

Erehwon Farm

Newsletter Week 1-June 06, 2011

Farm Report

Hello from Erehwon!

Welcome to the summer CSA. Yeah for veggies! As always we are excited to begin the new season. Bucky the Farm Dog cannot wait to greet subscribers as they come to pick up their veggies. Of course, with the years, he is getting a little slower as are Farmer Tim and Grandma Beth, but we all keep plugging away.

We have had a very busy winter and spring at Erehwon. The biggest undertaking was settling into the new farm, and we're not finished yet. Our new landlords have been working to make the new property work for us and cleaning up years of accumulated debris around the place, In addition, they have created parking areas for us, wired one of the buildings for electricity and lights, finished the farm office, and are just one step away from completing the walk-in cooler. Thank you Rakip and Hazis Azemi.

The next big project was the maple sugaring. There are quite a few maple trees on the new property and Farmer Tim got the crazy idea to tap them and make maple syrup. He did and ... it worked! This year was pretty much of an experiment and so we didn't make too much of a big deal over it, but next year we are planning on expanding the operation. Maple Sugaring Festival



here we come. Here's something to look forward to in late February or early March while we're still wishing for warmer weather.

Of course throughout all this we were doing the winter markets on Saturday mornings at Inglenook and a few other occasional markets at churches in the area. We were also at the Elgin Green Festival and Geneva's Gardenology in May. In May as well we held our first Farm Open House, which will probably become an annual event.

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We had our first spring CSA—six weeks long with eleven subscribers. We now have the kinks worked out and we're ready for more next year.

This summer will be even busier as we have added two new Farmer's Markets, one in Logan Square (Chicago) and the other in Warrenville. We are also going to be at two local events this weekend: Batavia Green Walk on Friday night where we will be helping promote the Batavia Farmer's Market and the Aurora Green Fest on Saturday.

Whew! We get tired just thinking about it. It's a good thing we have Jeremiah and Meghan back this year. Jeremiah has been helping us on and off at the farm for a couple of years and is now a year-round employee. Meghan volunteered at the farm one or two days last year and is now working for us three days a week. She will also be handling the Logan Square Market on most days along with her friend Emily who volunteers at the farm occasionally.

We look forward to seeing all of you over the next weeks and hope you enjoy your veggies.

This week's produce:

[Chinese cabbage](#), [broccoli](#), green onions, adolescent [beets](#) (bigger than baby, but not yet adult), Farmer Tim's Health Mix, lettuce, [kale](#) (white

Russian, dinosaur, or curly), [Happy Rich](#) (broccoli raab type), and green garlic (chop and use like regular garlic, even the stem—pull off leaves as they get coarse and continue up the stem).

Farm Pick-up Times

Wednesday 4:00-6:30

Friday 2:30-5:30

Delivery Times (Tuesday)

1:00-1:30 Van leaves farm

1:45-2:15 Drop off at Wheaton

2:00-2:30 Drop off in Lombard

2:30-3:00 Drop off at Bartlett

3:00-3:30 Drop off at Elgin

Batavia Green Walk

On the Donovan Bridge in
Downtown Batavia

Friday June 10th from 5:00 – 8:00
pm

Join us at Batavia's 4th Annual Green Walk! MainStreet is partnering with the Batavia Community Garden, Batavia Environmental Commission and other green groups to present a Green Walk. The evening will also include the unleashing of "Bulldogs Unleashed" at 7pm!

The Green Walk will feature vendors, local organizations and people, up and down the Wilson St. William J. Donovan Bridge, who will raise our community awareness of the art of going green! Enjoy the Community Garden demonstrations, figure sculpting with Batavia Clay straight from the river, education on composting,

and green children's activities from 5-8pm. Then, at 7:00pm, head over to the riverwalk for the unleashing of Bulldogs Unleashed!

An event map is being prepared and distributed online with printed copies available at participating businesses. Join us for an evening of Green fun.

