

# Schreiber & Sons

*It's a Culinary Adventure*

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

## Week 17 - Week of August 25<sup>th</sup>

1. Carrots
2. Green onion
3. Bulb onion
4. Potato
5. Pepper, bell - medley
6. Pepper, hot - jalapeno
7. Cucumbers
8. Squash - large and medium shares only
9. Tomatillos - small shares only
10. Melon medley - small shares 1 melon, medium shares 3 melons, large share 4 melons
11. Tomatoes
12. Sweet corn
13. Farmer's choice - see below for an explanation

**Farmer's Choice.** We have some odds and ends of some produce-not enough of one item for everyone but enough to spread around. We are going to put some surplus produce in your box, who knows what, but it will be something.

**Refer a Friend Program.** If you have a + sign on your label this means you referred someone that joined the CSA and they told us about it. From time to time we have put some extra produce in your box.

**Fall Farm Party.** The sons of Schreiber and Sons go back to school this week, the ultimate signal that summer is over. Fall follows summer and another sign that fall is coming is that we have our annual Fall Farm Party. The structure of this party will be similar to that of the Spring Farm Party. It will have farm tours starting at 1 p.m., with a meal at around 4 or 5. We will provide the venue, some vegetables to grill, lots and lots of melons and we are working an awesome mixed grill of poultry. I want to see how many kinds of birds (within some reason) that I can find to grill. If you have some suggestions, let me know. Of course, following dinner we will have a really big bonfire or in this case some really big bonfireS.

Please look at the attached invitation for the details and instructions. We look forward to seeing you at our favorite place in the world.

**Cardoon.** We had a few culinary adventurers who came up with some ideas with what they could do with this very antique vegetable. Tanya took two recipes (one from member Amanda

Gustafson (Minestra di Cardi in Compagnia or Cardoon Soup) and from member Wilma Page (Creamy Cardoons with Parmesan and Toasted Bread Crumbs). I was really surprised how good both dishes were. Who knew the cardoon's were that tasty, actually who knew anything about cardoons. In the spirit of full disclosure we did not add the chicken livers. Also, I have a feeling that cardoons have something in common with eggplant in that it tastes like what you cook it in. Hopefully by Monday afternoon we will have several cardoon recipes on our website.

*If anyone else wants cardoon, you have let us know no later than the morning of the day you pick up your box. Send us an email with a recipe and we put some cardoon in your box.*

More about cardoon. The plant looks very similar to its close relative the artichoke. Right now the plants are about four feet tall. I harvested my first cardoon Saturday afternoon for Tanya to cook. The leaves are about three feet tall-you avoid the tougher outer larger leaves. You trim the leaf portion away and you have about a 18 inches of a stalk that is similar to a celery stalk but is much wider and larger. Cardoon is prepared similar to celery or asparagus, but it must always be cooked. It is often cooked with cream or cheese sauce, browned or pureed with potatoes. Cardoon is almost always blanched before being cooked to make it more tender and to rid it of some of its bitterness. Using a vegetable peeler, pull off the tough strings from the sides of the outer ribs. Cut the ribs in to 3 to 4 inch pieces (unless your recipe calls for something different).

The cardoon we eat was very tender, mild in flavor tasting somewhat similar to celery but not quite.

**Melons.** We need to talk about melons. Melons can be divided into two groups; watermelons and melons. The focus on this passage are non watermelon melons. Melons originated in India, Africa or both. Melons belong to the same family as the cucumber, pumpkin, squash, watermelon and gourds. All of these fruits grow on a trailing vine however melons require warmer temperatures and lots of sunlight. There are many kinds of melons but they are generally divided, as are squashes, into summer melons (cantaloupes) or winter melons, can be oblong in shape and have a longer storage life – these include the honeydew, casaba , canary, Galia and Santa Claus melons.

The true cantaloupe derives its name from the papal villa of Cantalupo, near Rome, where it was cultivated around 1700. This orange-fleshed melon is rough skinned with deep grooves. The most widely cultivated variety is the Charentais, which is lightly ribbed and has a pale green skin; this variety accounts for almost the entire French melon crop. True cantaloupes are rarely found in America; what we call cantaloupes is actually a variety of muskmelon.

The muskmelon, or netted melon, is round and usually ribless with distinctly netted skin. A number of hybrid varieties combine the characteristics of the cantaloupe and muskmelon (oval, netted, ribbed or ribless), which causes some confusion when it comes to classifying. All of these tasty melons have salmon-colored or orange-yellow flesh; they are often named after the place where they were originally cultivated (e.g. Charente).

The honeydew melon is a smooth-skinned variety which changes from pale green to creamy yellow color as it ripens. Honeydews usually weigh between 4 and 7 pounds and have a shelf life of up to one month.

The casaba melon can be round or ovoid and usually weighs between 4 and 7 pounds. It has a wrinkled yellow or orange skin with a greenish tinge at the stem end. Its whitish flesh is creamy, but often less fragrant than other melons.

The canary melon is oblong with smooth canary yellow skin. It has deliciously sweet whitish flesh with a hint of pink near the cavity and is very fragrant when ripe.

The Galia melon is an Israeli hybrid and bears the name of the family that created it. It has a brownish yellow skin is ribbed and netted, and it has a very aromatic pale green flesh.