

August 8, 2019

# Willie Nillie Farm

## CSA Newsletter

“Progress is impossible without change, and those who cannot change their minds cannot change anything,” George Bernard Shaw

### FARM HAPPENINGS:

Dear members:

It's been a dry one, but all still looks good. The rain on Monday helped a lot. Some winter squashes are growing strong and I don't want to jinx it, but I have two tiny watermelon and a couple of cantaloupe. Last month, we harvested a total of 260.41 pounds of produce for your boxes bringing our total so far to 432.53 pounds of food. Amazing.

#### Box of the Week

**Feature: Garlic: German**

<b>Chard</b>	Head Cabbage
Green Onions	Peas
Cucumbers	Beans
<b>Summer Squash</b>	<b>Carrots</b>



Tuesday, Sarah, Nancy and I spent several hours harvesting all the garlic. In total with 5 varieties we got 830 bulbs. Most will be cured for seed, but as the future weeks progress you will have the opportunity to try all the different varieties. The different varieties include; Kresnador Red, Mateshi, Chesneck Red, German and Armenian.

Where to start on the amazing benefits of garlic. A part of the allium family which also includes, onions, leeks, shallots and chives. Today you have German garlic, strong and spicy, it produces larger cloves. High in immune system boosting properties, garlic helps fight infection including fungal, bacterial, parasitic and viral.

Sarah and Liz help harvest and hang the garlic

It regulates blood sugar, lowers blood pressure and cholesterol and may relieve arthritic pain and reduce bowel gas. It's packed with nutrients like B6, manganese, selenium, vitamin c, iron, potassium and copper. It's anti-inflammatory and great for your liver. I personally love garlic and it's healing properties. All winter long when others are sick I drink a healing tonic to ward off their illness. It's great any time of year, but really best when people around you are sick. Some people take it daily all year, but me, I think it tastes horrible and it could lose it's effectiveness if taken daily so I reserve the drink especially for when I think I may get sick or others around me are sick. I have given you an easy tonic to make for yourself at home. Never ingest this on an empty stomach. Trust me, you don't want to find out why.

### HEALING TONIC

1 cup sliced /2fresh ginger root  
1 cup sliced /2fresh turmeric root  
1 cup sliced (optional) /2horseradish root  
1/2 chopped white onion  
1 peeled and sliced head garlic  
1 sliced jalapeno pepper  
1 sliced organic lemon  
1 tablespoon optional dried echinacea root  
2 cinnamon sticks  
1 sprig fresh rosemary  
5 ounces with 'the mother' raw apple cider vinegar  
Manuka honey to taste

Layer the sliced ginger, turmeric, horseradish root, onion, garlic, lemon, echinacea root, cinnamon sticks and rosemary in a **quart sized** mason jar. Add apple cider vinegar, making sure to completely cover the herbs; left uncovered, they can spoil.

Cover the top of the jar with parchment paper and cap tightly. Store in a warm location for one month agitating it occasionally.

Strain and discard the herbs. Mix the remaining fermented juice with raw honey. Store in fridge and take one teaspoon when illness strikes, or stir into soups or smoothies for an added immunity boost.

**\*\*Refrigeration Optional**

Make sure if you put it in a mason jar the top is not metal as it will rust shut. Another tip I learned the hard way.

**\*\*If you can't find all the ingredients, I generally just use, ginger, turmeric, onion, garlic, horseradish and hot pepper in mine along with the apple cider and that's it.**

**Bingo Veggie**

**Pomegranate**



Summer Squash

Our new date for the Harvest Festival is Saturday October 12, 1-6pm. I'm hoping for music and if anyone plays an instrument and would like to do some entertaining let me know. We will have a potluck, a little competition, conversation and bring an old "t" shirt or a used one cheap from the thrift store and paint on a Willie Nillie Farm logo to sport around town. Hope to see all ya out here.



Cucumbers

### **Lemon Garlic Cabbage**

2 Pounds white cabbage, cored and shredded (approx. 10 cups)

1 1/2 TB Olive oil  
1 TB garlic, minced (or to taste, I'd add more)  
Pinch red pepper flakes  
1/2 tsp salt  
1/2 a lemon cut into wedges.

Heat oil in pan on high. Add cabbage, garlic, pepper flakes and salt. Cook, stirring occasionally until cabbage is tender and some of it turns light brown; 10-15 minutes.

Squeeze juice from 2 lemon wedges over the cabbage. Taste and adjust with more salt, pepper and lemon juice as needed.

### **Herb Gnocchi w/Garlic Cream Sauce**

1 package Gnocchi or make yourself with the

For Sauce:

4 TB butter  
1 1/2 cups heavy cream (or canned coconut milk-full fat)  
1 cup milk (any non dairy milk)  
1 TB Flour (or cornstarch or GF Flour mix)  
1 tsp salt  
1/4 tsp pepper  
4 cloves garlic  
1/2 cup parmesan cheese

In pan, melt butter and saute garlic for a few minutes until fragrant. Whisk in flour and add milk and cream, whisking until fully incorporated. Let mixture simmer until thickened. Whisk in salt and pepper and parmesan cheese.

In pot of water, bring to a boil and add gnocchi. Cook in stages so as to not crowd the gnocchi. Cook until it floats to the surface and remove using a slotted spoon. Once all the gnocchi is cooked, Combine with sauce. Serve immediately garnished with black pepper and herbs of your choice.

**\*\*for a more balanced meal, add a protein to the mix. Would be great with chicken or spicy sausage or even beans or tofu.**  
Other items you could use in your box with the this dish include, chard, zucchini, Green Onions (for garnish).

