



# Harmony Valley Farm

An update for our Community Supported Agriculture Members - Since 1993

[www.harmonyvalleyfarm.com](http://www.harmonyvalleyfarm.com)

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## VEGETABLE FEATURE: Salad Cabbage

By Andrea Yoder

We plant most of our cabbage for harvest in the fall as cabbage thrives and tastes better when it is grown in more cool temperatures. However, we reserve a little spot in our spring planting schedule to plant this unique class of cabbage called "salad cabbage." This year we have two varieties of salad cabbage, Tiara and Sweetheart. Tiara is a round cabbage and sweetheart cabbage forms a pointy head. Both are smaller varieties typically only weighing about 1½ to 2 pounds on average. These varieties are intended to be grown as an early-season cabbage and are known as "salad cabbage" because the leaves are tender enough to be eaten raw in salads. Another reason we grow this variety for summer harvest is that it gives us another option for a "salad green" during early summer when lettuce is more difficult to grow. There are a lot of different ways you can prepare salad cabbage. I recommend slicing it thinly or shredding it for use in vegetable slaws or other raw salads. You may use the leaves as a wrap in place of tortillas or bread. If you choose to cook it, I'd recommend a quick cooking method such as stir-frying or grilling and be careful not to overcook it! Two of my favorite recipes from past years include **Simplest Cabbage Slaw** and **Thai-Style Slaw with (or without) Chicken**.

Store salad cabbage loosely wrapped in plastic in the refrigerator until you are ready to use it. Lightly rinse the outer leaves before using. If you don't use the entire cabbage for one preparation, wrap the remaining portion of cabbage and store it in the refrigerator until you are ready to use it. While salad cabbage can vary in size, an average cabbage typically yields 5-7 cups when shredded.

## What's In The Box?

**GREEN TOP PURPLE CIPOLLINI ONIONS:** This is a unique onion with a bright purple exterior that fades to white on the inside. This onion is good both raw and cooked. It is excellent grilled, caramelized and roasted. The green tops are also edible, so don't throw them away!

**TIARA SALAD CABBAGE:** This is a round salad cabbage! Take a moment to read this week's **Vegetable Feature** article to learn more about this cabbage as well as ways to use it.

**GREEN AND/OR ITALIAN ZUCCHINI:** It's another big zucchini week! Looking for recipe and serving suggestions? Check out this week's **Cooking With the Box** article where you'll find a link to *Food52.com*'s "31 Best Zucchini Recipes of All Times."

**FENNEL:** The bulb, stems and feathery fronds are all edible! Read more about fennel and find 25 recipes featuring fennel in **last week's Vegetable Feature** article.

**BROCCOLI AND/OR CAULIFLOWER:** Check out this week's **Cooking With the Box** for a link to "27 Broccoli Recipes You'll Want to Make Tonight!" Don't forget to eat the stem as well as the florets. Peel the stem before using. More cauliflower coming next week!

**GREEN TOP CHIOGGIA OR RED OR GOLD BEETS:** Eat the whole vegetable—roots, stems and leaves! Beet greens are rich in vitamins and minerals. Eat them raw, cooked or blended into a smoothie. When cooking the root, it's best to cook them whole, unpeeled. Once cooked, cool enough to handle and then rub off the skin.

**SILVER SLICER AND/OR GREEN SLICER CUCUMBERS:** "Cool as a Cucumber!" This is a hydrating vegetable meant to keep us cool in the heat of summer. Munch on cucumber slices with a bit of salt as an afternoon snack, turn them into a creamy cucumber salad, or use them to make a refreshing cold soup!

**FRESH ITALIAN GARLIC:** You'll notice the outer skin surrounding the cloves is still fresh and more tough. This is because it was just dug and hasn't been dried down. It's best to store this garlic at room temperature so it can continue to dry down until you use it.

**GREEN TOP CARROTS:** This week's carrot variety is Mokum. It's an early variety known for being tender and sweet. While still crisp, you'll notice they are not as hard as winter storage carrots. Yes, I'm going to remind you to eat the carrot tops as well! Use them to make **Carrot Top Pesto** or dip them in tempura batter and fry them!

**GREEN BEANS:** Keep it simple. Just lightly sauté or steam until tender and season with salt, pepper and some melted butter. Take a moment to taste how fresh and delicious they are on their own!

**CHOICE--BASIL:** Please take just a handful to make sure everyone gets a portion. Slice it thinly and add it to a fresh cucumber salad or put it on top of sautéed green beans or roasted carrots.

