

## Napa Cabbage



has an oblong shape and light yellow-green leaves that distinguish it from other cabbage varieties. Sometimes called Chinese cabbage, its flavor is often described as delicate compared to bok choy or green cabbage, and it is well suited to both cooked and raw applications. This week we are featuring napa cabbage from Tahoma Farms.

### Braised Napa Cabbage

3 teaspoons vegetable oil  
1 head cabbage, cut into 2-in pieces  
3 cloves garlic, sliced  
1 piece fresh ginger (1/2 inch), cut into matchsticks  
1/4 cup water  
1 1/2 teaspoons cornstarch  
1/4 cup soy sauce  
4 scallions, thinly sliced  
1 teaspoon rice wine vinegar

In a large skillet or wok, heat 1 teaspoon of the vegetable oil. When it is very hot, add half the cabbage. Cook, stirring constantly, for 3 minutes or until leaves begin to brown. Remove them from pan. Use 1 teaspoon of the remaining vegetable oil to cook the remaining cabbage in the same way; remove from the pan. Add the remaining 1 teaspoon vegetable oil to pan. Cook the garlic and ginger, stirring constantly, for 1 minute. In a small bowl, stir together the water and cornstarch. Stir the soy sauce into the pan. Add the cornstarch mixture and bring to a boil. Return all the cabbage to pan, stirring well to coat it all over. Cook, stirring often, for 5 minutes or until the cabbage is tender. Remove from the heat. Stir in the scallions and vinegar.

From [www.boston.com](http://www.boston.com), by Karoline Boehm Goodnick.

### Thai Summer Slaw

Slaw:  
3 cups thinly sliced napa cabbage  
1 cup julienne-cut summer squash  
1 cup julienne-cut bell pepper  
1/2 cup julienne-cut seeded peeled cucumber  
1/2 cup shredded carrot  
1/2 cup chopped fresh cilantro  
1/4 cup thinly sliced green onions  
1 minced seeded jalapeño pepper

Dressing:  
3 tablespoons fresh lime juice  
1 tablespoon fish sauce  
1 tablespoon water  
1 1/2 teaspoons sugar  
1/2 tsp chile paste with garlic

To prepare slaw, combine first 11 ingredients in a large bowl.  
To prepare dressing, combine juice and remaining ingredients in a small bowl; stir with a whisk until sugar dissolves. Drizzle over slaw; toss well to coat. Serve immediately.

Adapted from [Cooking Light](#), JUNE 2007, by Jackie Mills.

## Vegetable Box Contents:

item	Farm/Brand Name and Location	Food Miles
Napa Cabbage	Tahoma Farms (Orting, WA)	20
Cilantro	Tahoma Farms (Orting, WA)	20
Summer Squash	Tahoma Farms (Orting, WA)	20
Fennel	Ralph's Greenhouse (Mt Vernon, WA)	95
Sungold Cherry Tomatoes	Tahoma Farms (Orting, WA)	20
Gypsy Peppers	Tahoma Farms (Orting, WA)	20
Red Leaf Lettuce	Tahoma Farms (Orting, WA)	20
Walla Walla Sweet Onions	Tahoma Farms (Orting, WA)	20

CANCELLATIONS AND OTHER CHANGES TO YOUR ORDER NEED TO BE MADE BEFORE 10:00 A.M., TWO DAYS BEFORE YOUR NEXT SCHEDULED DELIVERY.



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We appreciate you leaving your empty, flattened box out for us to pick up with your next delivery.

We do not reuse any bags, egg cartons, or other containers -- so just leaving out your box would be great!



# THIS WEEK'S RECIPES

## Couscous with Fennel, Summer Squash, and Cherry Tomatoes

- 1 1/2 tablespoons butter
- 1 fennel bulb, base removed and cut into 1/4-inch cubes (about 2 cups)
- 2 small summer squash, cut in half lengthwise and thinly sliced
- 1/2 pint of cherry tomatoes, cut in half
- 2 cups chicken or vegetable stock
- 1 cup water
- 2 cups couscous (about 12 ounces)
- 3 tablespoons chopped fresh pea tendrils, chives, or green onions

Melt butter in large saucepan over medium heat. Add fennel cubes and sliced summer squash. Sauté until fennel cubes and squash slices are almost tender (about 5 minutes), then add cherry tomatoes and sauté for an additional 2 minutes. Add chicken or vegetable stock and 1 cup water and bring to a boil. Stir in the couscous. Remove from heat, cover and let stand until liquid is absorbed, about 10 minutes. Fluff with fork and garnish with fresh pea tendrils. Season with salt and pepper and enjoy!  
*From fruitguys.com.*



