

High Meadow Farm CSA

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Week 2

June 21, 2011

In your box this week:

'Adirondack Blue" potatoes
Lacinato kale
Asian Greens
Head Lettuce
Kohlrabi

Mixed lettuce salad
Radishes
Snap peas
Thyme

Hello from the farm!

Your veggies are growing and have enjoyed a whole week of normal summer weather. *However*, we are still seeing some effects from the heat spell. The little **broccoli** in your boxes started to bolt, then slowed down a bit. It did not form nice big heads, but nice small, yet tasty ones and we decided to distribute them to you, even though quantities are small. There is more nice-looking broccoli on its way; a different variety planted in a different week. The **Kohlrabi** in your box is an early variety that grows fast in cool weather. They are very sweet and juicier than other kohlrabies. With the heat, many of them "popped" or split, a lot like popcorn does when it is popped. That effect is purely cosmetic and odd-looking, but the kohlrabi is still delicious! We will have kohlrabi again over the season. The yield is down on this variety of **peas**, we are assuming that it is heat related. This is the same early variety that we grew last year with terrific yield. The 'Oregon Sugar Pod' peas are starting to flower and we are hoping they will be in your boxes next week. We have had to till some of our bolting crops in. Fortunately they are fast growers and we will keep planting them with hopes of better weather. A few of the casualties are our spinach, some radishes, salad turnips and tender greens. These all do well in the fall and we will plan on re-seeding accordingly! We plant lettuce all summer, although it too will bolt and become bitter with heat, we try to have an assortment of varieties that are more heat-tolerant. We also don't like to be without salad!

Some of the veggies that you will be seeing soon are tender carrots, beets, new potatoes, zucchini and cucumbers. The other heat-lovers are doing great as well; tomatoes, peppers, sweet potatoes- to name a few! We are hoping for a nice *gentle* rain soon, to help them along and supplement their irrigation!

Who's who in the veggie box???

There's a good possibility that you may have never seen some of these unusual veggies, so I will try to describe them for you:

Blue potatoes? These spuds are from last year, but they have stored amazingly well and we'd like to share them with you. The 'Adirondack's' are the potato highest in nutrition value of all the dark potatoes. They taste- just like a potato. Delicious roasted, pan-fried, baked, in salad or soup, although mashing them is not a great color for potatoes. If you can't use them right away, store them in a paper bag in the refrigerator drawer or they will want to grow as soon as they can! New potatoes are coming soon!

Lacinato Kale, also known as "Elephant" kale (note the leaf texture). It is the tougher, bluish-green leaves that resemble elephant hide! For some, it is an acquired taste, for others, (like me) it is addicting. As bold and strong as it looks, it is in nutritive value. Vitamins, minerals, antioxidants, you name it. I believe that it has been the best thing my joints have ever found and I know that I feel strong and healthy as long as I can eat the greens of Kale and other strong, leafy veggies that we will be introducing you to... Best cooked, remove the stems, roll the kale up in a tight mass and chop. It takes a little longer to cook than spinach, but this kale cooks pretty fast. For a good introduction, try sautéing it with a sliced onion and a clove of garlic in olive oil. Add a pinch of whole cumin seed with the onion. Salt & pepper to taste. If you eat meat, bacon is also a nice addition to kale. If you eat meat, this method of cooking kale is great as a side with a steak or burger. Store in crisper drawer in an open plastic bag.

Asian Greens- there are many- I still haven't found one that I can't learn to like. They are all incredibly healthy for you! The bunched greens in your box are called Mizspoon. At first tangy raw taste, you may make a face and shake your head, but don't give up! Cooking and seasoning can make all the difference. Rinse in water and chop the whole bunch, stems and all for stir-fry. There is a recipe suggestion on the next page for this mustard relative. Storage is the same as kale.

Lettuce- the beautiful, tender head of lettuce in your box is an heirloom variety called 'Grandpa Admire's'. The seeds were a family heirloom of Chloe Lowry who gave them to Seed Saver's Exchange in 1977 when she was 90 yrs. Old. They are named after her grandfather, George, a civil war veteran. I think this is *one* of the prettiest lettuces I have seen. The **lettuce blend** is a nice mixture of lettuce and other greens. (Store in open plastic bag in crisper drawer.)

