

## Ashley's Produce Week 18

**Week This week's share options include:**

Lettuce  
Napa Cabbage  
Kale  
Carrots  
Peppers  
Onions  
Garlic  
Scallions  
Beans  
Winter squash  
Potatoes  
Parsley  
Thyme

I'm keeping it short this week... just a few logistics and a recipe to share with you. Including this week, there are only 4 more weeks remaining of the CSA season. The last days for pick up will fall on Tuesday, October 31st, Wednesday November 1st, and Friday, November 3rd. Please be sure to look for the end of season survey next week and the week after. Your input is greatly appreciated and will be used as we transition to crop planning for next season.

In your share this week you will find Napa Cabbage. Also known as Chinese cabbage, napa cabbage originates from the Beijing region in China and is a staple in many East Asian cuisines including Kimchi, many stir fries and spring rolls. I hope you enjoy this recipe I found for Sweet and Sour Roasted Napa Cabbage.

Deb Wise October 2015

THIS RECIPE ORIGINALLY APPEARED ON [COOKING LIGHT](#)

Caramelizing cabbage under the broiler draws out its natural sugars and deepens the flavor of the glaze. Preheat the roasting pan to jump-start the browning process.

- 2 tablespoons olive oil
- 2 tablespoons cider vinegar
- 1 tablespoon brown sugar
- 1 teaspoon whole-grain Dijon mustard
- 1 teaspoon grated garlic
- 1/4 teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- 1 head napa (Chinese) cabbage, cut lengthwise into quarters

- Cooking spray
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#### Step 1

Place a large roasting pan in oven. Preheat oven and pan to 450°.

#### Step 2

Combine first 7 ingredients in a small bowl.

#### Step 3

Coat cut sides of cabbage with cooking spray. Place cabbage, cut sides down, on preheated pan; bake 6 minutes. Turn cabbage onto other cut side; bake an additional 6 minutes. Remove pan from oven. Heat broiler to high. Brush cabbage evenly with oil mixture; broil 3 minutes or until browned and caramelized.

### **Dandelion Greens with Double Garlic**

From Mark Bittman, How to Cook Everything

1/4 cup extra virgin olive oil

1/4 cup thinly sliced garlic (5 or 6 cloves), plus

1 teaspoon minced garlic, or more to taste

1/2 teaspoon hot red pepper flakes, or to taste

Salt and freshly ground black pepper

1 pound dandelion greens with stems, well washed and roughly chopped

1/2 cup chicken, beef, or vegetable stock

Lemon wedges for serving

1. Put the olive oil in a large, deep saucepan with a lid over medium-high heat. When hot, add the sliced garlic, pepper flakes, and some salt and black pepper and cook for about 1 minute.

2. Add the greens and stock. Cover and cook until the greens are wilted and just tender but still a little firm, about 5 minutes.

3. Uncover the pan and continue to cook, stirring, until the liquid has all but evaporated and the greens are quite tender, at least 5 minutes more. Taste for seasoning and add red or black pepper and salt as needed; add the minced garlic, cook for 1 minute more, and serve hot, warm, or at room temperature, with lemon wedges.

Dandelion Greens with Capers: Reduce the sliced garlic by half and eliminate the pepper flakes and minced garlic. In Step 2, after the greens wilt, stir in 2 tablespoons drained capers. Drizzle with red or white wine vinegar and omit the lemon wedges.

Ashley's Produce: Semana 18

**Esta Semana:**

Lechuga  
Lechuga de Napa  
col rizada  
Zanahorias  
Pimientos  
Cebollas  
Ajo  
Scallions  
Frijoles  
Calabaza de invierno  
Papas  
Perejil  
Tomillo

Lo mantendré corto esta semana ... solo algunas logísticas y una receta para compartir contigo. Incluyendo esta semana, quedan solo 4 semanas más de la temporada. Los últimos días para recoger recogerán el martes 31 de octubre. Asegúrese de buscar la encuesta preguntas sobre el programa. Su opinión es muy apreciada y será utilizada a medida que hacemos la transición a la planificación de cultivos para la próxima temporada.

Esta semana encontrarás Napa Cabbage. También conocida como repollo chino, la col de napa proviene de la región de Beijing en China y es un elemento básico en muchas cocinas orientales asiáticas como Kimchi, muchas papas fritas y rollitos de primavera. Espero que disfruten esta receta que encontré para la col agridulce asada de Napa.

Deb Wise Octubre de 2015

ESTA RECETA ORIGINALMENTE APARECE EN LA LUZ DE COCCIÓN

La col caramelizada debajo del pollo saca sus azúcares naturales y profundiza el sabor del esmalte. Precaliente el molde de tostado para comenzar el proceso de dorado.

**Ingredientes**

2 cucharadas de aceite de oliva  
2 cucharadas de vinagre de sidra  
1 cucharada de azúcar morena  
1 cucharadita de mostaza Dijon de grano entero  
1 cucharadita de ajo rallado  
1/4 cucharadita de sal  
1/2 cucharadita de pimienta negra recién molida  
1 cabeza de col napa (china), cortada longitudinalmente en cuartos  
Spray para cocinar

Como hacerlo

Paso 1

Coloque una gran bandeja para hornear en el horno. Precaliente el horno y la cacerola a 450 °.

Paso 2

Combine los primeros 7 ingredientes en un tazón pequeño.

Paso 3

Cubra los lados cortados de la col con aerosol para cocinar. Coloque la col, corte los lados hacia abajo, en la sartén precalentada; hornear 6 minutos Coloque el repollo en otro lado cortado; hornear 6 minutos adicionales. Retire la sartén del horno. Caliente la parrilla hasta la altura. Cepille la col uniformemente con la mezcla de aceite; asar 3 minutos o hasta que estén doradas y caramelizadas.