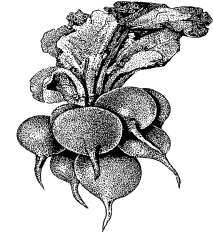


Lettuce Connect



East Farms CSA

Newsletter

October 6, 2005

Message from Jeremy

I hope to see you all on Saturday to pick out your pumpkin. If you can't make it, you can pick up a pumpkin at the farmer's market.

Care and Storage

Refrigerate cabbage in a hydrator drawer. A plastic bag will help retain moisture but it is not necessary. Do not remove outer leaves before storage.

Properly stored, cabbage can last three weeks to two months in the refrigerator. It can last much longer in optimum root cellar conditions.

Vegetable History

Cabbage is perhaps the most globally cultivated of all the plants in the brassica family. It is eaten in almost

every country around the world. In the U.S., we see mostly the standard green, purple and savoy cabbage. Cabbage is low calorie with only 15 calories per one cup serving, cooked. Though composed of 90% water, the cabbage still holds a significant quantity of vitamins and minerals such as vitamin A and C, calcium, potassium and magnesium.

Upcoming Events

The pumpkin picking event is upon us. Meet us at the pumpkin patch between 3:00 and 5:00. The address is 2869 West Gentile Layton Ut. From downtown Salt Lake, take I-15 go NORTH toward OGDEN - go 21.7 mi
Take exit #332/I-15-BUS/UT-126 toward LAYTON - go 0.2 mi
Turn Left on S MAIN ST - go 0.8 mi
Turn Left on W GENTILE ST - go 2.8 mi
Arrive at 2869 W GENTILE ST, LAYTON, on the Left.

If you get lost, call Jeremy at 298-5669.

There is a map at the end of the newsletter.

Cooking Tips

Cut cabbage head first into quarters, then diagonally across the wedge. Cut into thin ½" slices for tossing raw into salads, or cut into thicker slices for steaming or boiling.

Eat cabbage raw or lightly cooked. Overcooked cabbage may produce a strong odor and flavor.

Steam wedges of chopped cabbage for 5-7 minutes. Top with butter, a pinch of salt and pepper, or some grated cheese.

Purple cabbage is very decorative and tasty chopped or sliced into green salads, pasta salads, fried rice, etc.

Cabbage saute's and stir-fries very well with other vegetables. Experiment with a variety of combinations.

Boil cabbage for five minutes with a chopped onion and add to mashed potatoes.

Storage Tips:

Refrigerate cabbage in a hydrator

drawer. A plastic bag will help retain moisture but it is not necessary. Do not remove outer leaves before storage.

Properly stored, cabbage can last three weeks to two months in the refrigerator. It can last much longer in optimum root cellar conditions.

Pears

Biting into a sweet, juicy pear brings a burst of pure autumn. Yet eating the fruit out of hand is just one way to enjoy it. Here are some simple ideas for using pears.

Fruit and Greens:

Arugula Salad with Chanterelles, Pears, Parmesan, and Cider Vinaigrette

Spinach, Pear, and Green Bean Salad with Riesling Dressing

Purslane, Meyer Lemon, and Pear Salad with Kaffir Lime Vinaigrette

Pear, Endive, and Watercress Salad

Main Dishes:

Pork Tenderloin with Caramelized Pears

Linguine with Pears and Gorgonzola Cheese

Paired with Cheese:

Pears with Herbed Ricotta and Honey

Pears Stuffed with Roquefort and
Walnuts in Pastry
Pancetta Crisps with Goat Cheese and
Pear

comments, please contact Shay or
Jeremy East at 298-5669.

Featured Recipes

Thai Style Cabbage Slaw

3 tbsp lime juice
2 tbsp Asian fish sauce (nuoc mam or
man pla)
1 tbsp sugar
½ - ¾ tsp hot chili flakes
6 cups thinly sliced cabbage
½ cup slivered red onion, rinsed and
drained
½ cup fresh mint leaves, chopped
½ cup fresh cilantro, chopped
½ cup chopped roasted, salted peanuts
salt

In a large bowl, mix lime juice, fish
sauce, 2 tbsp water, the sugar, and
the chili flakes to taste. Stir in
cabbage and onion. Just before
serving stir in mint, cilantro, peanuts
and salt to taste.

Making Contact

If you have any questions, concerns or