 CSA Newsletter Week #10:

# What to do with all that Cabbage!

For those of you struggling to keep up to all that cabbage or just want to try something new, check out this link: [wildfermentation-sauerkrautrecipes](http://www.wildfermentation.com/category/sauerkrautrecipes/) I reference the book Wild Fermentation by Sandor Ellix Katz often in our house.

# This week’s bin features:

* Red Cabbage
* Bunched Beets
* Bunched Carrots
* Kale
* Lettuce Mix with Flowers & Herbs
* Kohlrabi
* Broccoli OR Cauliflower
* Zucchini
* Parsley
* Sage
* Potatoes
* New Zealand Spinach
* Fennel
* Nanking Cherries

### Add-on Shares:

* Pork Roast (leg roast)
* Rye Flour
* Spicy Pickled Carrots
* 1 dozen farm fresh, free range eggs

### Recipe of the Week:

**Zucchini brownies (gluten Free!)**

Makes: 1 8x8 square baking dish

Recipe provided by our apprentice Meghan Way  
  
**Ingredients**  
1 cup gluten free flour blend  
(Or 1/2 cup almond flour, 1/4 cup quinoa flour, 1/4 cup tapioca starch)   
1/2 cup sucanat or raw cane sugar  
1/3 cup cacao powder  
3/4 tsp baking soda  
1/2 tsp sea salt  
1/3 cup + 2 Tbsp. milk  
1 egg (vegan - use 1 tbsp. flax or chia seed meal mixed with 3 tbsp. water)  
2 tbsp. coconut oil or unsalted butter, melted  
2 tbsp. unsweetened applesauce or other fruit butter/puree  
1 tsp pure vanilla extract  
1 heaping cup finely shredded zucchini (lightly squeezed of some excess water)  
1/2 cup dark chocolate chips

**Fudgy frosting**  
3-4 tbsp. cacao powder  
2 tbsp. coconut oil  
1/2 cup dates (soaked if need be)  
2-3 tbsp. milk  
1/4 tsp pure vanilla extract  
  
**Directions**  
To make brownies: Preheat oven to 350F. Grease 8x8 square baking dish.  
In a medium size mixing bowl beat egg or mix flax egg (set aside a few minutes until gummy). Add milk, oil, applesauce and vanilla to bowl and mix until combined.   
In a separate mixing bowl combine flour, cacao powder, salt, and baking soda. Add wet ingredients and mix until slightly combined. Fold in zucchini and chocolate chips until just combined.  
Spoon into baking dish, even out & bake for 25-30 minutes. Take out at earliest time for fudgy style brownies.  
To make frosting: blend everything together until smooth in a food processor or blender. Let brownies cool before spreading on top.