



In your share:

Lettuce Mix
Turnips
Radishes
Beets/Chard
Mustard Greens/
Mizuna/ Mibuna
Kale
Collards
Spring Onions
Garlic Scapes
Kohlrabi

In the PYO:

Snap Peas
Chives
Parsley
Dill
Cilantro
Winter Savory
Lovage
Mint
Bachelors Buttons
Wildflowers

A few new crops join the harvest

This week brings garlic scapes and kohlrabi; two of the crops in the harvest that were once relative rarities, but seem to be gaining popularity as we rediscover them through CSAs and Farm Markets. Fellow CSA customers are often great resources for creative dishes, so get to know each other and swap those favorites!

Garlic Scapes

If you don't already love them, we hope garlic scapes will win you over this season. Scapes are the flower stalks found on members of the Allium family, which includes onions, leeks, chives and garlic. They are the part of the plant that grows upward from the center of the greens and if we allowed them to continue, they would straighten out and finally flower into little seed-like bulbs. The flowering consumes energy, so we harvest the scapes instead to enhance bulb growth and produce hearty garlic.

Scapes tend to have the same flavor as the bulb that supports them, but to a milder degree. Use them in stir fries, dressings, or sauté and serve with grains, try them sliced raw in salads, or blend them into a savory spring pesto. They should be stored in a plastic bag in the veggie drawer of the fridge and will keep for quite a few weeks this way. If they do get floppy, trim the bottom 1/2" and put the cut end in water for an hour or so to perk them back up.

Kohlrabi

Kohlrabi (kol-ROB-ee) is a member of the turnip family, sometimes called the cabbage turnip. Once the outer skin is removed, it can be eaten raw, sautéed, roasted, or otherwise cooked. Try it cut into matchsticks with dip, tossed into stir fry for crunch, grated into a slaw, or roasted as suggested in the Newsletter Archives. Kohlrabi greens are delicious and can be used just as you would collards or kale- they are best cooked.

Though its growing habit is different from that of other roots (the leaves actually emanate from the bulb that we eat which forms just above ground), it stores best the same way. Remove the leaves, and place the roots in a bag in the fridge to keep for 2 weeks or so.

Grilled or Roasted Garlic Scapes

Garlic Scapes- as many as you like
Olive oil
Salt- Corse or Kosher Salt works best

Preheat your grill or oven to 425°.
Drizzle scapes with olive oil and sprinkle with salt.

To roast, place in a lightly oiled roasting pan, cover, and roast 40 minutes or until they begin to brown.

To grill, spread the scapes over the grilling surface and cook about 15 minutes, until tender with some color.

Serve them as a side dish (like asparagus), spread on crostini (as you would roasted garlic), or cut into bite sized pieces and tossed with fresh cooked pasta.

Kohlrabi Home Fries

from the New York Times

1 1/2 to 2 pounds kohlrabi
1 tablespoon rice flour, chickpea flour or semolina (more as needed)
Salt to taste
2 to 4 tablespoons canola oil or grapeseed oil, as needed
Chili powder, ground cumin, curry powder or paprika to taste

1. Peel the kohlrabi and cut into thick sticks, about 1/3 to 1/2 inch wide and about 2 inches long.
2. Heat the oil over medium-high heat in a heavy skillet (cast iron is good). Meanwhile, place the flour in a large bowl, season with salt if desired and quickly toss the kohlrabi sticks in the flour so that they are lightly coated.
3. When the oil is rippling, carefully add the kohlrabi to the pan in batches so that the pan isn't crowded. Cook on one side until browned, about 2 to 3 minutes. Then, using tongs, turn the pieces over to brown on the other side for another 2 to 3 minutes. The procedure should take only about 5 minutes if there is enough oil in the pan. Drain on paper towels, then sprinkle right away with the seasoning of your choice. Serve hot.

Garlic Scape Pesto

from MaryJane Butters

¼ pound (8-10) garlic scapes
1 cup grated Parmesan cheese
½ cup olive oil
3 tablespoons fresh lime juice

Puree garlic scapes and olive oil in a blender or food processor or blender until smooth.

Stir in Parmesan cheese and lime juice and salt to taste. Enjoy!