

Schreiber & Sons CSA

It's a Culinary Adventure

Schreiberandsons.com

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Week VIII

In this week's box,

- Cherries - Bing
- Spring greens
- Beets - most of the beets are regular old red table beets, but there are a few Chioggia beets
- Dill
- Cucumbers
- Zucchini
- Carrots
- Summer squash
- Overwinter leeks
- Kohlrabi
- Cabbage
- Broccoli, cauliflower or broccolini

Cherries are here. As you will see, cherries are available in ample supply. We will see how they fruit holds up in storage, but I hope that you will get at least two more weeks of cherries. (If you want extra cherries we have them for sell for \$2 per pound.) The organic members will be getting a mix of green leaf lettuce (a variety called Tango and a variety called Amish Deer Tongue), red leaf lettuce, endive and radicchio. Conventional members' mix will be mizuna, red leaf lettuce, endive, radicchio and green leaf lettuce. The summer squash is a mix of the varieties that are starting to produce and include yellow zucchini, green zucchini, patty pan (yellow or green), a round green zucchini, a speckled squash or two kinds of Italian heirloom squash one of which is long and striped and one that is long and ribbed. If you do not get the kind you think you want, just wait--there is a lot of zucchini in your future. The leeks are my great, great disappointment. I have overwintered leeks before but they were always spring planted leeks that just hung on through the winter and were more than a little weary in the spring and were among the first things that we picked for the first week's boxes. You are supposed to be able to fall plant leeks, have them over winter and then harvest very nice leeks mid spring. This is very commonly done on the West Side. Our little leeks grew for a while and then when the hot weather came they just stopped growing and started bolting. Once they bolt, they do not grow in diameter and you have to pick them quickly or they become woody. So instead of having 1 to 1.5 inch diameter leeks, we have to settle for half to quarter inch leeks. The hot weather also played havoc with our cole crops and so we have them only in limited supply. We hope that each of you will get either a serving of broccoli, cauliflower or broccolini.

The list of produce we provide on Monday should be considered a guide and not a guarantee of what will be in your box. Tracy and I walk the fields each Monday morning as early as possible to decide what will go in this week's box. As we pick the crop we sometimes find out that we are short a crop or when we harvest the produce that there may be a quality issue or a pest problem we did not notice. Sometimes we have to make changes during the week. We expect that the sheet of information in your box will contain a list of is actually in your box.

The Washington State Diet. I think we may have our 11th and 12th members of the Washington State Diet. We are getting ready to launch our electronic bulletin board and are about to set a date for our next meeting. In a recent email I told you we could not find local cooking oils and one of you came up with a source of grape seed oil and camelina oil. *Now if someone could just find a source of salt produced in Washington, it would be great.*

Farmer's Market. Every so often a CSA member finds me a local farmer's market and a time or two has expressed some surprise that we are selling produce at the market that is not in the box. If we are to give a small share member a pound of a certain item of produce, 1.5 pounds to a medium member and 2.0 pounds to a large member, we need to have around 750 pounds of that produce item. When crop start out they produce only a small amount, or if they are producing at their peak it may be a 1,000 pounds, if it is at the end of their production cycle it may be just a pittance of a yield. Much of the produce is perishable and cannot be help. The farmer's market serves as a means to dispose of very limited, surplus or perishable produce items. For example, our dill was ready last week and this week, and we put in in your boxes, but by next week it will be past time for it to be usable. We have a little more dill than can go in the boxes, so you can find dill at our market stand.

Also being at the market is a way to generate a little more cash and gain some exposure for the CSA. We are at the Kennewick market Thursday mornings, the Richland market on Friday mornings and the Pasco market on Saturday mornings. Stop in and see us-look for a white box truck or a Schreiber and Sons Banner.

What's coming. We are in the midst of Bing cherry harvest and will probably start picking Rainier cherries later this week. We will pick our first eggplants later this week. I am not sure how many we will have, perhaps enough to put some in the Thursday boxes-but it will be very limited. Never fear, the eggplant torrent is about ready to be unleashed. Get your eggplant recipes out. For those who do not really appreciate eggplant (myself included) inoculate yourself. This first variety will be the Japanese style eggplant, long, parallel sided and deep purple. Cabbage is in your future-green this week, then savoy, and then red red. Chinese cabbage and iceberg head lettuce is coming.

What Going on at the Farm. In a sentence.... watering and weeding. We have certain systems we can leave on overnight unattended, so we water 24 hours a day, 7 days a week. The pump and the flow water into the farm never stops. The first person on the farm gets here around 5:30 to 6:00 am and he starts what is called "changing water" and the last person who leaves-which is usually me, will turn off some water, but it is always going. Weeds are pretty bad here, we most use hand weeding, but we cultivate allot and use herbicides occasionally. Today I sprayed some herbicides on some onions. I also treated some organic eggplant with an organically approved insecticide called neem. We are planting some late season crops; pumpkins, gourds, winter squash, rutabagas (although we will skip giving them to the CSA members-because they got voted out of the CSA last year) and parsnips. There are a lot of other things we are planting including cilantro, green onions and on and on and on. We are transplanting some leeks and chives, melons and peppers. There is just a lot going on at the farm.

