



Vegetables for the week of November 28th

- Red Express Cabbage
- Golden Beets
- Cipollini Onions
- Sunchokes (Jerusalem Artichokes)
- Gold Ball Turnips
- Sunshine Squash
- Beedy's Camden Kale
- Arugula

Greetings from GVB!

As temperatures drop and snow blankets the Gallatin Valley, it becomes increasingly appealing to spend time in our little domed oases—the greenhouses. On a dry, cold morning, the warmth and humidity inside reminds one that summer will return... eventually. Your kale this week is from Greenhouse 2, which is heated; here, we transplanted green and red kale and chard, and seeded arugula and Asian greens. This patchwork of greenery will keep you eating your vitamins for the coming months!

This week's box includes some of the crew's favorite items. Jacy loves **Sunshine squash**. It is sweet and creamy and can be peeled with a vegetable peeler, then diced and roasted.

Chris and Danielle love to cook with **cipollini onions**. They are a real eye-watering extravaganza and a bit challenging to peel (especially the small ones), but their sweet flavors are worth the extra effort! Danielle roasts them whole—just score the bottom so their skins will slide off after roasting. Once peeled, you can mix these into other roasted vegetables, soups, or any other dish.

Everybody loves **sunchokes!** Also known as Jerusalem artichokes, these potato-like vegetables are the tubers from a species of sunflower. I've included a recipe for soup, but I also love them roasted, with olive oil, salt and pepper, or cooked with a cast iron skillet on the stovetop.

We have a few lambs left! Our pasture-raised lambs are 25-35 pounds each, and you can order a whole or half lamb. \$9.50/pound, cut and wrapped. Cuts include: chops, ground, ribs, leg of lamb, organ meats, and some bones. This is a great opportunity to fill your freezer with delicious, local meat for the upcoming holiday season. **Email matt@gallatinvalleybotanical.com to reserve your lamb!**

Join us for the 14th annual
Christmas in the Country!
at the Dry Creek School
Saturday, Dec. 3. 9am-4pm
Sunday, Dec. 4. 10am-2pm

Locally grown veggies & handcrafted gifts for the holiday season.

More info on Facebook!

TURNIP & JERUSALEM ARTICHOKE SOUP

Author: *Eva in the Kitchen*

Serves: 2

Ingredients:

- 1 T olive oil
- 1 shallot, chopped (or use your cipollini onions!)
- 2 turnips, peeled and chopped
- 2 large potatoes, peeled and chopped + keep some slices behind to turn into chips
- 3 large Jerusalem artichokes (sunchokes), peeled and chopped + keep some slices behind to turn into chips
- Mushroom, chicken, or vegetable stock, 2 cups + 2 tbsp
- Splash white wine
- Salt & pepper to taste
- 2 T Crème fraîche

Instructions:

- 1 Heat the oil in a soup pan and bake the shallot or onion on low heat until soft
- 2 Add the vegetables and bake for about two minutes
- 3 Add the stock and the splash of wine and let simmer until all the vegetables are soft
- 4 Blend until smooth, season with salt and pepper
- 5 Dry the vegetable slices with a bit of kitchen paper and heat a thin layer of vegetable oil in a small frying pan, just enough to cover the bottom of the pan
- 6 Once the oil is hot, add the chips and bake them crispy in about 1-2 minutes (if you're making a lot, fry them in several batches)
- 7 Take out and leave to drain on some kitchen paper
- 8 Swirl in the crème fraîche and garnish with chips before serving

JALAPEÑO GARLIC KRAUT

from *Nourished Kitchen*

Sour and hot, this sauerkraut packs the punch of jalapeno and garlic for a potent side dish or condiment that is resilient with flavor. I tend to pair it with pan-fried sausages or cooked lentils and beans.

Ingredients

- 3½ pounds red cabbage, (shredded)
- 3 cloves garlic, (minced)
- 4 medium jalapeno peppers, (sliced thin)
- 1 tablespoon unrefined sea salt

Instructions

- 1 Wearing gloves to protect your hands from the volatile oils of the peppers, toss the cabbage, garlic, jalapenos and sea salt into a large mixing bowl. Knead the vegetables together by hand for 5 minutes until they begin to release their juices. Allow the shredded vegetables to rest a further 5 minutes, then return for 5 more minutes of kneading.
- 2 Layer the salted vegetables into a quart-sized fermentation jar or crock, and pack tightly until the brine created by the vegetable juice and salt completely submerges the shredded cabbage and peppers. Weigh down the vegetables with a glass weight sterilized stone or other heavy item small enough to fit within your crock, close and ferment at room temperature.
- 3 Taste after about 3 weeks and continue to ferment if the sauerkraut hasn't achieved the level of tartness you prefer. Transfer to cold storage when sour enough for your liking and use within 9 months.

As always, we hope you enjoy your weekly box of farm goodies!

~Kristina

~Matt, Jacy, Zachary, Ania, and CREW

Questions/comments? Email matt@gallatinvalleybotanical.com

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