 1 lb garlic chive linguini
- 1 cucumber

Large Add-Ons – small plus items below

- 1 bunch mustard greens
- 4-6 oz piece Siberian Night “Beer Cheese”
- Additional tomatoes
- 1 lb ground pork sausage

Vegetarian Subs –

- No vegetarian substitutes available

Vegan – in place of pasta

- Can still get pasta or substitutes

Cabbage Recipes

Last week I heard several folks ask what to do with the large cabbage. Below are some of my ideas/suggestions and those of your fellow CSA members.

Braised Cabbage

In the winter I do a very long, slow braised red cabbage (recipe will come when red cabbage comes in season). But this week I had green cabbage and no patience!

In a large skillet or wok, get about a tablespoon of butter and a tablespoon of olive oil heated up over medium high to high heat. The butter should start to foam as it heats up.

Add 1 medium sized onion, chopped, to the hot butter/oil. Cook the onions for 2 to 3 minutes until soft.

While the onions are cooking, coarsely chop about 1/3 of the head of cabbage. Toss the cabbage in with the onions. Mix together well and cook, only stirring occasionally. Add salt to flavor, about a teaspoon of kosher salt.

After a few minutes, toss the cabbage. The cabbage that was on the bottom should be starting to brown and caramelize. Repeat this process until it has been browned several times. The more you cook it, the more water that will be cooked out and the cabbage will reduce, so don't overcook.

Remove the cabbage from heat and splash with white wine vinegar (about a teaspoon) and a tablespoon of veggie stock (chicken stock also works, just different flavor). Add salt to flavor. Stir in well and serve warm.

Chinese Egg Rolls (from SteamyKitchen.com, shared by Jessica B)

If you are going to make this recipe, you should see the original post at <http://www.steamykitchen.com/13029-my-mothers-famous-chinese-egg-rolls-2.html> for full photo tutorial.

Ingredients:

50 Spring/Egg Roll Wrappers (about 2 packages), defrosted unopened at room temperature for 45 minutes or in the refrigerator overnight
1 tablespoon cornstarch (or flour) mixed with ¼ cup of cool water
Oil, for frying

FOR THE GROUND PORK

1 pound ground pork
1 tablespoon soy sauce
1 teaspoon cornstarch
1/4 teaspoon sugar
freshly ground black pepper

FOR THE VEGETABLES

2 to 3 cloves garlic, very finely minced
½ head of cabbage (about 11 ounces)
3 carrots, shredded
1 teaspoon grated fresh ginger
10 fresh shiitake mushrooms (or dried black mushrooms soaked overnight), stems discarded
1 tablespoon cooking oil (canola, vegetable, peanut)
1 tablespoon Chinese rice wine
1 tablespoon soy sauce
1/4 teaspoon sugar
1/2 teaspoon salt
1 teaspoon sesame oil
Freshly ground black pepper

Directions:

1. To make the filling, combine the ingredients for the ground pork together. Marinate at least 10 minutes. In the meantime, shred the cabbage and the carrots using your food processor or by hand. Slice the mushrooms into very thin strips (or you could use your food processor and pulse a few times to get a fine dice.

2. Heat a wok or large saute pan over high heat. Add the cooking oil and swirl to coat. Add the pork and stir-fry until no longer pink, about 2-3 minutes. Turn heat to medium-low, push the meat to one side of the pan. Add the garlic, cabbage, carrots, ginger and the mushrooms and stir-fry for 1 minute, until the vegetables are softened. Add the rice wine, soy sauce, sugar, sesame oil and black pepper. Continue to stir-fry for another minute. Scoop out the filling to a baking sheet and spread out to cool. Prop up one end of the baking sheet so that it tilts and will allow all the moisture to drain to one end. Let cool for 15 minutes.

3. Discard all of the accumulated juices. Use paper towels to blot the filling to rid of extra oil or juice. Now, you're ready to wrap (see photos for instructions on how to wrap). IMPORTANT: Only use 1 heaping tablespoon of filling for each egg roll.

These are slender egg rolls, the width of the egg roll should only be 1.25" diameter. Keep the rolled egg rolls in neat, single layer and covered with plastic wrap to prevent drying. If you want to stack the egg rolls, make sure you have layer of parchment paper in between the layers to prevent sticking. Keep wrappers also covered with plastic wrap to prevent drying. Refrigerate up to 4 hours until ready to fry or freeze.

4. To fry the egg rolls, fill a wok or pot with 2 inches of high-heat cooking oil. Heat the oil to 350°F (175°C) or until a cube of bread will fry to golden brown within 10 seconds. Gently slide in or lower the egg rolls, frying 4 to 6 at a time, turning occasionally until golden brown about 1½ minutes. Place on wire rack to drain and cool.

NOTE: To fry frozen egg rolls, do not defrost the egg rolls – just add them to the oil frozen, frying 4 to 6 at a time. Add an additional 1½ minutes to the frying time since they are frozen.

Cabbage and Noodles

This traditional eastern European dish is so easy. Start with a large skillet or stockpot and melt a half stick of butter in the bottom. Add a chopped onion and about a half head to full head of cabbage, depending on how much you want to make. Cook, stirring occasionally, until the water starts to cook out and the cabbage is soft.

In a separate pot, cook your noodles (I like wide egg noodles). Drain them and add them to the cabbage. Add salt and pepper to taste and serve!

Sauerkraut

For this recipe, you will need a crock or food-safe plastic bucket with a plate that fits right down inside the vessel.

Coarsely chop your cabbage. You may also add onion, apples (large chunks or whole), or shredded carrots to your kraut, so it is up to you if you want to add those items to be fermented.

Place your chopped cabbage in the crock/bucket. Sprinkle with sea salt or kosher salt, about a tablespoon per two lbs of cabbage. Press the cabbage down aggressively. I use my fists and push very hard. You want to break the cabbage up some and squeeze out the water. The salt will continue to draw out the water and make the brine in which the kraut ferments. Continue process until you use up all the cabbage. Add your chunks of apple if you are using apple (you don't want to smash them in). Pack cabbage tightly and cover with plate, place a weight on the plate to keep it down.

As the brine evaporates, add more salt water to keep the cabbage covered. Scrape any scum or “bloom” off of the top layer. Depending on temperature and volume of cabbage, you should have kraut in about a month.