

Otter Hook Farms

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Traditional Family Farming



Week of August 11, 2009, Harvest Week 10

This week's share includes: New Potatoes, Broccoli, Cabbage, Summer Squash, and Green Tomatoes

Our plans for next week include: Broccoli, Cabbage, Summer Squash, Onions, Peppers, Eggplant, and Basil

Kim chi (Makes about 2 Quarts)

1 Head Napa Cabbage, cored & shredded

1 Bunch Green Onions, Chopped

1 Cup grated carrots

½ cup grated radishes (optional)

1 tablespoon fresh grated ginger

3 cloves garlic, minced

½ tsp dried chili flakes

1 tbsp sea salt

*4 tbsp whey (or if not available, use extra 1
tbsp sea salt)*

Place all ingredients in a bowl and pound with a wooden pounder or meat hammer to release juices (we find pressing with your fist works fine). Place in quart sized, wide mouth Mason jar and press down firmly until juices come to the top of the cabbage. The top of the vegetables should be one inch below the top of the jar. Cover tightly, wrap jar with newspaper and keep at room temperature for about three days before transferring to cold storage. Taste before transferring to cold storage – if a more sour taste is desired, keep at room temp for a little longer.

What a beautiful week we've had! Chris was able to rototill and plant seeds for fall turnips, beets, spinach, arugula, mustard greens and other Asian greens. The rain from the last couple of nights has the seeds germinating already, so we are breathing a sigh of relief that we will have more for the shares starting in about a month. Our winter squash are starting to get some nice size – especially the spaghetti squash, so we are really looking forward to those.

We spoke this week to Seth Jacobs at Slack Hollow Farm, where we got the onions for the shares last year – he has the same wonderful Alisa Craig sweet onions ready, so we are going to get some of those for this year, too. We didn't attempt onions this year, since they don't perform well with any weed pressure...and our reality is that we have weed pressure and not enough time to baby any particular crop. So, we'll have his onions for just a couple of weeks, because it's something we like to include in the shares.

We have used these last few hot days to make pickles, dilly beans, Kim chi and a mixed veggie succotash. Rather than canning or freezing, we are lacto fermenting everything – it's easier, less energy intensive and the end product is healthier for you. Basically, the process uses the beneficial bacteria (lactobacillus) that is already present on the vegetables to ferment them. You prepare the vegetables, pack into clean jars, and add spices, sea salt, whey (which adds extra good bacteria to ensure proper fermentation), and sometimes water, depending on the vegetable. Leave out at room temp for several days to several weeks, depending on the vegetable and desired level of sourness, and then transfer to cold storage. The end product is excellent for digestion, liver and gallbladder function. Several good sources of information on fermentation and cultured foods are Sandor Katz's [Wild Fermentation](#), Sally Fallon's [Nourishing Traditions](#), and Klaus Kaufmann's [Making Sauerkraut and pickled vegetables at home](#). The recipe at the left comes from Sally Fallon's book, with a couple of notes added by me. Enjoy!

Some ideas for those green tomatoes, in case frying them doesn't appeal to you...

- sauté with other veggies and add some leftover rice, soy sauce, rice vinegar and Saki for a variation of fried rice
- chop fine and use in place of shredded zucchini in breads or cakes
- grind and combine with other vegetables or dried fruits and spices to make relish or chutney
- Slice and season like apples to make a mock apple pie.