



Vegetables for the week of December 5

- Savoy Cabbage
- Rainbow Carrots
- Daikon Radishes
- Acorn Squash
- Red Onion
- Garlic
- Asian Greens (bunch)
- Pea Shoots

A frosty hello from GVB!

This week's forecast is a great reminder that we don't live in Montana for its mild climate. When the doors to the greenhouse freeze shut, you know winter has comfortably settled over the farm. In anticipation of this extra-cold snap, we covered the spinach in the unheated greenhouse with double layers of row-cover. Now, as long as we bundle ourselves up, we'll be able to harvest on even the coldest days!

The toasty microgreen-house is filled to the brim, and since this is where we spend much of our time, I thought I'd tell you more about what this actually entails. GVB's standard microgreen mix is a brassica blend including: Red Arrow radish, daikon radish, Red Rambo radish, arugula, purple kohlrabi, kogane (Chinese cabbage), Garnet Giant (mustard), and Red Russian kale. We also grow a few specialties: pea shoots (in this week's box), sun shoots, Bull's Blood (beets), and cilantro microgreens. We grow all these in flats, which we fill with soil that we make using a combination of compost, fertilizer, peat moss, lime, and perlite. Once the trays are filled with soil, we evenly scatter the seeds, cover some of them with more soil, and then water adequately before placing the trays in the chamber. The chamber provides a warm, humid environment to enable consistent germination; they sit here for a few days and then we pull them out to continue stretching and growing in the greenhouse. Voila! Beautiful and nutritious tiny greens... all year round. **See our Facebook page for photos of this process!**

Other notes on your produce...

This week's box should provide some nice, spicy variety. **Savoy cabbage** is tender, like Napa cabbage, and is great for a stir fry or slaw (recipe below). **Daikon radishes** are crisp, a little bit spicy, and very versatile. The Asian greens are bigger and in a bunch this week; they have the same wasabi spice and will hold up especially well for braising. Your pea shoots will be an excellent garnish or addition to almost any dish.

SESAME NOODLE BOWLS WITH LEMONGRASS

MEATBALLS

From: *Dishing up the Dirt*. Serves 4-6.

Prep Time: 45 Minutes; Cook Time: 40 Minutes;

Quick Pickled Carrots & Daikon

- 1/2 cup unseasoned rice vinegar
- 1/4 cup coconut sugar (or natural cane sugar)
- 1 tablespoon sesame oil
- 1 teaspoon salt
- 3 carrots, sliced into thin ribbons (a vegetable peeler works great for this)
- 3 daikon radishes, sliced into thin ribbons

Lemongrass Pork Meatballs

- 1 pound ground pork
- 1 lemongrass stalk, smashed with a rolling pin then minced
- 2 scallions, minced (white and pale green parts only)
- 2 garlic cloves, minced
- 2 tablespoon minced cilantro
- 2 tablespoons fish sauce
- 2 teaspoons sriracha
- Oil for frying the meatballs

Noodles

- 1/2 pound soba noodles
- 1/4 cup pure maple syrup
- 1/4 cup low sodium soy sauce
- 2 tablespoons rice vinegar
- 2 teaspoons toasted sesame oil
- one 2-inch piece of fresh ginger, peeled and grated
- 1 clove of garlic, minced
- 1/3 cup olive oil
- 1/2 cup minced cilantro for serving

Sriracha Cashew Mayo

- 1 cup raw cashews, soaked in warm water for 30 minutes
- 2 cloves of garlic, minced
- 1 tablespoon olive oil
- 1 tablespoon lemon juice
- 1 teaspoon pure maple syrup
- 1 teaspoon sriracha + more to taste for a spicier sauce
- 1/8 teaspoon smoked paprika
- 2 teaspoons nutritional yeast
- salt to taste
- 1/2 cup water + more to thin as necessary

Preparation

- 1 Prepare the quick pickled veggies. In a large bowl whisk together the rice vinegar, sugar, sesame oil and salt. Add the sliced veggies and soak in the mixture for 1 hour.
- 2 Prepare the cashew mayo. Drain the soaked cashews and place them in a high speed blender along with the remainder of the ingredients. Blend on the highest setting until completely smooth and creamy, scraping down the sides as necessary. Taste test and adjust seasonings as needed. If the mixture is too thick, add a touch more water to thin as necessary.
- 3 Place the ground pork in the freezer while you prepare the lemongrass/veggie mixture. In the bowl of a food processor add the minced lemongrass, scallions, garlic, cilantro, fish sauce and sriracha. Add the chilled pork and pulse to blend. Shape into small meatballs (I got about 22) and place the meatballs on a rimmed baking sheet. Cover and place them in the freezer to chill for about 15 minutes.
- 4 While the meatballs are chilling heat a large pot of lightly salted water and bring to a boil. Add the noodles and cook until al dente. Drain.
- 5 In a large bowl combine the maple syrup, soy sauce, rice vinegar, sesame oil, minced ginger, garlic and olive oil. Add the drained pasta to the mixture and toss to coat.
- 6 Heat the oil for the meatballs in a large skillet over medium heat. Add the meatballs, brown on all sides until cooked through, about 12-15 minutes.
- 7 To serve divide noodles between bowls and top with meatballs, pickled veggies, cilantro and a drizzle of the sriracha mayo.

GVB additions: Toss in Asian greens at the end for added flavor! Garnish with pea shoots if desired.

PEANUT-SESAME SLAW

Savoy cabbage is great for making slaw. Make this ahead of time, so the slaw has time to tenderize a bit before eating.

1. Finely slice savoy cabbage, carrots, daikon radish, and red onion.
2. Toss with this yummy dressing from *COOKIE & Kate*:

Peanut-sesame dressing

- 1/2 cup peanut butter
- 3 tablespoons white wine vinegar or rice vinegar
- 3 tablespoons toasted sesame oil
- 3 tablespoons reduced-sodium tamari or other soy sauce
- 2 tablespoons honey or agave nectar
- 1 tablespoon finely grated fresh ginger
- 2 garlic cloves, pressed or minced

Warmth and holiday wishes,
~Kristina

MARK YOUR CALENDARS!
HOLIDAY WINTER FARMERS'
MARKET
SATURDAY, DECEMBER 17TH
9AM-NOON
WE'RE BACK IN THE EMERSON
BALLROOM
STOCK UP ON LOCAL FOOD AND GIFTS FOR
THE HOLIDAY SEASON!

Enjoy your produce!
~Matt, Jacy, Zachary, Ania, and CREW
Questions/comments? Email matt@gallatinvalleybotanical.com