

Newsletter

Erehwon Farm

Week 10-August 11, 2008

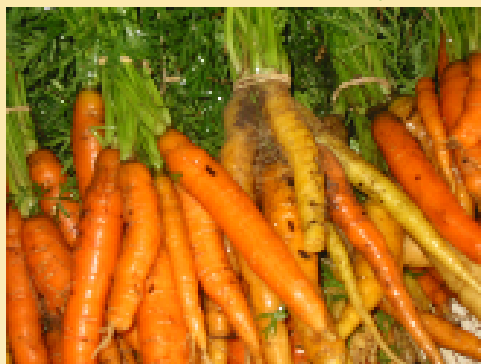
This is a Healthy Alternative B week

Farmer Tim Reports

Greetings from Erehwon!

The hot weather last week created a spurt of growth by our warm-weather plants: tomatoes, peppers, okra, beans, melons, sweet potatoes, and squash. At Konen's farm we are starting to see a few ripening winter squash, pumpkins, gourds, and watermelons. This week "plus" customers should get a nice bag of tomatoes and bell peppers with some for everyone the following week. The potato harvest has been a bit disappointing this year at Konen's but Mike is building a potato harvester that will speed up the process and provide some new varieties for subscribers to sample. We'll also have corn again next week. At Mongerson Chuck Wettergreen has nearly completed modifications to our water tanks and well pumps so we should have irrigation capacity next week. Thanks, Chuck!

On Saturday the Weston Price group met in the Mongerson vegetable processing area to demo techniques for preserving the harvest. Erehwon provided them some produce to work with and we heard there was a great deal of chopping, dicing, blending, mixing, and peeling as members prepared vegetables to be fermented. We think there was a good time had by all but we were at markets during the meeting. Not long after the meeting a line of thunder showers gave our garden a welcome drink. Unfortunately, the meeting was booked at the last minute after the group had lost its regular meeting place, and we were not able to get the details into the last newsletter. We hope to have a similar event for subscribers this month. Next



month the meeting may also be held at the farm and subscriber and volunteer Steve Trisko will hold a session on "Survival Foods". Check out their web site for more information:
<http://www.westonaprice-elgin.org/>

Bucky the Farm Dog had a good workout at the farm last week. On Wednesday or Thursday a blimp began circling over Geneva, undoubtedly promoting one of the many festivals being held this time of year. Now Bucky is *very* protective of the farm and whenever he sees the Mongerson airspace invaded by a blimp, ultra-lite, or parachutist, he goes into action. Each time the blimp approached the farm Bucky raced to the top of the hill and into the soybean field, barking loudly and urgently, only his eternally wagging brown tail visible above a sea of green leaves. Each time the blimp, confronted in this manner, immediately turned tail and raced back to the east to cower high over Geneva, thoroughly chastised for its rude intrusion. Bucky would then trot down the hill, a satisfied expression on his face, to be greeted by a "attaboys" or "good dogs" by those who happened to be working in the field. Secure in the knowledge that the farm was once again secure, he

headed to his pool under the trees for a much-needed cool down. Skippy, the Assistant Farm Dog, working at the farm for three weeks while his owner, Jenny Gresko, travels to Africa, as yet untrained in the duties of Farm Protector, was interested in the activities but couldn't seem to catch the real significance of Bucky's accomplishment. He did, however, join in by offering a few sympathy barks and racing around madly.

See you next week!

In your boxes this week

The theme this week is "Amazing Cabbage." You can expect to find potatoes (various varieties), summer squash, corn, cabbages, broccoli, and one or more of the following: beans (purple or green), kohlrabi, radishes, and beets. Friday subscribers may get tomatoes (*finally!!!*).

Those who have the Healthy Plus share can expect cucumbers, tomatoes, more corn, maybe lettuce, and bell peppers.

