

Summer Creek Farm

2009 CSA Newsletter

About the "Stinking Rose"

Week 5
June 15, 2009

Better known as garlic, the "stinking rose" is a culinary treasure (and an excellent [restaurant](#) in San Francisco).

Garlic is a bulbous plant of the genus *allium*. There are around 500 members of this family, which includes other well known plants such as leeks, shallots and onions. Garlic has been used throughout history for both culinary and medicinal purposes.

Garlic grows under the ground in large, slightly off-white bulbs (or "heads") which are covered by a papery skin. Inside each bulb is

anywhere from 10 to 20 individual cloves which themselves have a pinkish skin.

To easily peel the skin from garlic cloves, smash them with the flat side of a chef's knife. (See this [photo series](#) for detail.)

Sources: www.garlic-central.com,
www.wikipedia.com



Image:
stock photo

From Farmer Rick

(Recap, in case you missed the e-mail on June 10.)

Last week we had hail hit the farm the size of nickels. This caused a great deal of damage to the strawberries. We tossed many of them today due to bruising. It will also have detrimental effects on our other fruit. The hail nicks the fruit when green and it ripens with bruises. It looks like the hail affected the Asian pears pretty badly. Some damage was seen on the raspberries.

This is part of farming, in just a few minutes thousands of dollars of damage could take place.

Recipe Feature

[Garlicky Lime-Cooked Fish](#)

4 servings, 30 minutes

By Mark Bittman

4 tablespoons neutral oil, like canola
5 cloves garlic, peeled and thinly sliced
Salt and pepper to taste
4 large or 8 small fish fillets, 1 1/2 pounds or more
3 small hot dried red chilies, or dried chili flakes to taste
1/2 cup fresh squeezed lime juice
1 cup cherry tomatoes, optional
1/2 cup chopped fresh cilantro leaves

Combine 2 tablespoons oil with garlic in a small, heavy saucepan over medium-low heat. Cook, shaking pan occasionally, until garlic browns, 5 to 10 minutes; season with a little salt and

pepper, and turn off heat. Meanwhile, put remaining oil in a large nonstick skillet over medium-high heat. A minute later, add fish and chilies and cook, undisturbed, for about 2 minutes. Reduce heat to medium and add all but a tablespoon or 2 of lime juice, along with tomatoes if desired. Cook another 2 minutes or so, until fish is cooked through, turning if necessary.

Carefully remove fish to a platter. Stir cilantro into pan juices and pour, with tomatoes, over fish, along with garlic, its oil and remaining lime juice. Add salt and pepper to taste and serve immediately.

Recipe originally published on [Mark Bittman's NYT blog](#), June 18,, 2008

Link of the week

Maryland's Best, from the Maryland Dept. of Agriculture

<http://www.marylandsbest.net/>

This week's box

- ☀ New potatoes
- ☀ Garlic bulb
- ☀ A surprise (maybe)
- ☀ ...and more!

Items may vary by location/pick-up day.

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