

# Middleton Farm CSA

## Newsletter

### What you can expect in this weeks share

This week you will find the last of the summer squash, jalapeño peppers, green peppers, Serrano peppers, melons, Brussels spouts, potatoes, cabbage, winter squash, tomatillos. Apples and pears may be included.

Please wash all produce before consuming!



### Spotlight: Cabbage

Autumn is upon us and the second planting of cabbage is coming to a head! (Pun intended.)

As you learned in the last issue of the newsletter, cabbages are a variant of the wild mustard plant. This vegetable shows its versatility in its ability to be eaten raw, cooked or pickled.

Since cabbage is native to

Europe, it shows up in many native dishes. Borsht is a popular Ukrainian dish that features beets as its main ingredient; however, most cultures adapted the recipe to focus mainly on the cabbage. Boiled dinner, known for its easy dinner preparation, is associated with Ireland and consists of cabbage cooked alongside corned beef or ham, rutabaga, potato and carrots. The famous 'Bubble and Squeak' of England is made up of the cabbage and potato leftovers (usually from a pot roast) fried up until brown and served with a side of cold roast.

In its raw form, cabbage is most familiar in coleslaw. Usually prepared with carrots, koolsalade (the original Dutch name for 'cabbage salad') has grown to have cultural variants. Ketchup and vinegar is used in place of mayo in the Carolinas and kimchi from Korea is spicy while its sister dish, pao cai from Northern and Western China, is more 'sweet and sour' in taste.

However, the preparation

of Kimchi is more similar to that of sauerkraut, another cabbage dish very popular here in the States. Made by a fermentation process, the production of sauerkraut can be somewhat time consuming and often smelly. Properly made, it is a great source of vitamin C. Even seafarers of the 1700s would turn to this dish to prevent scurvy.

Whether raw, cooked or pickled, cabbage should be what's for dinner tonight!

### You may have wondered...

How do I make sauerkraut?

First, you will need patience. Once you have that, you can continue to read this article. If not, feel free to skip down to the 'New for next year!' article.

Still here? Ok, next you will need a suitable fermentation container. Most people turn to stone crocks for this, but others make their own using items around the house. Large bowls and glass plates with diameters

# Middleton Farm CSA

## Newsletter

smaller than the bowl opening are the norm. The plate is then weighed down with either jars filled with water or plastic food bags filled with salt water. The main necessity of the container is to ensure the cabbage stays under its liquid brine.

Once you have determined your container, make sure all items are very clean. Fermentation is key in this process and it is important to avoid unnecessary bacteria so as to not contaminate the kraut.

Next you will need cabbage and pickling salt. Discard the outer leaves of the cabbage and cut into fours to remove the core. Rinse well, drain and shred the cabbage finely. Add three tablespoons of salt for each 5 pounds of cabbage and mix. If using your hands to combine salt and cabbage, make sure hands are clean.

Continue this step until all cabbage is shredded. Make sure the cabbage is 4 to 5 inches below the lip of the container. The salt should be drawing out

liquid from the cabbage and covering the cabbage, if not, make a brine using 1 ½ Tbsp salt to 1 quart water. Bring to a boil and let cool before adding it to the cabbage/salt mixture.

Push down the cabbage with the plate, thereby allowing the liquid to cover the plate. Weigh the plate down using water filled jars or brine filled food bags. Cover all of this with a clean bath towel and find a place to store it for a few weeks.

Temperature is key to the fermentation process. If kept at 70° - 75° F, the fermentation will take 3 - 4 weeks. If kept at 60° - 65° F the process will take 5-6 weeks. Lower or higher temps than these are not recommended.

If you opt to use jars as weight for the plate, you will need to remove the 'scum' that forms two to three times a week. If you chose the brine filled food bag, do not disturb at all until process is completed (bubbling ceases).

Once completed, the sauerkraut can be used immediately and put in

the fridge or it may be canned by using a boiling water bath. Instructions for canning can be found in your canning book or online at [www.pickyourown.org/sauerkraut\\_homemade.htm](http://www.pickyourown.org/sauerkraut_homemade.htm)

As a serving suggestion, consider pairing your sauerkraut with your Middleton Farm Polish Sausage or Pork Bratwurst! This is a great combination for tailgating this football season!



### New for next year!

As noted on the website, hard work has gone into three big changes for next year! While the details are still being worked out, it's too exciting to keep this info to ourselves!

First, Middleton Farm is working with 3 other farms to provide more variety in what is offered in the harvest shares as well as stability in how often you will be able to find them in the harvest share.

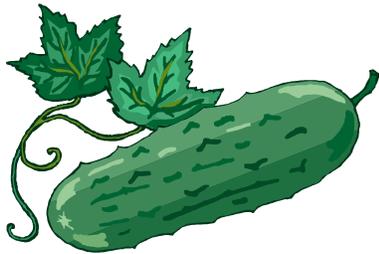
# Middleton Farm CSA

## Newsletter

Second, there will be a new add-on next year. Currently, only the egg add-on is offered but now there will be a goat cheese share! Price hasn't been determined yet, however, in the works is a possible 5 week and a 10 week add-on and each delivery will most likely consist of a 6oz portion per delivery.

Lastly, for those interested, goat meat will also be offered next year. As with the goat cheese, details on this item will be coming at a later date.

So keep an eye on the website for further updates and information on these new additions!



### Coming back for more?

As the growing season is coming to an end, the farm needs to know how many members plan on rejoining next year.

It is understandable that CSAs are not for everyone and some members joined this year only to see if the concept fit for their needs. If it did, great! If it didn't, that is fine too! So let us know this week if you wish to partake in the CSA next year or if you would rather see us next year as a farmer's market patron!



### Wanted!

Normally newsletters do not have a section of wanted ads, but there are a few things the farm could use!

Egg cartons - it would be great if those who have extra cartons would recycle them back into the farm. We appreciate those of you who did bring back cartons to be refilled!

Refrigerator - If you happen to be remodeling or know of someone who is doing a kitchen rehab and is looking to donate their fridge, consider us!

Currently there is a need for a fridge and/or freezer that has at least 18 cu. ft. for storage.

Working Share Members - Currently we have a few more working shares available and would like to have them filled before the next crop comes in.

Charities - Last year we donated 2000lbs (1 ton) of food to charity and are interested helping more! If you belong to a charity with a food pantry or have a very active volunteer group willing to work, please let us know!

**Feedback** - We would appreciate any comments, questions, complaints or suggestions. Let us know how the harvest share went this year for you and if you have any ideas to make it better!

Thanks for your help in filling these needs!

### Contact Us!

Middleton Farm CSA  
206 W. Railway  
Coleman, MI 48618

Ph: 989-465-6160  
E-mail: [mmiddleton@middletonfarmcsa.com](mailto:mmiddleton@middletonfarmcsa.com)