We Get Mail

Hi Annabeth,
I hate to complain but my corn was inedible this week due to caterpillar damage. Caterpillars were still inside of two of the four ears I got this week. I just wanted to let you know.

Thanks!

Diana E. Shull

Hi Beth,

It's nice to get organic corn, but just wanted to mention that between the 14 ears I got (10 this week and 4 the week before), every one of them had

a live worm eating away the corn except for 2. Half were salvageable by cutting off the top couple inches but half were so eaten by worms they had to be thrown away. So only got 7 good ears out of 14. Also, I'm not sure what variety your corn grower is growing but it tastes like feed corn – it's not sweet at all.

Please don't take this as a complaint, just as an FYI as most everything I get is great!

Thanks,
Faye Melville

Several of you have commented on the presence of an extra protein bonus in the corn. To some extent, that is inevitable when you don't spray. Just cut the end that is damaged off and eat the rest. It is unusual for the entire ear to be inedible, but it could happen. We do know the bugs seem to be worse than usual in some batches—that is why last Tuesday's subscribers got so many ears. We are working with Mike Konen to see if we can find some non-chemical method to control the little creatures.

As for flavor—we had some corn ourselves last night and one ear did taste sort of flat. Remember when you cook sweet corn, you shouldn't cook it too long. I plunge mine in boiling water and just bring it back to boiling again before I take it out. If the kernels are not crunchy, you've cooked it too long.
—Beth

Beth-

I just read the newsletter, and it looks like everyone wants corn, but after my husband took one bite of the corn we received last week, he said, "We need to get more of this!" It WAS delicious—some of the best I've ever had. Now, if I could just get my 22 month old daughter to eat it...

Seriously though, where can we buy more, if that's possible? We only pick up every other week, so I didn't know if

there would be any in next week's share.vary.

Also, I wanted to let you know that I have become quite a stir-fryer due to the wonderful assortment of veggies we have received. Last night I made chicken stir-fry (with a honey, orange, ginger sauce) with onion, garlic, swiss chard, celery, squash, and green beans. I am so happy there were leftovers for tonight!

Thanks for inspiring me in the kitchen!

-Rachel Innis
Elburn, IL

Thanks for your kind words and enthusiasm, Rachel. If anyone would like to buy bulk corn, you may contact Mike Konen at 630-391-2470. If you purchase 5 dozen or more the price is \$4 a dozen. His farm is near Sugar Grove, just west of Route 47. You can also talk to him about purchasing his chickens. If you need an extra dozen or two, we'll try to have some to sell on pickup day for \$5/doz and at our farmers' markets. Please let Beth or me know that you are a subscriber to get that price. tf



I'm dreaming of a ripe tomato. Don't worry—they're coming.

Delivery Schedule

12:30—van leaves farm
1:00-1:30—delivery at Ball Hort
1:30-2:00—delivery at Wheaton
2:00-3:00—delivery at Lombard
2:45-3:15—delivery at Bartlett
3:00-3:30—delivery at Elgin

All times are approximate and may

Farm pick-up times

Wednesday: 4:00-6:30
Friday: 2:30-5:30

If you have problems or questions about the pick up, please call Beth (630-485-9964) or Tim (630-485-9963).

Volunteer Event—August 16

The theme for August's volunteer event is "Preparing for Winter Eating."

12:00-2:45

Volunteers help prepare beds, weed, and plant fall crops (see Tim's Farm Report).

3:00-3:45

Brief overview on freezing, drying, pickling, and fermenting summer crops to eat in winter.

4:00-7:00

Potluck dinner—everyone invited—bring a dish to pass. We will provide plates, plasticware, cups, water, and juice. If you want something besides juice or water to drink, bring your own. To help cover our costs, we are asking for \$5 per family. The fee will be waived for those who volunteer.

Children are welcome to help, but for those who get tired, we will also have some children's activities—catching bugs, drawing farm pictures, playing with Bucky the Farm Dog, etc.

