



“As for myself, I am sitting up today for the first time – partly dressed as the cucumber said when oil and vinegar were poured over him, but salt and pepper were omitted.”

~Edward Lear (1812-1888)~

## Where did the cucumber come from?

The cucumber is believed native to India, and evidence indicates that it has been cultivated in western Asia for 3,000 years. From India it spread to Greece and Italy, and China. Records of cucumber cultivation appear in France in the 9th century, England in the 14th century, and in North America by the mid-16th century.

The tribes of the Great Plains and the Rocky Mountains learned from the Spaniards how to grow European vegetables. The best farmers on the Great Plain were the Mandans in what are now the Dakotas. When the Europeans came to Mandan villages, they brought cucumbers, which were quickly added to the Mandans' growing diet.

In the later 1600s in New England, a widespread prejudice developed against fresh fruits and salads, or any product of the orchard or garden that had not been cooked. Even when soon afterwards, diet reform swept over the colonies and "simple, natural, plain foods" were recommended, the cucumber had difficulty shedding its bad reputation: "Fit only for consumption by cows," by which came the name **cowcumber**.

Armenian Cucumber



Lemon Cucumber



## This week's CSA share contains:

- Assorted Summer Squash
- White Castle onions
- Wyatt Green Bean
- Assorted Cucumbers
- Green Oakleaf lettuce
- Rainbow Beets
- Red Norland Potato
- Music Garlic
- Primo Cabbage



4944 Owens Creek Road  
Catheys Valley, CA 95306  
(209) 742-6592

[www.rawrootsfarm.com](http://www.rawrootsfarm.com)  
[rawrootsfarm@gmail.com](mailto:rawrootsfarm@gmail.com)

Here is a recipe that incorporates beets, cabbage, potatoes, onion, and garlic from this week's CSA share!

## Beet and Cabbage Borscht (served cold or hot)

Total Time: 40 Mins.

Servings: 2-4



### Ingredients

2 beets, grated	1 potatoes, sliced into bite-sized pieces
4 Tbsp. cooking oil	1 medium onion, finely chopped
½ head of cabbage, thinly chopped	1 can kidney beans with their juice
6 cups chicken or veggie broth	Plain yogurt or sour cream for topping
5 Tbsp. ketchup	4 Tbsp. lemon juice
salt and pepper to taste	cumin to taste
2-3 cloves garlic, minced	

### Preparation

1. Bring 10-cups of water to boil. Add potatoes and boil for 10 minutes. Add shredded cabbage and grated beets and boil for another 10 minutes. Potatoes should be soft by now. If not, keep cooking.
2. Add 6 cups of chicken broth, lemon juice, pepper, and can of kidney beans (with their juice) to the pot.
3. Place 4 Tbsp. of cooking oil in a skillet over medium high heat. Add onion and garlic and sauté for 3 minutes. Stir in ketchup. Add to the soup pot.
4. Cook the soup for another 5-10 minutes until the cabbage is cooked. Season to taste with salt, pepper, and cumin.
5. Serve warm with yogurt or sour cream on top. Or, serve chilled for a refreshing cold treat on a hot day.