



July 12, 2007

Greetings CSAers,

What's in Your Box

Red Cabbage
Broccoli
Walla Walla onions, fresh
Snap Peas
Carrots
Chard
Beets
Kale or Kohlrabi
Parsley



The new bags are in! If I owe you a bag and you don't receive yours today, please remind me. Thanks!

Beth's Farm News: What's Growing On

If you don't feel like cooking this week due to the heat, I'm happy to provide a colorful, abundant box this week full of crunchy, sweet veggies that are great raw or cooked. Our 'Mega' snap peas can be eaten pod and all. The Walla Walla onions are famous for their sweetness so that they can be eaten raw like an apple (if you're brave!). Since the onions are still fresh, you can use the entire plant, stem and all. Chop the green stems and use as you would scallions. Packman broccoli produces large dense heads of florets that can be cut into crudite. Dense red cabbage will make a bright coleslaw, and of course nothing beats fresh garden-grown carrots. Beet roots can be shredded raw onto salads and freshly-chopped parsley will enliven your taste buds.

Our Growing Partners program youth, growers, Saralynn, Kelly, and I enjoyed an informative field walk last Saturday with entomologist Dr. Steve Booth. He handed out small clear plastic 'bug boxes,' and we quickly caught several different insects for him to identify and explain. We learned about the diverse number of insect species we host at the farm, some "bad" ones eating our plants balanced by "good" ones eating the "bad" ones. I liked that Dr. Booth made clear that the terms "good" and "bad" are human constructs, and that in reality the insects are just "doing their thing." The walk reminded me of the importance and value of organic market farming -- growing many different varieties of vegetables, herbs, and flowers -- versus monocropping -- growing only one type of crop. The diversity of crops we grow, and growing them organically, encourages the natural insect balance.

Recipes

Broccoli Slaw (makes 2 servings)

2 teaspoons light mayonnaise
1 tablespoon cider vinegar
1 teaspoon sugar
1 teaspoon Dijon mustard



July 12, 2007

pepper to taste
2 teaspoons minced shallots or green onion
2 cups chopped broccoli, lightly cooked

In a small mixing bowl, whisk together the mayonnaise, vinegar, sugar, mustard and pepper. Stir in the shallots or green onions, then add broccoli. Toss the mixture well to coat the broccoli.

from *Healthy Cooking for Two (or just you)*, Frances Price, R.D., 1995.

What to do with kohlrabi?

Excerpted from *Rolling Prairie Cookbook*, by Nancy O'Connor.

Kohlrabi can be one of those intimidating vegetables if you haven't been around it much. It has the look of an organic green Sputnik, with a taste like fresh, crunchy broccoli stems accented by radish. The name kohlrabi comes from the German kohl, meaning cabbage, and rabi, or turnip, and that kind of sums it up.

SIMPLE SOLUTION: Although these green bulbs look like they were dug up from the earth, the round bulb is a swollen stem that grows above ground. Not a commonly used vegetable in American cuisine, kohlrabi is widely used in Central Europe and Asia. It is still patiently waiting to be discovered in this country.

Handling: If the kohlrabi leaves are still attached to the bulb, trim them and store separately. If the leaves are in good shape - firm and green - they can be cooked but will need to be used within a couple of days. The bulbs should be stored, unwashed, in a plastic bag. They will hold for about a week in the refrigerator.

Simple Preparation: Tender, young kohlrabi is delicious eaten raw. Peel the outer skin with a paring knife. Slice, dice, or grate, and add to salads. Use on raw vegetable platters or serve with a creamy dip. Substitute in [recipes](#) calling for radishes. Grated kohlrabi can be added to slaw, but lightly salt it first and let stand for several minutes. Squeeze to remove any excess water before adding dressing. Kohlrabi can also be steamed or boiled. For this preparation don't peel until after they are cooked. Steam or boil until bulbs are tender, peel skin, and season with butter, salt, and pepper, a cheese sauce, or just enjoy plain.

If the leaves attached to the kohlrabi bulb are fresh and green, they can be enjoyed as a cooked green. Wash the leaves and remove the ribs. Blanch in boiling water until just wilted, 3 to 5 minutes. Drain and squeeze excess water from leaves. Chop leaves, then saute in a little olive oil or butter. Season with salt and pepper. Add a splash of vinegar or squeeze of fresh lemon juice.

Enjoy!