

# FRY FAMILY FARM CSA NEWSLETTER

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## **In your Box:**

### **Partial Share:**

Salad Mix  
Red Lettuce  
Kohlrabi  
Japanese Eggplant  
Walla Walla  
Carrots  
Green Beans  
Mix summer squash  
Red Cabbage  
Basil

### **Full Share:**

Salad Mix  
Lettuce  
Red Cabbage  
Swiss Chard  
Japanese Eggplant  
Kohlrabi  
mix summer squash  
Basil  
Carrots  
Walla Walla  
Green Beans  
Pickling Cucumber

### **FLOWERS:**

Sunflowers

Extend the life of your Sunflowers by re-cutting the stems and changing the water in your vase every couple of days. Sunnies are heavy drinkers, so make sure they have plenty of water.

## **Saturday Market A Smashing Success!**

We are extremely thrilled with the turnout at our first Ashland Saturday market, which was last weekend. The market is quite a bit smaller scale than our other markets, but it is a nice change, and we still did great business. Also, there is probably something fundamentally different about a weekend vs. weekday market, just in terms of peoples general mindsets. People are much more chill on a Saturday morning than on a Tuesday or Thursday, when they more than likely have to rush off to work or an appointment

The most rewarding part for us though is being able to reach a whole new segment of the population that has never been able to attend the weekday markets. I'd say at least 80% of the customers were new to me, and they were all THRILLED, and they all felt like it was just about time they finally had a market!

In my opinion, this market is just going to get better and better. A big thanks goes out to all those who put this in motion and made it happen. Again, a reminder, the hours of operation are Saturday 9am-1pm. Location: Corner of 1st and Lithia. This market will operate through October, and start up again next Spring.

## **Organic's Big Benefit**

(Reprinted from *Growing for Market*, Volume 17 No. 7)

Converting the nations eight million acres of produce farms to organic would reduce pesticide dietary risks by about 97%.

That is the conclusion of a study by Dr. Charles Benbrook of The Organic Center. Less than three percent of the nation's cropland produces fruits and vegetables. Yet, according to the organic center, these crops account for most of the pesticide risks from dietary exposure in domestically produced foods. The 97% risk reduction can only be achieved if converting domestic cropland of organic is coupled with consumers choosing only imported produce that is certified organic.

## Kohlrabi (German Turnip)

Kohlrabi is a low, stout cultivar of the cabbage that will grow almost anywhere. It has been selected for its swollen, nearly spherical, Sputnik-like shape. The name comes from the German *Kohl* ("cabbage") plus *Rübe* ~ *Rabi* (Swiss German variant) ("turnip"), because the swollen stem resembles the latter.

Kohlrabi's origin in nature is the same as that of cabbage, broccoli, cauliflower, kale, collard greens, and brussels sprouts: They are all bred from, and are the same species as, the wild cabbage plant (*Brassica oleracea*). The stem of Kohlrabi just above the soil swells to a fat little round, with leafy green tops. The tops are edible - they are very cabbage-y - and can be cooked in the manner of any tough green.

The taste and texture of kohlrabi are similar to those of a broccoli stem or cabbage heart, but milder and sweeter, with a higher ratio of flesh to skin. The young stem in particular can be as crisp and juicy as an apple, although much less sweet. Kohlrabi can be eaten raw as well as cooked. There are two types of kohlrabi, green and purple, but the purple one is just the same inside. The skin is slightly woody and requires a firm hand with a peeler - usually a very sharp paring knife works better. I like kohlrabi simply sliced and sprinkled with salt, although it makes a crunchy addition to salads when cut into matchsticks or ribbons. It is also a great addition to slaw.

## Quick Kohlrabi Pickles

2-4 small kohlrabi bulbs, trimmed, peeled, and cut into 1/2" cubes  
Good olive oil (optional)  
Rice vinegar (not sweetened, available in Asian grocery stores and some well-stocked supermarkets. If you don't have rice vinegar, you could substitute something rather mellow - white wine or sherry vinegar, or even white vinegar with just a pinch of sugar added)  
Kosher Salt  
Fresh Black Pepper

Place the kohlrabi chunks in the bowl of a lidded, airtight container. Drizzle with a touch of olive oil, a good splash of vinegar, and sprinkle liberally with salt and pepper. Replace the lid and shake well. Taste and adjust seasoning. Place in fridge, shaking occasionally. They are best after they have marinated for a few hours, and will last about a week, becoming more intensely flavored but still largely retaining their lovely texture.

## The Good Nutrition of Kohlrabi

**1 cup (135 grams) of kohlrabi contains a mere 36 calories, 5 grams of fiber, 2 grams of protein, 19% of your daily potassium intake, 10% of B6, and 139% of your daily vitamin C intake.**