

In The Kitchen

at *Tillow Acres Farm* Share Week 3 – July 12th, 2021



Baby Beets (*Bulls Blood*)

We've swapped out eggplant in your share harvest for this week for those members who designated a dislike of beets. Beets are one of Tillow Acres' Signature foods we grow and rotate in to our share harvests frequently. ...so by now, you most likely know how best to store and use your beets. 😊

Beans (*Bush Castandel-The Weekend Bean*)

Store fresh green beans unwashed in a reusable container in the crisper drawer of the fridge. Wash before eating. You may remove both ends by snapping off or cutting with a knife.. Steam just until tender-crisp. To freeze, blanch first, then let cool before freezing.

Carrots (*Adelia*)

Remove the tops as soon as possible because they pull moisture and nutrients from the root. Store tops and roots separately in reusable containers unwashed in the fridge. Before using, wash thoroughly. If they become limp, revive in a bowl of ice water.

Cucumbers (*Long Green Heirloom*)

Store cucumbers, unwashed, in a reusable container in the fridge. Once cut, store tightly wrapped in the fridge. Before use, scrub clean. The peel can be kept on, or removed. Cucumbers are tastiest served raw. Enjoy in salads, with a dip, or add to water for a refreshing drink.

Garlic (*Music and Duganski variety*)

Both varieties are of the hardneck variety, great for longterm storage. Music is a bit more milder while the Duganski (has a faint purple strip to it) is absolutely terrific roasted then added to green beans. Really fantastic!

To store – place whole heads in a cool, dry, place with good ventilation. Refrigerate peeled garlic in an airtight reusable storage container. Crushed or pressed garlic releases more flavor than sliced or whole. Enjoy garlic raw or cooked...roasted is my favorite way!

Herb Bundles **Basil and Rosemary** (*culinary blend*)

Tender type: Basil does not like refrigeration and will keep best if placed in a glass of water standing up on your counter. Often basil will blacken if refrigerated.

Hardier-Woody type: Rosemary stores best when placed in a single layer on a slightly damp paper towel, loosely rolled up and placed in a resealable plastic bag or plastic wrap and refrigerated. When stored this way, the herb can last up to 3 weeks in the frig. Freeze for longer storage life.

Kale (*Vates Blue Scotch Curly leaf variety*)

I really hope you're not getting sick of kale, its such a powerful food! It's one of those greens that is at the top of the charts as far as it's anti-oxident and chlorophyll levels.

This variety is great for salads, stir fry or chips. It has a slighty nutty For salads or eating raw, massage the leaves to lessen any bitterness or with a little olive oil to soften their texture. Curly kale can be de-stemmed by tearing pieces of the leaves away from the hard stem.

Potatoes (*Austrian Crescent, French Fingerling, Huckleberry Gold, and Northern Red*)

If I could, I would grow every variety of potato known to earth! But alas, not enough room, so the four varieties are narrowed down based on flavor and cooking ease. You'll find these four varieties rotating in your share bags/boxes over the next couple share weeks.

Do not refrigerate or wash until ready to use. Store in a cool, dark, dry place to reduce sprouting. If they sprout, cut them off before cooking. To avoid discoloration of cut potatoes, store in cold water, and add lemon juice. Most cooking methods can be used to prepare potatoes.

Summer squash (*Dunja zucchini and Straightneck yellow*)

Summer squashes keep best at around 50 degrees, meaning they often store better on your counter top than they do in the fridge. Refrigeration can make them rubbery or limp and wilted.

Kale, Garlic, Cucumbers and Rosemary!

Garlicy Kale (Whole Foods Copycat)

By Katie Ruddell



Ingredients

- 1 bunch of curly green kale, stemmed and broken into bite-size pieces
- 2 tbl tamari/soy sauce/coconut aminos
- 2 tbl tahini
- 2 tbl apple cider vinegar
- 2 tbl lemon juice
- 4 garlic cloves minced
- 4 tbl nutritional yeast
- pinch black pepper

Directions

Mix the above ingredients (excluding kale) with a spoon or a blender. Making sure to get all the clumps out of the tahini. The dressing will feel more like a spread than a loose dressing.

Pour half the mixture on the kale in a salad bowl and use your hands to massage the dressing into the kale, until it is well-incorporated and the kale becomes less stiff.

Add more dressing as you please!

Optional: top with additional nutritional yeast, salt, pepper or a squeeze of lemon. Eat right away or store in the fridge until you are ready to eat it—can sit for up to 24 hours.

Would Love Feedback

Feel free to share any of your questions, concerns, or just over all positives and favorite recipes you may have after receiving and using your share of this week's harvest.

As always, THANK YOU for choosing Tillow Acres Farm as your farm and farmer!

Gabby's Cucumber Salad

By Gaby Dalkin



Ingredients

- 3 tablespoons extra-virgin olive oil
- 2 tablespoons balsamic vinegar
- 2 small-to-medium cloves garlic, pressed or minced
- Kosher salt and freshly ground black pepper, to taste
- 1 ripe avocado, pitted and sliced or diced
- 2 medium cucumbers (12 ounces), thinly sliced
- Optional additions: 1 to 2 cups arugula, ½ cup halved cherry tomatoes, and/or 1 to 2 chopped radishes

Directions

1. In a medium bowl, whisk together the olive oil, balsamic vinegar and garlic until blended. Season with salt and pepper.
2. Add the avocado and cucumbers to the bowl and toss to combine. Season with additional salt and pepper if necessary. Serve immediately.

Rosemary Gin Cocktail

By Lori Yates

Ingredients

- Ice
- 2 ounces fresh orange juice
- 2 ounces tonic water
- 1 ounce London Dry gin
- 1/2 ounce *Rosemary Simple Syrup
- Rosemary sprig, for garnish



Directions

1. Fill double old fashioned glass with ice. Add juice, tonic, gin and simple syrup and stir until well combined. Serve garnished with rosemary sprig.

*To make *Rosemary simple syrup*: Add 2 large sprigs of rosemary to small saucepot; add ½ cup sugar and ½ cup water to rosemary and cook over medium heat 4 to 6 minutes or until sugar is dissolved, stirring occasionally. Remove from heat; let stand 10 minutes. Remove and discard rosemary sprigs. Transfer syrup to jar or container and refrigerate until completely cool, or up to 5 days. Makes about 2/3 cup syrup.