

# The Acorn Angle...

August 2008, box #9



## What's Fresh? How do I prepare it?

### BEANS

- ✦ Blanch and freeze for future recipes
- ✦ Make bean salad

### BEETS

- ✦ Roast with other veggies
- ✦ Make fries (see recipe a few weeks back)

### BROCCOLI

- ✦ Enjoy raw cut into a salad
- ✦ Steam and enjoy on a baked potato

### CABBAGE

You can store this in the refrigerator in a plastic bag for a few weeks before eating.

- ✦ Make cole slaw
- ✦ Cut and add to a salad

### LETTUCE

- ✦ Enjoy a cool, fresh salad on a hot summer day!

### ONIONS

- ✦ Enjoy these sweet Walla Walla onions on a hamburger or bean burger!

### PEPPERS - Green & Jalapeno

- ✦ Add to a stir fry
- ✦ Use jalapenos to make salsa

### TOMATILLOS

- ✦ Slice and add to a fresh salad
- ✦ Make a green salsa
- ✦ Create a green sauce for enchiladas or sauce for meat

### ZUCCHINI

- ✦ Slice into sticks and sauté with olive oil and garlic
- ✦ Slice into strips and grill

### HERB - CILANTRO

- ✦ Add to tomatillo or tomato salsa
- ✦ Add to bean burgers

Hello!

This is a busy week on the farm. There are a few new items in your box this week: cabbage, peppers, tomatillos, and zucchini. You will receive all of these again, with the exception of cabbage.

I am sharing one of my favorite recipes with you - bean burgers! Even strict carnivores will love these! They are easy to make and freeze well. Although we are only offering you a few ingredients for this recipe, it is such a good one, that I wanted to include it.

Happy Eating!

~Kyle, CSA Manager  
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## Did you know? - TOMATILLOS

Tomatillos are small fruits (used as a vegetable) enclosed in a husk. The fruit resembles a small unripe tomato and is usually green or yellow. The yellow color indicates ripeness, but tomatillos are most often used when they are still green. Green tomatillos are firmer and easier to slice. The husk that holds the fruit is paper-like and is light brown. The flesh is slightly acidic with a hint of lemon. Tomatillos belong to the same family as tomatoes.

The Aztecs first grew tomatillos as far back as 800 B.C. and they have been popular in Mexico and other Latin American countries for many years. In the US, they are mainly grown in Texas.

### Storage

Fresh tomatillos with the husk still intact may be stored in the refrigerator for up to two weeks. They are best stored in a paper bag. Tomatillos last a week longer in the refrigerator if the husks are removed and the fruit is placed in sealed plastic bags. Tomatillos may also be frozen after removing the husks.

### Preparation

The husks must be removed before preparing, but tomatillos in the husk are often used as decoration. Wash the fruit with soap and water to remove the film left by the husk. Tomatillos may be used raw in salsas or salads or cooked for sauces. Cooking enhances the flavor and softens its skin, but the result is a soupy consistency since the fruit collapses after a few minutes.

# Recipes of the week...

## Salsa Verde

From *Authentic Mexican*, by Rick Bayless

½ lb. (5-6) **tomatillos**, husked and washed

Fresh hot green chilies to taste (2 serranos or 1 **jalapeno**), stemmed – remove the seeds for a milder salsa

5-6 sprigs fresh **cilantro**, roughly chopped

½ **onion**, chopped

½ tsp. salt, plus more to taste

Boil fresh tomatillos in salted water until barely tender, 8-10 minutes, then drain. Place the tomatillos in a blender or food processor, along with the chilies, cilantro and onion. Blend or process to a coarse puree. Pour into a bowl, and thin to a medium-thick consistency with ¼ cup water. Season with salt. Let sit for half an hour before serving, to allow the flavors to blend. Yield: 1 ½ cups

## Pennsylvania Dutch Cabbage and Noodles

1 tablespoon canola or corn oil

1 medium **onion**, chopped

1/2 head **cabbage**, coarsely chopped

1/2 cup water

2 cups whole wheat or egg noodles, cooked

salt, pepper

1/4 cup cheese, cheddar or goat work well, shredded (optional)

Heat the oil in a large frying pan and add the onion. Cook until the onion begins to become transparent. Then add the cabbage and the water. Reduce the heat a bit and stir occasionally. When the cabbage is steamed through, add the cooked noodles, salt and pepper to taste and stir gently. If you want to make this extra special, toast some breadcrumbs in a little butter and add those to the top of the dish before serving.

## Black Bean Burgers

1/3 cup coarsely chopped **onion**

2 cloves garlic, peeled

1 teaspoon cumin

1 1/2 cups canned black beans (or black soybeans), rinsed and drained

1/2 cup dried bread crumbs

1/3 cup chopped **cilantro** leaves

3/4 cup walnuts, toasted and finely chopped

1 large egg, beaten

salt and pepper

In a food processor fitted with a metal blade, place onion, garlic, and cumin; pulse until coarsely chopped. Add beans, and cilantro; pulse until just combined (don't puree). Transfer mixture to bowl. Add walnuts to food processor and finely chop. Add chopped walnuts and bread crumbs to bean mixture. Season with salt and pepper. Fold in egg and stir until combined. Form into patties. (If burgers seem very wet, add 1/4 cup bread crumbs.) Chill patties, covered, at least 1 hour, and up to 1 day. In a large skillet, heat oil over medium heat until hot; cook patties until light brown, 4-6 minutes on each side. (we usually brush patties with olive oil, and cook on an outdoor grill, or an indoor foreman grill, until heated throughout. *I usually make a double batch and freeze extras for a quick, easy meal.*



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