Aurora Green Fest

The Aurora Green Fest is a free event and also includes eco-businesses, environmental non-profits, demonstrations, speakers, kids' activities, 3D art from recycled materials, music, and food. Other highlights Include:

- Urban Green Living Tips – practical tips for everyday green living in Aurora, from how to energy audit your home to how to tune-up your bike.
- 3D Sculptural Art Exhibit — FRAMA, Fox River Art and Music Academy, sponsors our Environmental Art Exhibit. Art will be 3D sculptures made from recycled objects.
- Outdoor Nature Activities – nature walks with local nature and birding experts and Spin Cast Reel Fly Fishing.
- Gardening and Landscaping Features – organic vegetable gardening, landscaping with native plants, water erosion management, rain barrels, and worm composting.
- Renewable Energy and Energy Efficiency -- solar, wind, and geo-thermal energy.

- Ways to save on your utility bills – be green and save green.
- Green Kids Activities – "Kids teaching kids", with gardening for kids, and Aurora Township Youth Program presenting environmental lessons. Kid's art activities.
- Whole Food – Reuland's Food Service with fresh, natural foods from the grill.
- Live Music – Two great local bands, Red Horse Band and Dough.
- Fun Things to Buy – Jewelry from reclaimed silver, pretty things from recycled wine bottles, household items for the organic home, rain barrels, and more.

Aurora's Green Fest is presented by Aurora Green Lights, in affiliation with the Conservation Foundation. Aurora Green Lights is an independent, non-profit citizens' group, with a mission to promote sustainable living in the Greater Aurora Area.

Events

Thursdays all summer long
[Geneva Green Market](#)
Saturdays starting June 26
[Batavia Farmer's Market](#)
Sundays all summer long
[Logan Square Farmer's Market](#)
Wednesdays in June

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Chinese Cabbage

A member of the brassica family, this cabbage is also known as Napa cabbage, celery cabbage, pe-tsai, hakusai, wong bok, and Peking cabbage. It has crinkly, cream-colored leaves with pale green tips, and a milder flavor and aroma than common cabbage.



Health benefits

- Chinese cabbage is incredibly low in calories. 100 g fresh leaves contain only 16 calories. Along with celery, bok choy...etc, it easily fits in to zero calorie or negative calorie group of vegetables as often recommended by some dieticians.
- Chinese cabbage is packed with many antioxidant plant compounds such as *carotenes*, *thiocyanates*, *indole-3-carbinol*, *lutein*, *zeaxanthin*, *sulforaphane* and *isothiocyanates*. In addition, it has abundant in soluble and insoluble dietary fiber. Scientific studies suggest these compounds are known to offer protection against breast, colon and [prostate cancers](#) and help reduce **LDL** or "bad cholesterol" levels in the blood.
- Fresh cabbage is an excellent source of folates. Folic acid is one of the essential components of DNA. Sufficient amounts of folates in [the diet](#), especially in the antcipant mothers help prevent neurological diseases in the new born babies.
- Further, Chinese cabbage has very good levels of **vitamin-C**. 100 g of fresh vegetable provides about 45% of daily requirements of this vitamin. Regular consumption of foods rich in vitamin C helps body develop resistance against infectious agents and scavenge harmful, pro-inflammatory free radicals.
- Like in other cabbages, Chinese cabbage has adequate levels of **vitamin K**, provides about 38% of RDA levels. Vitamin-K has potential role in the bone metabolism by promoting osteotrophic activity in bone cells. Therefore, enough vitamin K in [the diet](#) makes your bone stronger, healthier and delay [osteoporosis](#). Further, vitamin-K also has

established role in curing Alzheimer's disease patients by limiting neuronal damage in their brain.

- Chinese cabbage has small levels of vitamin A. However it also contains flavonoid poly phenolic compounds such as carotenes, lutein and xanthis which convert to vitamin A in the body.
- Like other green vegetables, it is good source of many essential vitamins such as riboflavin, pantothenic acid, pyridoxine (185 of RDA) and thiamin. These vitamins are essential in the sense that our body requires them from external sources to replenish.
- In addition, it is very natural source of electrolytes and minerals like calcium, potassium, phosphoreus, manganese, iron and magnesium. Potassium is an important component of cell and body fluids that helps controlling heart rate and blood pressure. Manganese is used by the body as a co-factor for the antioxidant enzyme *superoxide dismutase*. Iron is required for the red blood cell formation.

Buying and storing tips

Chinese cabbage can be found in the produce section of most health food stores, specialty markets, and some supermarkets. Choose firm, tightly packed heads that have crisp, green-tipped leaves. Refrigerate Chinese cabbage, tightly wrapped, for up to three days.

