

Fry Family Farm

CSA Newsletter

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Good News: BROCCOLI!!!

In Europe broccoli developed from a wild cabbage plant. Indications show that the vegetable was known in Europe 2,000 years ago. Since the Roman Empire, broccoli has been considered a uniquely valuable food among Italians. Broccoli was first introduced to the United States by these immigrants, but had not become widely known until the 1920s. The first mention of the vegetable in the US was in 1806, when it was given the name green broccoli.

Broccoli is usually boiled or steamed, but may be eaten raw and has become popular as a raw vegetable in hors-d'oeuvre trays. Although boiling has been shown to reduce the levels of suspected anticancer compounds in broccoli, other preparation methods such as steaming, microwaving, and stir-frying have not been shown to reduce the presence of these compounds.

Broccoli is high in vitamins C, K, and A, as well as dietary fiber; it also contains multiple nutrients with potent anti-cancer properties, such as diindolylmethane and small amounts of selenium. A single serving provides more than 30 mg of Vitamin C and a half-cup provides 52 mg of Vitamin C. The 3,3'-Diindolylmethane found in broccoli is a potent modulator of the innate immune response system with anti-viral, anti-bacterial and anti-cancer activity. Broccoli also contains the compound glucoraphanin, which can be processed into an anticancer compound sulforaphane, though the benefits of broccoli are greatly reduced if the vegetable is boiled more than ten minutes. A high intake of broccoli has been found to reduce the risk of aggressive prostate cancer. Broccoli consumption has also shown that it is beneficial in the prevention of heart disease.

BROCCOLI WAYS: Here are some ways I enjoy eating broccoli that you might not think of, but are grrrrreat:

- Stir fry it with mushrooms and then scramble in some eggs for a hearty breakfast.
- Chop it up fairly small and put it on top of your home-made pizza, then sprinkle the whole thing with garlic powder, or granules. Broccoli and garlic are excellent partners, and the broc absorbs the garlic very nicely.

IN YOUR BOX:

Partial Share:

Salad Mix
Broccoli
Green Onion
Tomatoes
Red Potatoes
Red Peppers
Globe Eggplant
Delicata Squash
Golden Beets
Decorative Gourds

Full Share:

Salad Mix
Red Lettuce
Broccoli
Green Onion
Tomatoes
Potatoes
Red Peppers
Globe Eggplant
Delicata Squash
Red Kuri Squash
Golden Beets
Decorative Gourds

The End is Near

The partial season members have just one more week! Please put all your boxes out for pickup next week! Thanks

Potato and Broccoli Croquettes

2 cups small broccoli florets
1 1/2 pounds medium Yukon Gold potatoes, unpeeled
3 1/2 cups fresh breadcrumbs made from crustless French bread
3 large eggs, separated
1/2 cup freshly grated Parmesan cheese
1 teaspoon salt
1/2 teaspoon ground white pepper

6 tablespoons vegetable oil

Cook broccoli in large pot of boiling salted water until tender, about 5 minutes. Using slotted spoon, transfer broccoli to bowl. Return water to boil. Add potatoes and cook until tender, about 35 minutes. Drain. Let potatoes stand until cool enough to handle. Peel. Place in large bowl and mash. Finely chop broccoli. Mix broccoli, 1 cup breadcrumbs, egg yolks, Parmesan, salt, and white pepper into potatoes. Using electric mixer, beat egg whites in medium bowl until soft peaks form. Gently fold whites into potato mixture. Form mixture into sixteen 2-inch-diameter, 3/4-inch-thick patties. Coat with breadcrumbs; place on baking sheet.

Heat 3 tablespoons oil in large skillet over medium heat. Add half of croquettes and cook until golden, about 4 minutes per side. Transfer to baking sheet. Repeat. (Can be made 8 hours ahead. Chill until cold, then cover and keep chilled. Uncover and reheat in 400°F oven 10 minutes.)

These are an excellent vegetarian treat! Try adding chopped scallions and serving with your favorite sauce!

Baba Ghanouj

This Middle Eastern eggplant spread is a delicious dip for raw vegetables or pita bread.

- * 2 1-pound eggplants, halved lengthwise
- * 1/4 cup olive oil
- * 1/4 cup tahini (sesame seed paste)*
- * 3 tablespoons fresh lemon juice
- * 1 garlic clove, chopped
- * Pita bread wedges

Preheat oven to 375°F. Generously oil rimmed baking sheet. Place eggplant halves, cut side down, on sheet. Roast until eggplant is very soft, about 45 minutes. Cool slightly. Using spoon, scoop out pulp from eggplant into strainer set over bowl. Let stand 30 minutes, allowing excess liquid to drain from eggplant.

Transfer eggplant pulp to processor. Add 1/4 cup oil, tahini, lemon juice, and garlic; process until almost smooth. Season to taste with salt and pepper. Transfer to small bowl. (Can be made 1 day ahead. Cover and chill. Bring to room temperature before serving.) Serve with pita wedges.

Optional changes/ additions:

- Add fresh cilantro
- Add roasted pepper puree (see last weeks newsletter for recipe)
- Try making your own bread of choice for dipping, ie: garlic bread, crostinis, etc.

Decorative Gourds

If you like decorating for the fall season, come see our entire collection of ugly (unique) gourds at market!