Kohlrabi is the round, light green orb. This early variety is juicy & delicious. I have always enjoyed it raw, but just in the last few years started cooking with it and I have fallen in love! Peel before eating; the skins are tough. The inside, though is refreshing and sweet. Eat it as a snack, in a salad or in one of the recipes below. (Store in crisper drawer.)

Thyme is the fresh, fragrant herb this week. It is used as a seasoning for meats, tomato sauces, white sauces and of course veggies and salad dressing. If you are not familiar with it, taste a leaf first, but be aware that the flavor will intensify when it is cooked, although fresh thyme is more mellow than dried. To preserve it for use in the future, just let it sit out in a dry, warm place, then slid the leaves off of the stem with your fingers into a bag or a small bottle. To use, rub the leaves or crush a little before adding.

Last night, we came in at dark, hungry and tired with a bit of "what you are having" in mind for dinner. We had a very satisfying and delicious meal in about 20 minutes!

I call it **Asian greens and Kohlrabi**, but first, a note about stir fry's: Exactly as they sound, that is really all there is to a stir-fry. Quickly sautéing fresh veggies with seasonings in a nice wok or cast-iron pan if you have one, or another favorite pan. Here are a just few of our favorite seasoning suggestions to have on hand to make summer veggies a meal in a flash:

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| Ginger –fresh and powdered | Fresh parmesan cheese |
| Garlic | Feta cheese |
| Sesame oil (regular and hot) | Eggs |
| Chili paste | Olive Oil |
| Soy sauce | Salt and Pepper |
| Whole cumin seed | (A good variety of pepper is the |
| Coriander seed | spice of life!) |

For a quick stir-fry-

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| Olive oil | 1 handful of Asian greens, chopped, stems & all |
| ½ tsp Powdered ginger (or fresh) | 1 kohlrabi, peeled, sliced and cut into large matchsticks. |
| ½ tsp Powdered garlic | 1 small bunch broccoli (optional) |
| 1 onion | |
| Hot sesame oil | |
| Soy sauce | |
| Salt & pepper | Cooked rice |
| Fresh Thyme | |

Sauté the onion in 1 tbs olive oil, until clear. Add ginger and garlic, stir for 30 seconds. Remove and chop leaves from 1 sprig of thyme and add. Add kohlrabi, stir 30 seconds, add chopped greens and broccoli. Season to taste with Sesame oil and soy sauce, salt and pepper if needed.

The sweet kohlrabi and greens combination is the best part of this dish!

Following is a recipe for kohlrabi from Mike Opager.

* I think that adding some blue potatoes to this could only be double delicious!

ROASTED KOHLRABI
(serves 4)

Ingredients

4 kohlrabi bulbs, peeled
1 tablespoon olive oil
1 clove garlic, minced
salt and pepper to taste
1/3 cup grated Parmesan cheese

Directions

- Preheat an oven to 450 degrees F (230 degrees C).
- Cut the kohlrabi into 1/4 inch thick slices, then cut each of the slices in half. Combine olive oil, garlic, salt and pepper in a large bowl. Toss kohlrabi slices in the olive oil mixture to coat.
- Spread kohlrabi in a single layer on a baking sheet.
- Bake in the preheated oven until browned, 15 to 20 minutes, stirring occasionally in order to brown evenly.
- Remove from oven and sprinkle with Parmesan cheese.
- Return to the oven to allow the Parmesan cheese to brown, about 5 minutes. Serve immediately.

Another yummy frittata anyone?

Kale and Mushroom Frittata

¼ cup chicken broth
2 cups shredded kale (or spinach)
1 cup sliced, fresh mushrooms
¼ cup chopped onions
5 eggs
½ tsp crushed, dried basil
w/r tsp crushed dried or fresh thyme
¼ cup shredded mozzarella

1. In medium pan, heat broth to boiling, add kale or spinach, mushrooms and onion. Cover and cook over medium heat for 9-12 minutes, or till tender. Drain well.
2. In a medium bowl lightly beat eggs. Stir in basil, thyme, 1/8 tsp salt and 1.8 tsp pepper. Set aside. Oil an 8-10 inch ovenproof skillet and preheat over med. heat. Add kale mixture and pour egg mixture over. Bake at 350 for 8-10 minutes, or till eggs are set. Top with cheese and bake 2 minutes more. Cut into wedges. 3 servings.

Adapted from 'Healthy Family cookbook.