



Riverland Family Farms



CSA Week 11

Corvallis, Oregon

Corn-Maize



Corn—one of world’s most important grain and grown worldwide. At least one maize crop matures every month of the year around the globe. Other than the production of ethanol, sweeteners, starch, cereal, and whiskey, corn is widely used as food for humans and livestock. Most common corn variety you get at the farmers’ markets is sweet corn, sold fresh, frozen, or canned. Dent corn is a type that is dried in the field and is used for food manufacturing. Corn fields are a common sight in Northwest India where I grew up (Punjab). My dad used to grow Dent corn annually, planted July-August timeframe and harvested late fall in that region. This crop was used for more than just corn kernels. The dried corn was harvested and kernels were removed using an equipment, or by beating them with a stick. Dried corn kernels were then ground to make corn flour. In winter and early spring, thick corn tortilla (Makki Roti) was a very popular delicacy.

Remainder of the corn shell was then dried and used as fuel for the winter months. Left over maize plant didn’t go to waste either. Some of it was left in the field to add nutrients to the soil, and some was used to feed livestock. Arrival of corn meant an end of long hot summer and it kicked off several winter weather preparations. It was a cherished time of the year and was celebrated across the region with delicacies like Makki Roti and Saag. I am including a recipe of Saag this week. There are several versions of it, but in all cases it uses lots of greens and takes all day to make. You can pair it with toasted garlic naan topped with ghee. Hope you enjoy it!

In the box this week, we have delicious grapes and bonus tomatoes!!

Until next week, Stay Safe, Stay Healthy, & Stay Hydrated!

Ruby

WHAT'S IN THE BOX?

- Corn *4 ears*
- Carrots *bunch*
- Rainbow Chard *bunch*
- Socrates Cucumber *3 each*
- Eggplant *1 each*
- Red Leaf Lettuce *head*
- Parsley *bunch*
- Green Bell Pepper *2 each*
- Jupiter Grapes *1 lb*
- Grape Mix Tomatoes (Bonus) *pint*



Saag

Ingredients:

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| ◇ 6 cups Mustard greens, chopped | ◇ 1 cup corn flour |
| ◇ 6 cups Spinach, chopped | ◇ 4 tbsp olive oil or ghee |
| ◇ 2 cups Fresh fenugreek leaves (optional)
(Kale, radish leaves, or turnip leaves can also be used) | ◇ 5 garlic cloves—chopped or grated |
| ◇ 3 small green chili peppers—chopped | ◇ 2 tbsp fresh ginger chopped or grated |
| | ◇ 1 small onion—chopped |



In a slow cooker, add all the greens and green chili and fill with water so that the water level is about an inch above all the ingredients. Cook on high for 6 hours. Once all the ingredients are soft, Use a blender to mix everything together.

Add corn flour to the mix and add salt to taste.

In a pan, sauté garlic, ginger, and onion in oil or ghee. Sauté until onion is golden brown. Add to the greens mix. Add more ghee for flavor and serve hot with naan or Makki Roti.