

BIG ROCK ORGANICS

AT LAMB OF GOD FARM

CSA NEWS LETTER WEEK 10

What's in the Box?

This week you will find the following fresh vegetables:

BiColored Sweet Corn, Bright Lights Swiss Char,, String Bean Medley of purple, green and dragon's tongue beans, Medley of Beets, Turnips, Zucchini, Yellow Squash,Round Zucchini, Caraflex Cabbage, Broccoli, Suyo Long and English Cucumbers, Peppers,, Lavender Peppers,Purple and Green Kohlrabi, Edemame, Sage and Garlic Chives

Field News

Nice cooler weather is great for picking veggies, but is slowing down the tomato ripening process. Be patient, they will be worth the wait!

Please feel free to share interesting recipes you find as you search the internet and



Greetings from the farm....

...Moving into our tenth week together! We are at the half way point of the season and you can see how the bounty is progressing and the boxes are getting heavier! New items include Edemame!!

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Don't want to munch on chips during your Superbowl party? Chef Gabe Caliendo over at Lazy Dog Café has a healthier option. Here is the recipe for Togarashi Edamame Beans



Shaved Kohlrabi with Apple and Hazelnut

INGREDIENTS

**1/2 cup blanched
hazelnuts**

**2 medium kohlrabi
(about 2 pounds total),
peeled, thinly sliced on
a mandoline or use a
potato peeler**

**1 tart apple (such as
Pink Lady or Crispin),
peeled, cored, thinly
sliced on a mandoline**

**1/2 teaspoon finely
grated lemon zest**

**1 tablespoon fresh
lemon juice**

**1 tablespoon white wine
vinegar or white
balsamic vinegar**

Kosher salt

1/2 cup torn fresh mint

INGREDIENTS

1 tbsp. vegetable oil

**8 oz. unshelled fresh edamame pods picked
off of stems**

***1 tbsp. Traditional Togarashi
Seasonings (McCormick Japanese 7 Spice
Blend),**

1 tsp. crushed garlic

1 Fl. Oz. Soy Sauce

1 Fl. Oz. Rice Wine Vinegar

1 tsp. Sesame Oil

Fresh Orange Zest (optional)

1 tsp. sesame seeds (garnish)

DIRECTIONS

**1. Bring 4 cups of water to a boil and add the
edamame. Once the water is boiling again,
cook for 5 minutes or until tender. Drain and
transfer edamame to a bowl of ice water to
cool. Drain and pat dry or use a salad spinner
to dry. Set aside.**

**2. Heat vegetable oil in a large, heavy wok or
skillet over medium-high heat. Add togarashi
seasonings and crushed garlic; sauté lightly**

for 30 seconds. Add edamame and stir to heat through, about 2 minutes. Add soy sauce, rice wine vinegar and orange zest; stir 1 minute to coat evenly and heat through. Finish by stirring in sesame oil. Transfer to plate and serve hot. Garnish with sesame seeds.

NOTE: If you cannot locate the Japanese 7 Spice Blend.. here's a recipe to make it yourself:

2 tbsp chili flakes

1 tbsp black peppercorns

2 tbsp sesame seeds

4 tbsp dried orange peel

2 tbsp ginger powder

2 tbsp dried seaweed(nori, wakame or arame are ideal)

coarsely grind all ingredients, then add ginger powder.. makes 5-6 tbsp. Store in an airtight container.

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