### Cilantro Lime Slaw

Yield: 4-6 servings

1 cup plain Greek yogurt or sour cream (or a 50/50 blend)	½ tsp fine sea salt	1 jalapeño pepper, stemmed and cored (optional)
½ cup tightly-packed fresh cilantro	¼ tsp freshly-cracked black pepper	7 cups green salad cabbage, shredded
¼ cup freshly-squeezed lime juice	3 green onions (just the green parts)	1 cup carrot, shredded
½ tsp ground cumin	2 cloves garlic	

1. Combine the Greek yogurt and/or sour cream, cilantro, lime juice, cumin, salt, black pepper, green onions, garlic and jalapeño (if using) in a blender or food processor\*. Pulse briefly a few times until the mixture is combined.
2. Place the shredded cabbage and carrots in a large mixing bowl. Drizzle the sauce on top of the vegetables, then toss until the mixture is evenly combined. Season to your liking with extra salt, pepper and/or lime juice if needed.
3. Serve immediately, or cover and refrigerate for up to 24 hours.

**\*Skip the blender:** If you would like to skip the blender/food processor step, you're also welcome to make this cole slaw dressing recipe entirely by hand. Just finely chop the cilantro, jalapeño (if using), green onions and garlic, and whisk them all together with the other dressing ingredients until combined.

Recipe sourced & adapted from *gimmesomeoven.com*. This recipe is delicious prepared on its own as a slaw to accompany grilled meat, summer cookouts with burgers and brats, etc. It is also very delicious when served as part of the set up for **Crispy Baked Fish Tacos**, also from *gimmesomeoven.com*. See the recipe to follow.

### Life-Changing Crispy Baked Fish Tacos

Yield: 12 Tacos

<b>Chipotle Crema:</b>	<b>Breaded Fish:</b>	<b>½ tsp freshly-cracked black pepper</b>	<b>To Assemble The Tacos:</b>	<b>Optional toppings:</b>
½ cup plain Greek yogurt (or mayo)	1 cup panko breadcrumbs	1 egg, whisked	12 corn or flour tortillas, warmed	diced fresh avocado, fresh cilantro, sliced
1 tsp chipotle chile adobo sauce	2 tsp chili powder	1 ½ pounds firm fish, such as cod, halibut or salmon, cut into 1-inch pieces	1 batch Cilantro Lime Slaw	jalapeños, crumbled queso fresco, sliced radishes, sliced red onions, etc.
1 Tbsp lime juice	1 tsp garlic powder			
¼ tsp fine sea salt	1 tsp ground cumin			
	1 tsp fine sea salt			

1. **To Make The Chipotle Crema:** Combine all ingredients in a small bowl. Stir to combine. Set aside until ready to use.
2. **To Make The Fish:** Heat oven to 375°F. Spread the panko out in an even layer on a medium baking sheet. Bake for 5-7 minutes, giving the pan a gentle shake halfway through, until the panko is toasted and golden brown. (Keep a close eye on the panko so that it does not burn.) Transfer the panko to a medium bowl, and dust off the baking sheet for future use.
3. Add chili powder, garlic powder, cumin, salt and pepper to the bowl with the panko, then whisk the mixture until combined.
4. Now, set up an assembly line with the (1) fish, (2) whisked egg, (3) panko mixture and (4) parchment-covered baking sheet. Using your right hand, dip a piece of fish in the egg so that it is coated on all sides. Then, using your left hand, transfer the fish to the panko mixture and gently press it on so that the fish is coated on all sides. Using your left hand, transfer the fish to the baking sheet. Then repeat the process with the remaining fish.
5. Bake the fish for 10 minutes, or until it is cooked through and opaque and flakes easily with a fork.
6. **To Assemble The Tacos:** Fill a tortilla with a few spoonfuls of the slaw, followed by the fish, and any desired toppings. Drizzle with the chipotle crema and serve immediately.

**Notes:** If you have fish leftover from your Fish Taco night, it does reheat well in either a toaster oven or a preheated oven.

### Vinegar Slaw with Cucumbers and Dill

Yield: 6 servings

4 cups green salad cabbage, thinly sliced or shredded	1 medium onion, thinly sliced	2 tsp kosher salt, plus more to taste
1 medium cucumber, quartered, seeded and sliced thinly (about 2 cups)	3 tablespoons chopped fresh dill	2 tsp sugar
	¼ cup white wine vinegar	¼ cup cold water

1. Toss the cabbage, cucumber, onion and dill together in a large bowl. Don't be freaked out by how big the salad looks; it settles as it marinates.
2. Whisk the vinegar, salt, and sugar together in a small bowl until the salt and sugar dissolve. Stir in the water. Pour the liquid over the salad, and let it marinate in the refrigerator, tossing the cabbage occasionally. After 1 hour, it should be a bit wilted and crunchy; at 2 hours, the flavor is even better.

**Note:** This salad keeps, covered, in the fridge for a week. The best part is, the cabbage stays crispy!

Recipe adapted from *The Smitten Kitchen Cookbook*, by Deb Perelman