Preparation, uses, and tips

Remove the stem, separate the leaves, and wash well. Slice the leaves into strips about 1 to 1 ½ inches thick and stir-fry with carrots, red sweet peppers, mushrooms, and tofu or chicken.

Chinese Cabbage Salad

- 2 tablespoons sesame seeds
- 1 ½ tablespoons rice vinegar
- ½ teaspoon sesame oil
- 2 tablespoons white sugar
- ½ teaspoon salt
- 1/4 teaspoon black pepper
- 1/3 cup olive oil
- 4 cups shredded cabbage
- 2 carrots, shredded
- 1 (3 ounce) package ramen noodles, crushed

In a small skillet, toast sesame seeds over medium heat until golden brown and fragrant.

In a small bowl, mix together vinegar, sesame oil, olive oil, sugar, salt, pepper, and ramen seasoning packet.

In a large bowl, mix together cabbage, carrots, and crushed ramen noodles. Toss with dressing to coat evenly. Top with toasted sesame seeds.

Pork and Veggie Stir Fry

1 pound (16 ounces) pork roast or pork tenderloin
1 tablespoon peanut oil (do not use olive oil as it cannot withstand the high heat of stir-frying)
2 cloves garlic, smashed and chopped
1 cup carrots, shredded
1 cup cremini mushrooms, sliced
1/4 whole Chinese cabbage, shredded (about 2 cups)
2 tablespoons soy sauce, low-sodium
1 teaspoon whole-grain mustard
1 teaspoon sesame oil
2 tablespoons natural peanut butter, smooth
1/2 cup hot water

Trim fat from the pork and cut into 1/2 inch cubes.

Heat a skillet over moderately high heat, then add the oil. Once the oil is hot, add the trimmed and cubed pork. Stir fry until the pork is no longer pink.

Remove the pork from the skillet and cover to keep warm.

Rinse out the skillet, and spray it with nonstick cooking spray. Heat the skillet to moderate heat and add the carrots, garlic, cabbage, and mushrooms. Cook over moderate heat for 3-4 minutes. While the vegetables are cooking, combine the soy sauce, mustard, sesame oil, and peanut butter in a small bowl. Pour in the hot water and whisk with a fork to create a smooth sauce. Pour mixture over the vegetables and add the cooked pork back to the pan. Stir fry for 2 additional minutes. Serve with whole-grain noodles or rice.

Sweet and Sour Cabbage

1 pound Chinese cabbage (Peking cabbage)
1 red bell pepper
5 teaspoons white wine vinegar

1 1/2 teaspoons light soy sauce
1 teaspoon Chinese rice wine or dry sherry
4 1/2 teaspoons granulated sugar
1/2 teaspoon hot chili oil, or to taste, optional
2 tablespoons vegetable or peanut oil, for stir-frying
2 tablespoons finely chopped ginger
Pinch of salt, optional

Remove the leaves from the Chinese cabbage, discard any wilted leaves or ones with browned spots. Lay several of the leaves on top of one another, and cut crosswise into thin strips.

Remove the stem from the bell pepper. Cut the bell pepper in half and remove the seeds and white pith from the middle. Cut the bell pepper lengthwise into thin strips.

In a small bowl, combine the white wine vinegar, rice wine or dry sherry, soy sauce, sugar and hot chili oil. Set aside.

Heat the wok and add oil. When the oil is hot, add the chopped ginger. Stir-fry for about 10 seconds, until the ginger just starts to become aromatic. Add the cabbage. Stir-fry for a minute, then add the red bell pepper. Stir-fry for another minute, or until the cabbage is tender but still crisp. Add a pinch of salt to the cabbage during stir-frying if desired.

Give the sauce a quick re-stir and swirl it into the wok. Cook, stirring to mix everything together. Serve immediately.

Pickled Chinese Cabbage

1 pound Chinese cabbage
2 tablespoons salt
1 1/2 cups water
1 teaspoon Szechwan peppercorns
1 teaspoon sherry

Cut cabbage stems in 1/2 by 2 inch strips. Let dry out several hours or overnight; then place in a large jar.

Bring water almost to a boil, then remove from heat. Stir in salt to dissolve; add Szechwan peppercorns and sherry. Let cool; then pour over cabbage.

Cover and refrigerate 3 days. Before serving, drain cabbage well and blot with paper toweling.