Please bring your own chairs as we do not have enough for everyone.

Please e-mail or call Beth so we can have a count of attendees.

Wish List

Yard waste for composting.

Newspapers and cardboard for mulching.

Old wagons for use in harvesting.

Grandma Beth's Cookbook

Paint can lids.

Cooking Demonstrations

We are still looking for volunteers to host cooking demonstrations at subscriber pick ups.

Cabbage

The last couple of weeks at the end of the pick-up period I've noticed a lot of cabbages are ending up on the swap table. I realize cabbages are not a regular part of most of our diets, but maybe they should be. I've been doing some research and found out a lot of interesting things about cabbage. They apply to all forms of cabbage, including Chinese cabbage.

What is Cabbage?

Cabbage, a member of the Cruciferae family, is related to kale, broccoli, collards and Brussels sprouts. Cabbage has a round shape and is composed of superimposed leaf layers.

There are three major types of cabbage: green, red and Savoy. The color of green cabbage ranges from pale to dark green while red cabbage has leaves that are either crimson or purple with white veins running through. Both green and red cabbage have smooth textured leaves. The leaves of Savoy cabbage are more ruffled and yellowish-green in color.

Because cabbage's inner leaves are protected from the sunlight by the surrounding leaves, they are oftentimes lighter in color. Red and green cabbage have a more defined taste and crunchy texture as compared to Savoy cabbage's more delicate nature.

Health Benefits

Cabbage is rich in the following nutrients:

- Vitamin A: responsible for the protection of your skin and eyes.
- Vitamin C: an all important anti-oxidant and helps the mitochondria to burn fat.
- Vitamin E: a fat soluble anti-oxidant which plays a role in skin integrity.
- Vitamin B: helps maintain integrity of nerve endings and boosts energy metabolism.

Modern science has proven beyond a reasonable doubt that the health benefits and therapeutic value of cabbage, which also plays a role in the inhibition of infections and ulcers. Cabbage extracts have been proven to kill certain viruses and bacteria in the laboratory setting. Cabbage boosts the immune system's ability to produce more antibodies. Cabbage provides high levels of iron and sulphur, minerals that work in part as cleansing agents for the digestive system.

Cabbage ranks right up there with broccoli, cauliflower, and brussels sprouts with a reputation for fighting cancer. It's also a good source of vitamin C, fiber, potassium, and other nutrients. Cabbage also offers a major payoff -- the fewest calories and least fat of any vegetable. The vitamin C equivalent, a measure of antioxidant capacity, of red cabbages is six to eight times higher than that of white cabbage.

The health benefits of cabbage include constipation, stomach ulcers, headache, weight loss, skin care, eczema, jaundice, scurvy, rheumatism, arthritis, gout, eye care, heart diseases, ageing, detoxification, cancer, brain function, and Alzheimer's disease.

Cabbage is low in calories and therefore it is good for weight loss. It also has anti-inflammatory properties. It is believed that cabbage juice helps in treating peptic ulcers. Since cabbage is abundant in Vitamin C, it is good for protection from free radicals.

Cool cabbage leaves are recommended for nursing mothers who suffer from breast engorgement. It is suggested to use the green part of the cabbage leaves in between feedings. They can be used for prevention of engorgement as well. Many nursing mothers have gotten relief from the use of cabbage with this simple technique.

The most interesting property of this vegetable is its power to reduce the risk of developing a colon cancer. Studies

have shown that population who eat large amounts of cabbage have low rate of colon cancer. This is due to its high content in fibers and chemicals. Fibers help our intestines to stay healthy by increasing our transit movements. Cabbage also contains chemicals that inhibit tumor growth and protect cells against free radicals.

Cabbage may reduce the risk of heart disease and stroke as well as that of cancer, specifically colon cancer. It may also cut the risk of cataracts and spina bifida. It speeds ulcer healing and improves digestive health. Cabbage has a high folate, vitamin B and antioxidant content.

