



July 29, 2021

Dear Friend,

Welcome to another week of **Manifest Love!** Last week the Manifest Love team set their sights on fall vegetables and sowed seeds for the fall carrot crop. Over the coming weeks the greens will soak in the sun and send energy down to the roots so that they will be big and delicious for us in a few months.

Items you will be receiving this week include: **please remember to wash all produce**

- **Sauerkraut** Our executive chef Shaun makes this delicious, magical sauerkraut with our cabbage. Sauerkraut is created by fermenting cabbage - there are many different types of fermentation, but in this case “lacto-fermentation” takes place. Lactic acid bacteria (that exist naturally on many vegetables) convert sugars in the cabbage into lactic acid, which causes the cabbage to transform into a medley of flavors: slightly sweet, sour, tangy, and acidic. Through this fermentation process, the bioavailability of nutrients increases, meaning that sauerkraut is even MORE nutritious than the original, raw cabbage. THAT IS THE MAGIC! Sauerkraut is a high source of vitamins C and K, as well as calcium, magnesium, fiber, folate, iron, potassium, copper, and manganese. Uncooked sauerkraut also contains live beneficial microbes, probiotics, and enzymes, which aid with digestion and help promote a healthy gut microbiome! Enjoy it on top of hot dogs and burgers or as a side dish! Here's a video (<https://www.youtube.com/watch?v=oUWhZI-TOow>) of teammates Shaun and Laura explaining how you can make sauerkraut at home!
- **Cucumbers** We are growing two different varieties of cucumbers this year. “Marketmore” is dark green and bumpy and the outer skin can be a bit tough. This variety is great for pickling and eating raw (you can peel off the skin if it is too tough). “Greenfinger” tends to be longer and more slender with slight vertical indents running down its skin. The skin is more tender which makes it a great snacking cuke!
- **Eggplant OR green bell peppers** As the peppers mature on the plant they will turn red and sweet, but it is important to harvest all of the peppers that get big enough so that the plants can continue to grow and won't be weighed down. Enjoy these green peppers dipped in salad dressing or sautee them with ground beef and spices for a yummy taco filling, like RTB teammate Beth made for us last week.
- **Jalapeños**
- **Zucchini and summer squash**
- **Basil, parsley**



Recipe: Grilled Cheese with Sauerkraut and Dijon

(Adapted from: <https://umamigirl.com/hot-mess-grilled-cheese-sauerkraut-dijon/>)

Ingredients

- 2 pieces bread
- Dijon mustard, to taste
- 2 slices organic American cheese
- 1 ounce extra-sharp cheddar cheese, sliced thin
- ½ cup sauerkraut
- 1 ½ tablespoons salted butter, softened

Steps

Spread some mustard on the inside of each slice of bread. Arrange one slice of American and half the cheddar in a single layer on each slice of bread, making sure to distribute the cheddar like a cheese boss who gets what she wants out of every bite. Lay the sauerkraut on the bottom slice and top with the top slice. Spread half the butter over the outside of the top slice of bread. Place the sandwich buttered side down in a skillet over medium-high heat. Butter the outside of the top slice with the remaining butter. Cook, adjusting heat as necessary, until bread is golden brown and cheese is melted, flipping once halfway through. Cut and serve immediately.



Thank you for continuing to return your ChicoBag to your CSA distributor every week! We really appreciate it as we will be washing and reusing these bags for the duration of the **Manifest Love** project.

Wishing you all good health - from the farm to your table!

With love and positivity,

Desa & the RTB Team

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Thanks to our Manifest Love partners:

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