



# THE SEEDPOD STANDARD

CSA NEWSLETTER

7.12.15



*"I would rather be on my farm than be the emperor of the world."*

*George Washington*

## A NOTE FROM SEEDPOD FARM

Dear Partners,

Exciting times are ahead. With the heat kicking in, many things are taking off.....and many things are not digging the warm-cool-hot-warm weather we've been having. The greens are hitting their stride- and really showcased this week. These are great sautéed- so I've included a recipe that was on the dinner table this week here at the farm.

We've also included some Transparent apples from our orchard. These have not been sprayed- so enjoy! They have a very short shelf life, which is why they're typically used for applesauce. I like 'em just off the tree. However, we have a big bowl of applesauce in the fridge that is delightfully tart and sweet. My folks had a transparent tree- so to me, it is what applesauce is supposed to taste like. Enjoy this week's selections!

Warm Regards,

*The Gulletts*

### *The Likely Line-Up:*

**Wild Garden Lettuce**

**Transparent Apples**

**French Breakfast Radishes**

**Nero Kale**

**.... & more**

**Two Star Lettuce**

**Sorrento Broccoli Raab**

# HARVEST HIGHLIGHT



## Apollo Brokali:

If you're looking for something that doesn't have a bitter note that can sometimes accompany kale or broccoli- then have we got the veg for you!

Apollo Brokali is a lovely tender hybrid between broccoli and kale. It has the characteristic tender stems of Calabrese broccoli- but the ruffled leaves of kale. It steams up very well- and is the star of this week's recipe. Enjoy every bit of this plant! It's loaded with good for you vitamins and minerals-

### ***FOR YOUR INFORMATION-*** Ever wonder

how to avoid the "bitter" in bitter greens (aside from not putting it in your mouth)? The answer is as simple as using your mitts! That's right, by massaging your leafy greens

(collards/kale/mustard/rabe) for a few minutes gently squeezing the torn pieces, you break the cells walls. In doing so, you release enzymes that begin to split apart the bitter tasting compounds. The other key is presentation and preparation. No one likes wilted greens.....or olive-colored wet rags.....so

cook them quickly- chop them into smaller pieces- add acid (vinegar/lemon juice) and garlic to raise the flavor profile. In doing so, you won't need to be swallowing a bitter pill- you'll be excited to take in a vitamin-rich and fiber packed food that taste delicious. Get massaging those greens!



## *Apollo Brokali and Kale Saute* *From the Seedpod Farm Kitchen*

Finely chop one bunch of kale and one bunch of brokali into bite sized pieces. Douse with 1t of lemon juice and massage lightly for a few minutes. Set aside. In a sauté pan, heat 1T of olive oil. Chop 1-2 cloves of garlic and sauté over medium heat. Add 1/4t of red pepper flakes. When garlic begins to soften, added the brokali/kale mixture. Stir and toss quickly. Salt and pepper to taste. Remove from heat and cover for 1 minute to steam. Dish should be a vibrant green and maintain a bit of the crunchiness of the greens. Serve over rice or as a side. Enjoy!

