

# Four Friends' CSA News

## The Bean Pole

August 18, 2009

2009 Season

Issue No. 50

### Dear Shareholders and Friends,

This week's harvest contains; Cabbage, culinary herbs, cherry tomatoes, peppers, leeks, and potatoes.

The following recipe is from [www.recipezaar.com](http://www.recipezaar.com), and was contributed by Littleturtle, March 4, 2005.

### "Golabki (Polish Stuffed Cabbage Rolls) (Vegetarian Version)"

Pronounced gaw-WUMP-kee, literally meaning 'little pigeons'. Probably the best known Polish food. The ground meat and rice type in tomato sauce are the most common, but the seasonings and stuffings vary from region to region and there are many other varieties, including vegetarian versions like the one listed here.

Serves 4-6

#### Ingredients

1 large cabbage with big leaves, core removed.  
175g long grain rice [.386 pounds]  
50g butter [.11 pounds]  
2 large onions, peeled and minced  
450g mushrooms (canned or fresh) [.992 pounds]  
5ml Worcestershire sauce (optional) [1 teaspoon]  
5ml salt [1 teaspoon]  
2ml pepper [1/2 teaspoon]  
5ml garlic powder [1 teaspoon]  
9ml sweet paprika [almost 2 teaspoons]  
1ml parsley [1/4 teaspoon]  
1&½ liters tomato juice or vegetable stock or mushroom stock  
[about 1.5 quarts]  
6-9ml sweet paprika [between 1&1/4 and almost 2 teaspoons]

#### Directions

1. Slice through the base of the cabbage, and cook in lightly salted boiling water until tender.
2. When the leaves are tender, peel off (you may have to peel the first layers first and then return the cabbage to cook and continue peeling the leaves until all are done).
3. Boil the rice until just tender; drain and set aside.
4. Fry the onions in the butter until softened.
5. Dice the mushrooms and fry lightly with the onions, and the Worcestershire sauce, if using.
6. Mix the rice and season with salt, pepper, garlic, paprika, and parsley.
7. Place a tablespoonful of the rice mixture in each cabbage leaf; carefully, tuck in sides and roll to cover rice.
8. Heat the oven to 400 degrees F.

9. Grease a roasting pan and place cabbage rolls seam side down in pan, packing them tightly together.
10. Pour enough juice or stock over the top to cover them.
11. Sprinkle lightly with the remaining paprika.
12. Cover and bake in oven for 20 minutes.
13. Remove cover and bake for another 10 minutes to brown the cabbage lightly."

## **VEGGIE OF THE WEEK: LEEKS**

### **Leeks**

With a more delicate and sweeter flavor than onions, leeks add a subtle touch to recipes without overpowering the other flavors that are present. Although leeks are available throughout the year they are in season from the fall through the early part of spring when they are at their best.

Leeks are related to onions, shallots and scallions to which they bear a resemblance. They look like large scallions having a very small bulb and a long white cylindrical stalk of superimposed layers that flows into green, tightly wrapped, flat leaves.

### **Tips for Cooking with Leeks:**

Before preparing leeks, clean them thoroughly to remove any soil that may have gotten caught within the overlapping layers of this vegetable. First, trim the rootlets and a portion of the green tops and remove the outer layer. For all preparations except cutting into cross sections, make a lengthwise incision to the centerline, fold it open, and run the leek under cool water. If your recipe calls for cross sections, first cut it into the desired pieces, then place the sliced leek in a colander and run under cool water.

### **A Few Quick Serving Ideas:**

- ❖ Healthy sauté leeks and fennel. Garnish with fresh lemon juice and thyme.
- ❖ Add finely chopped leeks to salads.
- ❖ Make vichyssoise, a cold soup made from puréed cooked leeks and potatoes.
- ❖ Add leeks to broth and stews for extra flavoring.
- ❖ Braised leeks sprinkled with fennel or mustard seeds makes a wonderful side dish for fish, poultry or steak.
- ❖ Add sliced leeks to your favorite omelet or frittata recipe.

## **FARM NEWS :**

Some good news that is...

- Sunken tractor out of the mud!
- Pie Gardens rototiller fixed!
- Blue Skys new weed wacker going strong!
- All farmers now have weeds somewhat under control!
- The farmers worked together Sunday after their monthly meeting to put the shade cloth on one of the greenhouses. This is used to block out some of the sun so that some vegetables such as onions, garlic and squash can be cured.
- It has been a rough year and many of the vegetables have been difficult to grow.
- Still no sign of those big, juicy, red tomatoes...they are on the vine but are not turning red yet. Hopefully with this heat wave, we will be able to pick some soon.
- Chang's grape tomatoes are delicious though!

## **ENVIRONMENTAL NEWS from the Rodale Institute:**

# **COMPOST COMPOST COMPOST COMPOST!!**

By Caitlin Splawski

I didn't really understand the importance of compost before I came to Rodale. I knew vaguely how it worked and threw food scraps and whatnot in our compost bin on a daily basis, because that is just what a good Environmental Studies major at Denison University does.

I recycled and composted so that the debris didn't end up in a landfill, but didn't quite understand the impacts that composting had on my everyday activities. I couldn't connect how my tossing an apple core onto a heap instead of into the garbage had anything to do with the next apple that I would someday eat.

It was hard to imagine how apple cores, orange peels and coffee grounds would reduce the need for fertilizers and other nasty chemicals from being produced, and how that reduction could cut the amount of precious soil carbon sent into the atmosphere, not to mention the pesticides being

dumped on my food.

However, after seeing here how using compost produces so much food, I realize that channeling organic matter into productive use is much more than just a way of lessening the strain on overburdened landfills.

When we don't compost, we are robbing the soil of something it gave to us in the first place. Composting is crucial to feed natural carbon and nutrient cycling that keep a dynamic ecological balance, allowing these cycles to flow uninhibited while still nourishing people.

When you see the importance of this continual movement that removes waste and creates new fertility, sticking all of that organic matter into a landfill and locking it away from the soil is like throwing a giant wrench into the system. Instead of balanced flows, we end up with depleted soils and mountains of trash locked in plastic-lined tombs. It's this kind of linear thinking that has led to so many of our environmental issues that we have to think how to un-do to return some balance.

I'm glad to have learned more about composting as a critical piece in this big system, because it has helped me realize that I, too, was guilty of thinking in a straight line. I performed one action, composting, because of how it had an effect on one other action, the filling of landfills.

Now that I see how composting unlocks a multitude of actions and interactions, I have a renewed intuition about why I do what I do. It will be easier to help others see the value of composting in their life and our community, even if they are as removed as I was from seeing the apple core in the bigger scheme of things.

***Caitlin Splawski*** served as a research intern at the Rodale Institute who will return to Denison University to continue her environmental studies major this fall.

***ENJOY YOUR SHARES! TILL NEXT WEEK!***