

## Fry Family Farm

CSA Newsletter

Volume 6, Issue 2 June 17, 2010

### Greetings CSA'ers!!!

Well, we made it through our first week of deliveries with only a few minor mix-ups. Our apologies again to those folks who got late deliveries or got mixed up somehow, hopefully all is aligned for this weeks delivery/pick up. Again, please let us know if anything seems awry!

I'd like to throw out another reminder about BOXES; Please bring your box back if you pick up your own box, and please set your box out if you get a delivery! We reuse them as much as possible! Thank you!

### 13th Annual Plant Sale This Weekend!

*Friday and Saturday Only*

**June 18th & 19th**

**8am—2pm**

8657 Wagner Creek Rd. Talent.

541-261-5768

\$1.00 Vegetable Starts

\$1.00 Annuals

\$3.00 Gallon Perennials

\$1.50 Perennial flowers & herbs

We are once again opening our greenhouses to the public for our annual sale. We have 4 greenhouses full of everything you could want; Annuals, Perennials, Herbs, Tomatoes, Peppers, Squash, Eggplant, Melons and much more.

#### **DIRECTIONS:**

**From Ashland:** Take 99 N to Rapp Rd and turn Left. This road turns into Wagner Creek road after the 2nd stop sign. Go just past the 2 mile marker and turn left down our dirt lane. There will be signs.

**From Medford:** Take 99 S to Rapp Rd. and turn Right. This road turns into Wagner Creek Rd. after the 2nd stop sign. Go just past the 2 mile marker and turn left down our dirt lane. There will be signs.

### IN YOUR BOX:

#### Partial Share:

Salad Mix

Spinach

Red Lettuce

Red Chard

Red Cabbage

Kohlrabi

Broccoli

Garlic

Basil

Carrots

Flowers: Lillies!

#### Full Share

Salad Mix

Spinach

Red Lettuce

Kohlrabi

Red Cabbage

Carrots

Chard

Kale

Garlic

Strawberries

Basil

Leeks

Cauliflower

Flowers: Lillies!

### Senior Days:

June: 10, 24

July: 8, 22

August: 5, 19

Sept: 2, 16, 30

Oct: 14, 28

Nov: 11

## **Kohlrabi?!**

Okay, so I'm sure the first thing you are saying to yourself is "what is this purple stuff, and what is kohlrabi?" WELL, I am here to tell you, it is delicious! Kohlrabi, (that globe shaped purple stuff with the greens on top) gets its name from the German "kohl"-cabbage, plus "rhubel"(rabi)- turnip. So, literally kohlrabi is a cabbage turnip. In Germany there is another vegetable called kohlrube, that is more of a turnip, very distinct from kohlrabi. Kohlrabi's origin is the same as that of cabbage, broccoli, cauliflower, kale, and collard greens; they are all bred from, and are the same species as the wild cabbage plant Brassica oleracea. Okay, so now we know all that...what do we do with it?

Kohlrabi has been compared to the stem of a broccoli, but a little bit milder; jicama, but less juicy; and even a turnip, but less hot and more green tasting. Your mission should you choose to accept it, is to come up with your own description of this mild cab-nip-rabi.

From my chef friends, the advice I get is that it is best when eaten raw; that when cooked, kohlrabi loses its delicate flavor and simply acts like vessel for whatever flavored sauce it is in or adjacent to. However, there are places in the world where kohlrabi is a staple part of the diet, and it is eaten 3-4 times a week. I have seen 4 star recipes for stuffed kohlrabi, roasted kohlrabi...etc. You be the judge, and most importantly HAVE FUN and experiment with this lovely globular guy!!! OH, and don't forget to eat the greens too! They are just like kale!

## **Sautéed Kale with KOHLRABI!!!**

In this recipe, any type of citrus can be used (lime, lemon or orange), and also PLEASE toss the kohlrabi greens in with the kale! SERVE over rice or quinoa and enjoy!

*(This recipe brought to you by bonappetit.com)*

### **Ingredients:**

1 1/4 pound kohlrabi, peeled  
1/2 tsp. Grated lime zest  
2 T. Fresh lime juice  
1/4 cup olive oil, divided  
2 bunches kale, stems discarded  
5 garlic cloves, finely chopped  
1/3 cup chopped pistachios

### **Preparation:**

Very thinly slice kohlrabi with mandolin or adjustable blade slicer.  
Whisk together lime zest and juice, 2 T. olive oil, and 1/2 tsp. Each of salt and pepper in a large bowl. Toss kohlrabi with dressing.  
Finely chop kale. Heat remaining olive oil in pan on medium heat, add garlic and sauté until pale golden, about 30 seconds. Add kale by the handful, using tongs to coat, until all of kale is wilted. Then add 1/2 tsp salt, and sauté a minute more. Transfer to a bowl and cool to room temperature, then toss with kohlrabi and pistachios.

### **A one cup portion of raw kohlrabi has:**

- Only 36 calories
- 5 grams of Fiber (19% RDA)
- 140% RDA Vitamin C
- Very good source of B6

### **Try some Kohlrabi:**

- Grated on your salad
- Match-sticked and put in to a cole slaw!