

HAPPY NEW YEAR!



Vegetables for the Week of December 26th

- Red Cabbage
- Rainbow Carrots
- Daikon Radish
- Spaghetti Squash
- Inchelium Garlic
- Yellow Onion
- Braising Mix (Green Chard, Curly Roja Kale, Beedy's Camden Kale)
- Asian Greens/Salad Mix

Greetings from GVB!

As 2016 draws to a close, I've been thinking about things I am grateful for, and Gallatin Valley Botanical is high on the list. We're fortunate, here in Southwest Montana, to have farmers who tackle the daunting endeavor of year-round organic farming; fresh farm food is especially fortifying in the winter months! Much of our winter work is routine and smooth sailing, but I'd like to highlight a few of the winter challenges we've been encountering out here on Chester Lane:

- 1) SPINACH. We love our winter spinach, but despite lying cozy under 2 layers of row cover and in a greenhouse, it still freezes. Each harvest day, we play the waiting game, and the check-the-weather-over-and-over-again game, in hopes that the spinach will thaw so we can pick. The temps this winter have been a bit relentless, and we've had many days when we just tuck the spinach back in to wait for another day.
- 2) No matter how many times Matt tells us not to flood the concrete when draining the root washer, we still manage to flood the concrete when draining the root washer. So, PLEASE WATCH YOUR STEP if you pick up your produce from the farm. There *may* be some ice along your path to the walk-in.
- 3) Eggs freeze. The chickens are warm enough to lay, but once those eggs get dropped in the laying boxes, they are subject to Montana winter. If only we could train those chickens to lay only during the warmest hours... but, alas, we find some eggs cracked from cold during our morning chores.
- 4) We're getting pretty good at the game of greenhouse tetris. As we continue to grow flats and flats of microgreens, we shuffle them between the germination chamber and the tables, and we're always on the lookout for valuable real estate.

All in all it's been a very productive, busy, and rewarding year out here at GVB! We have three more weeks of Winter CSA (including this week), and then we'll start thinking seriously about next season...SEEDING, SEEDING, SEEDING!

In the mood for some lighter table fare? This week's box includes veggies that will provide a reprieve from Holiday dishes. Whip up some salads and braises, or try out the recipes below.

Rødkål (Braised Red Cabbage), From *North Wild Kitchen*

Rødkål tends to deepen in flavor the longer it sits and is even better the next day.

- 1) Remove the outer leaves of the cabbage, quarter, and remove the core.
Chop the cabbage finely.
- 2) Place the butter in a large pot and melt over medium-high heat. Add the cabbage and stir. Add the rest of the ingredients and bring to a small boil. Lower the heat. Place a lid on the pot.

Ingredients:

- 1 Head of Red Cabbage (1 kg)
- 2 T butter
- 1/3 cup plus 1 T blackcurrant juice concentrate
- 1/3 cup plus 1 T apple juice
- 3-4 T apple cider vinegar
- 2 T honey
- 1 T whole cloves
- 1 tsp salt

- 3) Allow the cabbage to slowly simmer for 2-3 hours with the lid on, stirring once and awhile. Check the flavor toward the end of the cooking process add more vinegar or more honey or juice to your liking.
- 4) When the cabbage has softened, take off the lid and turn the heat up bringing the cabbage to a boil again. Stir frequently and, after a couple of minutes, all of the juices should evaporate and form a slight glaze on the cabbage. Turn off the heat and set aside to cool.

SPAGHETTI SQUASH & KALE FRITTERS WITH SMOKEY CASHEW SAUCE

From: *Dishing Up the Dirt*

PREP TIME: 20 MINUTES COOK TIME: 1 HOUR
SERVES: 10 FRITTERS

Fritters:

- 1 **spaghetti squash***, cut in half lengthwise, remove seeds with a spoon
- 2 Tablespoons olive oil, divided
- 2 leeks OR 1 **small onion**, finely chopped
- 2 cloves of **garlic**, minced
- 1 jalapeño pepper, seeded and diced
- 1 1/2 cups **kale**, roughly chopped
- 2 eggs, lightly beaten
- 1/3 cup oat flour (can sub all purpose flour)
- 1/4 teaspoon fine sea salt
- 1/4 teaspoon chili powder
- 1/4 teaspoon ground cumin
- 1/2 cup cornmeal
- neutral oil for frying

Smokey Cashew Sauce:

- 1 cup raw cashews, soaked at least 30 minutes in water
- 2 Tablespoons tomato paste
- 1/4 cup nutritional yeast
- 1-2 teaspoons smoked paprika
- 1/4 teaspoon cayenne pepper + more to taste
- 1/2 teaspoon fine sea salt
- 2 Tablespoon fresh lemon juice
- 1 cup water + additional to thin if necessary

Preparation:

1 Preheat the oven to 400F. Line a baking sheet with parchment paper and brush the squash slices with 1 Tablespoon olive oil. Place cut side down and roast until fork tender. About 35-40 minutes. Remove from the oven and let cool before scraping out the flesh with a fork. Reduce the oven temperature to 200F.

**Items included in this week's GVB box are in bold.*

- 2 While the squash cooks prepare the veggies. Heat the remaining 1 Tablespoon olive oil in a large skillet. Add the onion and cook, stirring occasionally until soft and fragrant, about 5 minutes. Stir in the garlic, jalapeño, and kale. Continue to cook, stirring often, until the kale is slightly wilted adding additional oil if necessary. Remove from the heat and place the cooked veggies in a large bowl. Wipe out the pan and set it aside (you'll be using it again!)
- 3 Once the squash has cooled use a fork to scrape out the flesh into long strands. Place the scraped squash strands into a dish towel and wring out as much liquid as possible. Place wrung out squash in the bowl with the cooked veggies. Add the eggs, flour, salt and spices. Mix until well combined.
- 4 Place the cornmeal in a shallow dish and using your hands form the squash/veggie mixture into small uniform patties (about 1/4 inch thick) Carefully dip each side of the patty in the cornmeal. (The patties may be a bit fragile at this point but they'll be sturdy once they're fried up!)
- 5 Heat about 1/4 cup oil in a large skillet over medium-high heat. Working in batches add the squash patties in a single layer and fry until golden, about 3-4 minutes per side.
- 6 Keep the cooked fritters warm in a 200F oven until ready to serve.
- 7 Prepare the cashew sauce by draining the soaked cashews and running them under cold water. Place the cashews along with the rest of the sauce ingredients into a high speed blender and blend on the highest setting until completely smooth and creamy, scraping down the sides of the blender as necessary. Add additional water-1 Tablespoon at a time- until you reach the right consistency.
- 8 Serve fritters with the smokey cashew sauce and enjoy!

We wish you a very HAPPY NEW YEAR and look forward to sharing the 2017 season with you!

CHEERS FROM THE GVB CREW!

~Kristina