## Fennel Vinaigrette Dressing

- 1/2 cup olive oil
- 1/2 cup green fennel leaves
- 1/4 cup lemon juice
- 1 clove garlic, peeled
- pinch salt
- pinch sugar

In a small saucepan, heat oil, fennel leaves, lemon juice, crushed garlic and salt and sugar. Simmer over low heat for 5 minutes. *From The Cook's Garden catalog - Spring/Summer 1990, by Ellen Ecker Ogden.*

## Salmon with Tomato-Ginger Sauce

- 1/4 cup coriander seeds, ground medium-fine
- 1/4 tsp. ground ginger
- 1/4 tsp. cayenne
- 2 Tbs. plus 1 tsp. canola oil
- 4 center-cut salmon fillets, skin removed
- Kosher salt and freshly ground black pepper
- 2 cloves garlic, minced
- 1 pint cherry tomatoes, halved
- 2 tsp. grated fresh ginger
- 1/2 cup dry white wine
- 1/4 cup homemade or canned chicken broth
- 2 Tbs. unsalted butter
- 2 Tbs. chopped fresh cilantro

In a bowl, combine coriander, ground ginger, and cayenne; mix with 1 Tbs. plus 1 tsp. of the oil to make a paste. Pat the paste on both sides of the salmon fillets; season with salt & pepper. Heat a 12-in skillet over med-high heat. Add the remaining 1 Tbs oil and swirl to coat. When the oil is hot but not smoking, add the fillets and cook until the bottom is well browned and the bottom half of the fish becomes opaque, 3-4 min. Turn the fish and cook until browned on the second side and just cooked through, another 3-4 min. Transfer to a warm platter. Pour off all but a film of fat from the pan. Add the garlic and sauté until fragrant, about 15 sec. Add tomatoes, sprinkle with salt, and sauté until slightly softened, about 2 min. Remove from heat, toss in fresh ginger, and pour tomatoes over the fish. Put the pan over high heat. Add the wine and boil until reduced by half. Add broth; boil until reduced by half again. Off the heat, swirl in the butter. Season with salt & pepper. Pour sauce over salmon and tomatoes, sprinkle with cilantro, and serve. *From www.finecooking.com, by Eva Katz.*

## Cabbage-Cilantro Salad

- 1/2 cup slivered almonds
- 3 tablespoons vegetable oil
- 2 tablespoons rice vinegar
- 1 tablespoon soy sauce
- 1/2 teaspoon sugar
- 1 pound napa cabbage, chopped
- 2 scallions, thinly sliced
- 1/4 cup chopped cilantro
- Freshly ground pepper

Preheat the oven to 350°. In a pie plate, bake the almonds for 5 minutes. Let cool. In a bowl, mix the oil, vinegar, soy sauce and sugar. Add the cabbage, scallions and cilantro and toss. Add the almonds and season with pepper. Toss again and serve. *From www.foodandwine.com.*

## 10-Minute Stir-Fried Chicken with Nuts

- 1 Tbs peanut or vegetable oil
- 2 cups sweet pepper strips and onion slices
- 1 pound boneless skinless chicken breasts, cut into 1/2 inch chunks
- 1 cup halved walnuts, whole cashews, or other nuts
- 3 Tablespoons hoisin sauce

Heat oil in a large skillet on high for one minute. Add veggies in a single layer and cook, undisturbed, until they begin to char a little on the bottom, about one minute. Stir and cook one minute more. Add the chicken and stir once or twice. Cook one minute until the bottom begins to char. Cook and stir another minute or two, then check a chicken piece to make sure it's done. Lower heat to medium. Stir in the nuts and hoisin sauce. Cook about 15 seconds then add 2 T water. Cook, stirring, until it's bubbly and glazes all the chicken and veggies. Serve. *Adapted from The Minimalist Cooks at Home by Mark Bittman.*

## Storage and Preparation Tips

- ◆ *Napa Cabbage:* Store whole in a plastic bag in the fridge for up to a week. If preparing the entire head at once, cut it in half lengthwise, remove the core, and chop as desired. Or, separate and wash individual leaves as needed.
- ◆ *Fennel:* Before storing, cut the stalks off, wrap the stalks separately from the bulb in plastic bags, and store in the crisper section of the fridge. Fennel should keep for 3-4 days, but it is best to use it as soon as possible.
- ◆ *Gypsy Peppers:* This is a variety of sweet pepper (not spicy!). Store in a plastic bag in the fridge. Wash before use.

\* You may leave a cooler out for our driver to transfer your produce into to keep it fresh and cool.