



CANALS

Tyler and I finally found some time over the weekend to launch our kayaks into the Willamette River. It was exciting to embark on a recreation activity in the river, but fear of not being able to land my feet on the ground took over within the first few seconds of that journey. Some casual conversations helped calm me down and brought my focus to how the river brings life to the farmland around it. Irrigation pumps brought back memories of my summer vacations in the Thar desert, where agriculture is made possible through modern-day irrigation canal systems.

India has some of the largest networks of irrigation canal systems, fed by rivers. My sister Mandeep and I used to go with my grandmother and spend summer vacations in a small Thar desert village in the state of Rajasthan. The village farmers relied on the Rajasthan Canal for their irrigation needs. During my visits, it became very clear that the canal was the most important aspect of the village. Each farmer used to have a designated time and day of the week when they could channel water from the canal to their farmland. Irrigation was done by channeling water between rows of plants and for some farmers, it meant channeling water throughout the night. The canal was always respected as a source of livelihood. My family in that village always spoke of the importance of timing the irrigation and hoped they got the right time slot. Never once did we entertained the idea of floating down the canal just for fun. Several of the village kids would go to the canal to cool off and show off their swimming skills, something I clearly never picked up on. The three hours kayak trip down the Willamette River was a stark contrast to these childhood summer vacations; a constant reminder of how the right balance of water is crucial in keeping life flowing.

At the farm, soil prep for fall and winter crops is underway. Tal and Inder are not staying up all night managing water channels, thanks to the modern-day irrigation technology. But, crop rotations and a prime location for fennel stalks are in discussion these days. We have included eggplant in your harvest box this week. This fruit is surprisingly versatile and a part of many different cuisines. I am including a recipe that I thought was a wonderful mixture of flavors and texture. I hope you enjoy it!

Until next week, Stay Safe Stay Healthy
Ruby

WHAT'S IN THE BOX

- * Celery
- * Salad Mix
- * Yellow Potatoes
- * Eggplant
- * Grapes
- * Italian Basil
- * Green Bell Pepper
- * Rainbow Chard
- * Zucchini

RECIPE

Bulgur & Cashew Stuffed Eggplant

Reference: [Good HouseKeeping](#)

Ingredients:

- 3 tbsp olive oil
- 3 clove garlic
- 1/2 cup golden raisins
- 1/2 tsp curry powder
- 1/4 tsp salt
- 1 cup quick cooking bulgur (or use brown rice)
- 2 cup water
- 2 medium eggplant
- Chopped mint
- 1/2 cup cashews

In a small saucepan, heat 1 tablespoon olive oil on medium. Add crushed garlic, golden raisins, curry powder, and salt. Cook 2 minutes, stirring. Add bulgur and water. Heat to simmering. Cover; simmer 15 minutes, or until bulgur is tender.

Meanwhile, cut eggplants in half lengthwise. Scoop out seeds. Arrange eggplant on foil-lined baking sheet, cut sides up. Brush with remaining 2 tablespoons olive oil and sprinkle with 1/2 teaspoon salt. Broil on high (6 inches from heat source) 7 minutes, or until tender.

Remove eggplant from oven; cover with foil. With fork, fluff bulgur; stir in cashews. Stuff eggplant with bulgur mixture; garnish with chopped mint.