In Alzheimer's disease, an increase in the production or accumulation of a protein called beta-amyloid protein results in brain cell damage and death from oxidative (free radical) stress. Antioxidant polyphenols abundant in red cabbage, particularly its anthocyanins, can protect brain cells against the damage caused by amyloid-beta protein, suggests a study published in *Food Science and Technology*.

Tips for preparing cabbage:

Even though the inside of cabbage is usually clean since the outer leaves protect it, you still may want to clean it. Remove the thick fibrous outer leaves and cut the cabbage into pieces and then wash under running water.

If you notice any signs of worms or insects, which sometimes appears in organically grown cabbage, soak the head in salt water or vinegar water for 15-20 minutes first. To preserve its vitamin C content, cut and wash the cabbage right before cooking or eating it. Since phytonutrients in the cabbage react with carbon steel and turn the leaves black, use a stainless steel knife to cut.

To cut cabbage into smaller pieces, first quarter it and remove the core. Cabbage can be cut into slices of varying thickness, grated by hand or shredded in a food processor.

Proper cabbage preparation and cooking methods are essential for receiving its cancer-preventive effects:

Research has found that the association between frequently eating cabbage and a significantly reduced risk of breast cancer is only seen with raw and short-cooked cabbage foods (steamed cabbage and sauerkraut), not long-cooked cabbage recipes (hunter's stew, cabbage rolls, pierogi). Slice or chop your cabbage and let sit for 5-10 minutes before cooking, and cook lightly, steaming or sautéing for 5 minutes or less.

A few quick serving ideas:

Cabbage leaves are a great way to inspire leftovers. Spoon some leftovers such as rice salad or a vegetable mixture onto the center of a cabbage leaf and roll into a neat little package. Bake in medium heat oven until hot. Enjoy your easy and healthy version of stuffed cabbage, a traditional eastern European dish.

Braise red cabbage with a chopped apple and red wine. This is a child-friendly dish, since the alcohol (but not the flavor or the flavonoids) will evaporate.

Combine shredded red and white cabbage with fresh lemon juice, olive oil, and seasonings such as turmeric, cumin, coriander and black pepper to make coleslaw with an Indian twist. Sauté cabbage and onions and serve over cooked buckwheat for a hardy side dish.

Use shredded raw cabbage as a garnish for sandwiches.

Cole Slaw With Apples

½ cup low-fat lemon yogurt
2 Tbsp cider vinegar
1 Tbsp light mayonnaise
Salt and ground pepper to taste

Whisk together in a medium bowl.

Add 4 cups thinly sliced or shredded green and red cabbage and 1 Golden Delicious apple, cut in thin wedges.

Kim Chee

1 large head Chinese cabbage
Sea salt
4 green onions (including tops)
1 clove garlic, minced
1 dried hot red chili (about 2" long), crushed
1 tsp fresh ginger, grated

Cut cabbage into pieces, 1-inch long and 1-inch wide. Sprinkle 2 Tbs salt on cabbage, mix well, and let stand 15 minutes.

Cut green onions in 1-1/2 inch lengths, then cut lengthwise in thin slices. Wash salted cabbage three times with cold water. Add the onions, garlic, chili, ginger, 1 Tbs salt and enough water to cover. Mix well. Cover and let stand for a few days.

Taste mixture every day. When it is acid enough, cover and refrigerate up to 2 weeks. Makes about 1 quart.

Fruity Cabbage Salad

4 c thinly sliced cabbage
1 c shredded carrot
1 c pineapple chunks
Juice of 1 lemon
Juice of 1 orange
1/4 tsp Salt
1/3 c safflower or peanut oil

Place cabbage, carrots & pineapple into a large bowl.

Mix the dressing by whisking all the ingredients together till creamy or by drizzling the oil into the juices while in a blender.

Thoroughly blend the dressing & the vegetables.

Refrigerate or serve immediately.