Your Farmer

Alan Schreiber

Carrot *Daucus carota*

One of the most popular and common vegetables we know, carrots belong to the *Umbelliferae* family. Along with parsnips, fennel caraway, cumin and dill, the members of this group all have the umbrella-like flower clusters that characterize this family of plants. The carrot has a thick, fleshy, deeply colored root, which grows underground, and feathery green leaves that emerge above ground. There are over 100 different varieties that vary in size and color, including white, yellow, red, or purple, (the color of the original variety).

Carrots can be as small as two inches or as long as three feet, ranging in diameter from one-half of an inch to over 2 inches. Carrot roots have a crunchy texture and a sweet and minty aromatic taste, while the greens are fresh tasting and slightly bitter—but you certainly CAN eat them.

History: The carrot can trace its ancestry back thousands of years, originally having been cultivated in central Asian and Middle Eastern countries. These original carrots looked different from those that we are accustomed to today, featuring deep purple coloring, ranging from lavender to deep eggplant. In pre-Hellenic times, a yellow-rooted carrot variety appeared in Afghanistan and was further cultivated and developed into an earlier version of the carrot we know today. Both types of carrots spread throughout the Mediterranean region and were adopted by the ancient Greeks and Romans for their medicinal use. Carrots did not become a popular vegetable in Europe until the Renaissance. This was probably related to the fact that the early varieties had a tough and fibrous texture. Centuries later, beginning in the 17th century, agriculturists in Europe started cultivating different varieties of carrots, developing an orange-colored carrot that had a more pleasing texture than its predecessor. Europeans favored the growing of this one over the purple variety, which was and still is widely grown in other areas of the world, including southern Asia and North Africa. Carrots were subsequently introduced into the North American colonies. , The carrot became the first canned vegetable in the early 1800s.

Today, the United States, France, England, Poland, China and Japan are among the largest producers of carrots. How to Select and Store Carrot roots should be firm, smooth, relatively straight and bright in color. The deeper the orange-color, the more beta-carotene is present in the carrot. Since the sugars are concentrated in the carrots' core, generally those with larger diameters will have a larger core and therefore be sweeter. Carrot tops should be cut off before storing in the refrigerator. The trick to preserving the freshness of carrot roots is to minimize the amount of moisture they lose. To do this, make sure to store them in the coolest part of the refrigerator in a plastic bag or wrapped in a paper towel, which will reduce the amount of condensation that is able to form. They should be able to keep fresh for about two weeks. Carrots should also be stored away from apples, pears, potatoes and other fruits and vegetables that produce ethylene gas since it will cause them to become bitter.

Nutrition: The carrot is an herbaceous plant containing about 87% water, rich in mineral salts and vitamins (B,C,D,E). Raw carrots are an excellent source of vitamin A and potassium; they contain vitamin C, vitamin B6, thiamine, folic acid, and magnesium. Cooked carrots are an excellent source of vitamin A, a good source of potassium, and contain vitamin B6, copper, folic acid, and

magnesium. The high level of beta-carotene is very important and gives carrots their distinctive orange color. No other vegetable or fruit contains as much carotene as carrots, which the body converts to vitamin A. Carrots also contain, in smaller amounts, essential oils, carbohydrates and nitrogenous composites. They are well known for their sweetening, antianaemic, healing, diuretic, remineralizing and sedative properties. Raw or Cooked??? Clearly a raw carrot has more goodness in it when it is raw and therefore you would assume it is the healthiest way to eat it. But because of the cellular nature of the carrot, unless it is juiced or chewed very very well, the body cannot break down the goodness and is able to convert less than 25 per cent of their beta carotene into vitamin A. Cooking partially dissolves cellulose-thickened cell walls, freeing up nutrients by breaking down the cell membranes. So long as the cooked carrots are served as part of a meal that provides some fat the body can absorb more than half of the carotene. Also, it usual for Carrots to be cut into pieces and eaten after boiling or steaming, but done in this way, half the proteins and soluble carbohydrates will be lost so it is more advisable to cook them whole and then cut up.

Carrot Names around the World

Austria: Mohre	Netherlands: Peen
Belgium: Wortel	Norway: Gulrot
Denmark: Gulerod	Portugal: Cenoura
Finland: Porkkana	Spain: Zanahoria
France: Carotte	Sweden: Morot
Germany: Mohre	Switzerland: Carotte
Greece: Karotto	UK: Carrot
Italy:Carota	Polish: Marchew
Chinese: hu lu bo	Malay:lobak merah
Mongolian:luuvan	Thai:Khaerot