

IN THE SHARE

- Lettuce
- Collards
- Radishes
- Spring Onions
- Kohlrabi
- Garlic Scapes

Choice

- Kale (3 varieties)
- Turnips

PICK-YOUR-OWN

Blue flag indicates ready to pick.

PYO PEAS!

RED: Dill, Thyme

ORANGE: Lambs Ear, Chamomile, Bachelor Buttons

PINK: Bachelor Buttons, Parsley

YELLOW: Sage, Lemon Balm, Winter Savory, Yarrow

Farm Notes

Can you believe we are halfway through the spring CSA? This is week 4 out of our 6-week spring season, but we have plenty of new items in this week's share. Just when you thought you've seen all the strange and wonderful things the vegetable garden has to offer kohlrabi arrives to amuse and confuse.

Though it looks like a root, kohlrabi is an enlarged above ground stem. It can be enjoyed raw, roasted, or steamed. The taste has been described by some as somewhere on the spectrum between broccoli and an apple. An unusual pairing to say the least, but you'll just have to taste and decide for yourself.



Garlic Scapes are back!

Garlic scapes are the flowers of garlic plants that grow straight up and then curl over like a pig's tail. We harvest them a month or so before harvesting the actual garlic bulb in order to encourage the plant to direct its energy towards the bulb. Store them in a bag or container in the fridge. They have a long storage life so there's no need to rush to use them. Make the pesto recipe included in this newsletter or just use them like you would garlic!



Our not so compostable bags

Though we are excited to be moving away from plastic bags, we haven't quite found our ideal solution yet. The bags we are using can be placed in industrial compost, but not in our farm compost buckets.

For produce we've noticed these bags tend to dry out leafy greens, so please transfer greens to an alternative container or bag when you get home.

We will continue searching for products that keep our commitment to sustainability while not compromising our promise of quality to our customers.

Kale and Garlic Scape Pesto Veg, DF, GF

From Yupitsvegan.com

- 1 cup **kale**, stems removed, roughly chopped
- 1 bunch **garlic scapes** roughly chopped
- 1 and 1/2 cups toasted walnuts
- 1 lemon juiced
- 1/2 teaspoon sea salt or to taste
- 2 tablespoon nutritional yeast (optional)
- 1/4 cup extra-virgin olive oil (optional)



Bring a pot of lightly salted water to a boil. Stir in the chopped kale and cook for approximately 4 minutes, or until the kale has softened and turned bright green. Immediately transfer the kale to a colander and thoroughly rinse it with cold water, then let drain. Dry the blanched kale thoroughly, using towels or a salad spinner.

Add the garlic scapes to a food processor, and pulse until finely chopped. Add the walnuts and continue to pulse until no large pieces of walnuts remain (do not blend completely). Add the lemon juice, blanched kale, optional nutritional yeast, and sea salt, and continue to pulse until the kale is finely chopped, stopping to scrape down the sides and gently stir the mixture as needed. If using the olive oil, slowly stream it in while blending. Adjust seasoning to taste. Leftover pesto will keep in the refrigerator for up to a week, and also freezes well.

Peppery Kohlrabi Slaw Veg, DF

From newideafood.com/au



- 2 whole **kohlrabi**, peeled
- 1 bunch greens (**kale**, **collards** or turnip greens), finely shredded
- 1 bunch **spring onions**, very finely shredded
- juice 1/2 lemon
- 1 bunch **radishes**, quartered or sliced

For the dressing:

- 3/4 cups mayonnaise
- 1/4 cup prepared horseradish
- 2 heaped teaspoons cracked black pepper

Using a sharp knife, very thinly slice the kohlrabi, then cut into strips. A mandolin or spiralizer are also great tools for this. Toss shredded kohlrabi in a bowl with the spring greens, spring onions and 1-2 tsp sea salt. Set aside for 30 minutes and let the salt draw out any excess liquid from the vegetables.

Meanwhile, mix together the mayonnaise, horseradish and black pepper. Give the vegetables a little rinse and squeeze out any excess water with a clean cloth, then tip into a bowl. Add the radishes, dressing and lemon juice, and toss everything together.