

In your share:

Baby Beets
Kohlrabi
Mustard Greens
Kale
Collards
Turnips
Radishes
Spring Onions
Lettuce
Garlic Scapes

In the PYO:

Nasturtiums
Mint
Cilantro
Dill
Peas
Sage
Oregano
Lovage
Wildflowers

Signs of Summer everywhere



The temperatures aren't the only indication that Summer is just around the bend. Up in the fields, the summer squash are broadening their big green leaves, and the very first flowers and their tiny green fruits are coming on, promising long, dark green zucchini in the next few weeks.

The tomatoes and peppers are soaking up the sun and loving the warmer temperatures, with the most recent planting of an additional 400 happy little tomato starts rounding out a full field. Two long beds of okra are nestled in next to them, with plans for a protective buffer of bug-trapping sunflowers and buckwheat planned to slow and distract any stink bugs that might pop up. With happy plants, we will hope to see tomatoes in mid July.

Of course, we have another few weeks of roots and greens to savor, and there is no need to rush these spring treats away. This week brings the much loved head lettuce and the curious looking kohlrabi to the share. We trust that you can think of lots of ways to showcase your lettuces, so we have included some ideas for the kohlrabi and baby beets & greens below.

Newsletters Online!

In addition to arriving in your inbox prior to your CSA day and waiting for you in print during pickup, you can now access the newsletter on the website! The most current newsletter will be available, along with those from previous weeks so you can reference them all in one place. Head to the CSA page on our website, RedWiggler.org, and look for the CSA newsletter link in the menu on the left. (www.redwiggler.org/csa/newsletter/)

PYO Highlights

In the upper PYO, cilantro and dill are ready to be picked this week, and there are still lots of sugar snap and snow peas- remember to pick the pea and the cap together. Thanks! The nasturtiums look wonderful- take a few of these edible blossoms home to accent the lovely salad greens.

Kohlrabi

Some liken it to peppery broccoli stem, others to jicama, still others find it resembles cabbage, turnip and apple all mixed up. Kohlrabi comes in greenish-white and purple skinned varieties (which don't seem to differ much in flavor). The bulbs are tastiest when they are young and tender, and when small, both the skin and the leaves are edible.

Peel it, slice it, and snack on the matchsticks raw. Put it in a stir fry or salad for crunch, add it to slaw, or try the puree below.

Kohlrabi Puree

4 kohlrabi bulbs with leaves
2 Tablespoons extra-virgin olive oil
1 large onion or 2-3 spring onions, chopped
3 cloves garlic, minced
4 ounces cultivated mushrooms (Baby Bellas), quartered or sliced (optional)
3 Tablespoons cream (or milk, chicken stock, olive oil, or water)

1. Trim the kohlrabi bulbs, peeling them if the skins seem tough. Rinse the leaves (discarding any that are yellow) pat them dry, and coarsely chop. Set aside. Cut the bulbs into 1-inch chunks.

2. Bring a saucepan of lightly salted water to a boil, and add the kohlrabi chunks. Reduce the heat and simmer until tender, about 15 minutes. Alternately, the chunks can be roasted in a 375 F oven until tender (30-45 minutes).

3. Meanwhile, heat the olive oil in a skillet. Add the onion and sauté over medium-low heat until softened, about 5 minutes. Add the garlic and cook, stirring, another 1 to 2 minutes. Don't let the garlic brown.

4. Add the mushrooms and the reserved kohlrabi leaves to the skillet. Cover, and cook 5 minutes. Then uncover, and cook, stirring, until all the liquid has evaporated, 3 minutes. Set the skillet aside. (Variation: Add the tender kohlrabi chunks to the skillet. Mix well and serve. or...)

5. Drain the kohlrabi chunks and place them in the bowl of a food processor. Add the mushroom mixture and the cream (or whatever substitute you're using). Purée until smooth. Salt and pepper to taste.

6. Transfer the purée to a saucepan and reheat over low heat, stirring, 2 minutes.

Adapted from The New Basics Cookbook by Rosso & Lukins for the Farmgirl Fare blog

Baby Beets & Greens

They might look too tiny to even consider, but don't discount these delicious early beets. The tender skin and small circumference make them perfect for a one pan preparation with their greens. The variations on this theme are endless-experiment to find your favorite! Also, beet greens can be enjoyed raw when they are this sweet and fresh!

Speedy Sautéed Baby Beets & Greens

1 bunch of baby beets with their greens
A few tablespoons of water

1. Fill a saute pan with just enough water to cover the bottom and set it over medium high heat.

2. Give the beets and greens a good rinsing, and remove any yellowing leaves. Trim the tops off the beets. If the greens and stems are tender, leave them in bunches. Otherwise, trim the stems, leaving just an inch on each leaf. Set aside greens.

3. Thinly slice any beet that is larger than the tip of your thumb. Quarter those that are too small to slice safely. Place all the beets in the heated saute pan and cover, cooking until just barely tender (about 5 minutes).

4. Add a bit more water and the beet greens to the pan. Cover and steam until greens are have just wilted, 2-3 minutes.

5. Serving options:

- Top a bed of wilted greens with some beet slices and a splash of balsamic vinegar, squeezed orange or lemon juice.
- Spread goat cheese on a toasted slice of baguette, top with greens, beets and Balsamic.
- Sprinkle mixed beets and greens with a pinch of salt and keep it simple.