



# THE SEEDPOD STANDARD

CSA NEWSLETTER

7.5.15



**“The reason a lot of people don’t recognize opportunity is because it usually goes around wearing overalls looking like hard work!”**

**Thomas A. Edison**

## **A NOTE FROM SEEDPOD FARM**

*Dear Partners,*

*We’ve all been making an effort to keep cool around here. I was surprised to top 100 °F on the 4<sup>th</sup> of July. It’s double water duty around here- something the animals really appreciate! Changing the sprinklers in the garden is no longer an objectionable task. Instead of flinching when getting hit by the stream- one meanders to the next zone relishing in the cool spray. Thankfully, we have our well up and running this year. Irrigating combined with the recent heat wave have actually benefited the garden greatly. The plants seem to be growing inches per day.*

*There are casualties in this heat. The strawberries have taken a hit- leaving only a passing berry. Who can blame them? Our apple trees are fruiting out really well though. We attribute this to our bee hives. Thanks lovelies! Looking forward to those delicious apples in the fall.*

*Greens are starting to hit their stride in the Veg Patch. There’s more to kale than a soggy pile of wet rags. Enjoy this week’s salad recipe. It only gets better the next day.*

*Warm Regards,*

*The Gulletts*

### **The Likely Line-Up:**

**Baby White Russian Kale**

**Cherry Belle Radishes**

**Sweet Basil**

**Two Star Lettuce**

**Korean Red Toch Garlic .... & more**

# HARVEST HIGHLIGHT



## Red Toch Garlic:



An Asiatic Variety- Korean Red Toch is a softneck garlic with a mild, creamy flavor, which makes it perfect for mashed potatoes or other dishes where you want garlic that won't overpower. This is an heirloom variety. Artichoke softneck variety.

- Produces medium to extra large bulbs
- About 60-70 cloves per pound.
- Stores about 6 months in a cool, dry space.

**FOR YOUR INFORMATION-** Garlic has been linked to a lowered incidence of stomach, colon, prostate and possibly breast cancers. However, how you prepare the garlic is important according to John A. Milner, chief of the Nutritional Science Research Group at the National Cancer Institute. Garlic's active agents—allyl sulfide compounds—are produced when the clove is chopped or crushed. This breaks the cell walls and starts a cascade of chemical reactions leading to the desired sulfides. But Milner found that heating the garlic immediately after chopping kills a crucial enzyme needed.

Chopped garlic tossed directly into hot oil, or whole garlic cooked without crushing (or at least cutting off the top), will still impart the desired taste, but little or no cancer-fighting benefits. Once the compounds develop, however, they are quite stable and will withstand the heat of cooking. Milner's advice: "Crush or chop the cloves, then let them sit for 10 or 15 minutes while you prepare other ingredients. This will give the anticancer compounds a chance to form."



## *Baby Kale Salad w/ Shaved Root Vegetables & Hazelnuts* *From the Seedpod Farm Kitchen*

Tear kale leaves into bite sized pieces. Hearty greens such as arugula can also be added. Thinly shave root vegetables of your choice- radishes, beets, daikon, carrot. Add a handful of golden raisins and a handful of chopped hazelnuts.

Mix together the following- 1/4c rice vinegar, 2T oil, 1T Dijon mustard, 1 minced clove of garlic, 2T honey, pinch of red pepper flakes, salt and pepper to taste. Toss with your bowl of greens. Eat right away- or allow to sit in the fridge for a few hours. Enjoy!