

Holcomb Farm CSA Newsletter  
July 17

This Week's Crops

Lettuce  
Cabbage  
Collards  
Swiss Chard  
Beets  
Onions  
Carrots  
Broccoli  
Summer Squash  
Zucchini  
Cucumbers

Pick Your Own:  
Green Beans  
Basil  
Dill  
Cilantro  
Flowers

**Many Thanks to those members who braved the heat and came to help with the garlic harvest! We were super efficient and harvested all the garlic in 2 and a half hours!**

The next member workday will be Saturday August, 26, 9-Noon. We will clip and clean our storage onions which we harvest in early August and dry for a few weeks in the greenhouse. Cleaning onions is easy! Just pull up a chair under the tent and clip and peel.



## **Acar – Indonesian Cabbage Salad**

Half cup water  
Half cup white vinegar  
A bit of ginger root crushed  
A big pinch of sugar  
A pinch of salt  
1 big beautiful fresh onion from Holcomb Farm, thinly sliced  
2 little beautiful cabbages from Holcomb Farm, thinly sliced  
A couple of beautiful carrots from Holcomb Farm, thinly sliced  
A couple of beautiful carrots from Holcomb Farm, thinly sliced

Combine first 5 ingredients in a bowl then toss the veggies, mix it around and refrigerate for a while. An interesting July salad!

## **Steamed Broccoli with Real Teriyaki Sauce**

From *One United Harvest*

3tsp sugar  
½ cup sake  
½ cup mirin  
½ cup soy sauce  
1 tsp cornstarch  
1 lb or more of broccoli, sliced  
roasted sesame seeds  
cooked rice (*my favorite is short grain brown basmati rice – Sam*)  
optional: chunks of meat or tofu (*I like to bake my tofu at 450 degrees doused with soy sauce and sesame oil until it's a little chewy, about 20 minutes. If you prefer meat, I like broccoli with beef - Sam*)

Bring sugar, mirin, soy sauce, and cornstarch to a simmer in a small saucepan. Stir until sugar dissolves and sauce thickens, then remove from the heat and cover. Steam the broccoli until bright green and just tender. It's done when fragrant. Reheat the teriyaki sauce if necessary. Mound rice on plates, arrange broccoli and meat or tofu on top, then generously pour sauce. Sprinkle with lots of roasted sesame seeds.

Note: Mirin is a sweet Japanese cooking wine, and its available at any well stocked supermarket (*or the fantastic A-Dong Asian Supermarket in West Hartford*) Also, make rice and tofu or meat and have it almost ready before steaming broccoli, which happens quickly.

