



WELL FED

Newsletter for Wellspring Farm CSA

www.wellspringcsa.com

August 21, 2006



Happy Birthday
to our
FAVORITEFARMER
Mimi!

Member Quote: Devon Byers
upon coming to the CSA pick up,
"This is my favorite day of the week!"
and it is the **MONDAY** pick up!!

Coming Soon
soybeans (edamame), muskmelons,
broccoli, more tomatoes any day now!

Anaheim Chilies

Anaheim's are long and rather thin chilies with a fairly mild flavor, edible when either red or green. They are milder when green and somewhat hotter when red. The red ones are often seen in the Southwest strung onto cord and hung to dry on the sides of the houses; these strings are called *ristras*. The Anaheim is the most common cooking chili in the US, marketed throughout the country in cans as 'diced green chili' or 'whole green chili'. In Mexican restaurants they are used to make *chili rellenos* (cheese stuffed chilies).

PREPARING FRESH GREEN CHILI

From "Great Green Chili Cooking Classic" by the Albuquerque Tribune)

Rinse and drain chilies. Make a steam vent in each by using a toothpick or ice pick.

Place chilies on a foil-covered cookie sheet and set it four to six inches below the broiler unit. Roast chilies, turning them frequently until they are uniformly blistered.

Remove chilies from oven, place in a bowl and cover with a cold, damp towel to steam for 10 minutes.

Starting at stem end, peel the outer skin downward. Remove the stem and seeds, if desired. If preparing chilies for chili rellenos (stuffing), leave the stem end intact.

The chili is now ready for freezing or use in recipes. Green chili may be frozen after the skins are blistered and before peeling. The skins will slip off easily when the chilies are thawed.

SPECIAL WARNING!

Be sure and wear gloves when peeling chili. The oils in the chili will permeate your skin and really sting. Several washings with mild soap and cool water will remove the oils if you do get it on you. Also be careful not to get it into your eyes. If you do, flush repeatedly with cool water.

Enjoy!

Pickling, Fermented Foods and Dry Salt Preservation

By CSA Member Faeterri Silver

I am in the process of putting up my now plentiful crop of cucumbers, garlic, herbs, cabbages, cauliflower, and carrots. Some methods include pickling, fermentation and dry salting.

Naturally fermented foods contain beneficial bacterial organisms that our bodies need. The intestinal tract contains many cultures of these healthy bacterial organisms. They are important for proper digestion, assimilation and elimination. Healthy bacteria also keep the number of yeast and fungi in our bodies in check.

These organisms occur naturally in the air. Sourdoughs are an example of this. One can prepare fermented foods that contain, especially the most common known culture, Acidophilus, officially Lactobacillus acidophilus. Other bacterial organisms that help restore intestinal flora include Bacillus laterosporus, Lactobacillus sporogenes, L. bifidus, L. bulgaricus, L. rhamnosis, L. Sprogenes, and a number of other Lactobacillus and Bifidus cultures. Collectively these are known as probiotics.

If one chooses to take an antibiotic for a bacterial infection, the antibiotic will wipe out all of the bacteria in the body, bad and good. Symptoms of depleted beneficial flora in the body include fatigue, headache, digestive system disorders, rashes, and weak immune systems. Fermented food can help re-establish our healthy intestinal flora.

Fermented foods are often made from cabbages, radishes, or carrots or other root vegetables. Salt is an effective preservative.

Pickles

Pickles are usually made from cucumbers, though one can make pickled onions, beets, green beans, zucchinis, cauliflower, broccoli, greens, turnips, kohlrabis, green tomatoes, and the list goes on... An easy pickling recipe is:

- Sterilize a jar and new lid,
- Put garlic clove, fresh dill, and hot pepper (optional) in bottom of jar
- Pack with well scrubbed and/or cut vegetables.
- Boil one pint water and one tablespoon salt and
pour into jar within one inch from top,
- Store in refrigerator
or seal with hot water bath.* (see Part I, 8/7/06)
- Ready in two weeks.

Dry Salt Preservation

Another method of food preservation is the dry salt method.

- Steam blanch corn (blanching time: 2 minutes), beans (2.5 min.),
green vegetables (2-2.5 min.), cabbage (2.5-3 min.),
carrots or other root crop (3-3.5 min.).

- Use an additive-free finely granulated salt, one part salt to four parts
vegetables by weight (i.e.: 1 lb. salt to 4 lbs. produce).

- Fill crock with alternate layers of salt and 1" thick produce, first and last
layers being salt. Leave 4" headroom above final salt layer.

- Cover with cheesecloth and weighted plate or board.

- After 24 hours, juice should cover produce. If not, add a solution of 3

- Tbsp. salt to 1 cup water.

- Store in cool area (38° F) change cloth when soiled.

- Use glass or wood to dip out food.

- A very important step: Freshen vegetables by soaking and rinsing for 10-
12 hours changing water every few hours until saltiness is gone
before cooking.

I wish you good eating in the winter.