



# Riverland Family Farms



CSA Week 15

Corvallis, Oregon

## Behind The Scenes—Part III



Today I am introducing someone who has a very important role in keeping this Riverland Family functioning, and that is my sister Mandeep. She is married to Tal (farmer and owner), she is an Electrical Engineer, and an amazing mom of two. At the farm, she works year-round helping in the office keeping our balance sheets and all the data in check. Her role goes beyond her work at the farm as she has always worked 'behind the scene' in keeping this entire family together, in harmony.

Mandeep grew up in a small farming village in Punjab (Northwest India). She was the first female in our village to go to an Engineering school. That required her to live away from home in a big city, which was not the norm for a female from a small village 25 years ago. Although she went through Engineering school once more when she migrated to the US, she successfully set an example that many others followed in our village. After working in high-tech companies for over 10 years, she decided to take a break and help her kids through their primary years. Being the older of 3 siblings, she has always been a life coach for me and my brother Inder. She is highly organized, an excellent listener, a problem solver, and a pro at mediating uncomfortable conversations in our family. She is an amazing cook, just like my mom, and makes good use of the delicious veggies we grow at the farm. She is always trying to learn more about how food and nature can keep our minds and body balanced. She follows Ayurvedic methods for internal purification along with yoga and meditation. This all sounds simple but requires a very high caliber of control, especially if you are used to flavors and spices. I tried the Ayurvedic cleanse along with Mandeep once and I hardly made it through day 1. Now that lemongrass is in, I would rather be eating Thai curry that she cooks. We are so grateful for Mandeep, her wisdom, and her exemplary dedication to anything she pursues.

At the farm, fall prep work is underway and we are so looking forward to the rainy days ahead. Lemongrass is finally here, along with cabbage. Hope you enjoy!

Until next week, Stay Safe, Stay Healthy!

Ruby

### WHAT'S IN THE BOX?

- Scallion *bunch*
- Fennel *head*
- Rainbow Chard *bunch*
- Shallots *2 each*
- Lemongrass *bunch*
- Cabbage *head*
- Green Bell Pepper *2 each*
- Italian Prunes *pint*
- Asian Pears *3 or 4*



## Carnalized Cabbage

Source: bonappetit.com

### Ingredients:

- ◊ 1/4 cup double-concentrated tomato paste
- ◊ 3 garlic cloves, finely grated
- ◊ 1 1/2 tsp ground coriander
- ◊ 1 1/2 tsp ground cumin
- ◊ 1 tsp crushed red pepper flakes
- ◊ 1 medium head cabbage (about 2 lb)
- ◊ 1/2 cup extra-virgin olive oil, divided
- ◊ Kosher salt
- ◊ 3 tbsp chopped dill, parsley, or cilantro
- ◊ Full-fat green yogurt or sour cream



Preheat oven to 350 degree. Mix tomato paste, garlic, coriander, cumin, and red pepper in a small bowl. Cut cabbage in half through core. Cut each half through core into 4 wedges. Heat 1/4 cup oil in a large cast-iron skillet over medium-high. Working in batches if needed, add cabbage to pan cut side down and season with salt. Cook, turning occasionally, until lightly charred, about 4 minutes per side. Transfer cabbage to a plate. Pour remaining 1/4 cup oil into skillet. Add spiced tomato paste and cook over medium heat, stirring frequently, until tomato paste begins to split and slightly darken, 2-3 minutes. Pour in enough water to come halfway up sides of pan (about 1 1/2 cups), season with salt, and bring to simmer. Nestle cabbage wedge back into skillet (they should have shrunk while browning; a bit of overlap is okay). Transfer cabbage to oven and bake, uncovered and turning wedges halfway through, until very tender, liquid is mostly evaporated, and cabbage is caramelized around the edges, 40-50 minutes. Scatter dill over cabbage. Serve with yogurt alongside.