

The Worm's Voice

Red Wiggler's CSA Newsletter

Spring 2022 Week 3
June 1 & 4

IN THE SHARE

“/” indicates a choice

- Radishes/Turnips
- Kohlrabi
- Spring Onions
- Lettuce
- Cooking Greens

PICK-YOUR-OWN

Look for the **BLUE** flags on items ready to pick!

RED:

Lovage
Oregano
Chives
Parsley

GREEN:

Chamomile
Cilantro

ORANGE:

Lamb's Ear
Fennel
Nigella
Snap Peas

YELLOW:

Lemon Balm
Sage
Valerian

NEED HELP?

Ask a Red Wiggler staff for help finding these in the PYO, ideas on how to use them, or anything else!



Red Wiggler's
WELLNESS
workshop series

Creating a healthy community is about more than food! This season's workshop series bring the body, belly and mind together to help busy folks create a healthy lifestyle. Join us for Mobility/Flexibility on TBD, Seasonal Meal Planning on 8/20, and Mindfulness on 9/24.
Details and registration at <https://redwiggler.org/2022-workshops/>

Join us for this year's workshop series promoting a healthy lifestyle, no matter how busy you are! Learn how to fit healthy moving, healthy eating, and healthy stress management into your days. No matter your age or what kind of shape you're in, your body will thank you! ****Workshops are \$15 each, or \$40 for all 3. [Register here!](#)****

FARM NEWS

If you're a long-time CSA member, you're probably very familiar with kohlrabi! But if you're new here, you may not know much about this unusual vegetable. So this week, we're going to shine a spotlight on kohlrabi!



Kohlrabi, like most brassicas we eat today (broccoli, brussels sprouts, cabbage, etc.), was selectively bred from the wild cabbage plant. It seems to have originated in South-East Asia, but by the end of the 16th century, it was being grown across Europe. Though it has many names across the world, our word for it, *kohlrabi*, comes from the German words for cabbage (*kohl*) and turnip (*rube*).

Kohlrabi is an important vegetable in Kashmiri cuisine, where it is called *mōnji*. It is actually one of the most commonly cooked vegetables there! It is also used widely across South-East Asia, and Eastern Europe. In its native Cyprus, it is popular to sprinkle kohlrabi (or *kouloumpira* as it is known there) with salt and lemon and serve it as an appetizer. One more fun fact: kohlrabi is not a root vegetable—it grows above ground. The part we eat is actually a swollen stem!

Recipes

VEG- Vegetarian DF- Dairy Free GF- Gluten Free

Kohlrabi Fritters with Avocado Cream Sauce **VEG, GF**

Tired of hearing “slice it up and put it in a salad,” when you ask what to do with spring veggies? Don’t get me wrong, just about everything we grow in Spring tastes good in salad. But here’s a way to mix it up a bit!

INGREDIENTS

- 2 small to medium **kohlrabi**
- 1 medium to large carrot
- 1 egg
- ¼ tsp salt
- ¼ tsp cayenne (optional)
- ½ cup high-heat oil (peanut, grapeseed, etc)

For the Avocado Cream Sauce

- ½ ripe avocado
- ¼ cup plain yogurt
- ½ lemon
- ¼ tsp salt
- **Green onions** for garnish



DIRECTIONS

1. Cut the leaves off the kohlrabi and peel the bulb. Peel or scrub the carrot. Shred the vegetables in a food processor, or by hand using a grater. Squeeze the shredded vegetables in a tea cloth (or with your hands) to remove moisture, then mix into a medium bowl with the egg, salt and cayenne.
2. Place the oil in a large skillet (enough for ¼ -inch depth). Heat the oil over medium high heat, then place small patties of the fritter mixture into the oil. Fry on one side until browned, then fry on the other side. Remove and place on a plate lined with a paper towel to drain excess oil.
3. For the dipping sauce, remove the avocado pit and scoop out the flesh with a spoon. In a small bowl, mix the avocado, plain yogurt, lemon juice, and salt (or blend together in a food processor).
4. Serve the fritters topped with avocado cream and sprinkled with green onions. Serve immediately; these do not save well.

Spring Herb Salad **VEG, DF, GF**

After those decadent kohlrabi fritters, now I’m going to tell you to “slice it up and put it in a salad,” ha ha! But seriously, this is the perfect time of year for a bright, green herby salad. And the great thing about using so many herbs: a simple lemony dressing is all you need!

Mix coarsely chopped handfuls of any/all with roughly torn **lettuce** leaves:

- **Dill**
- **Cilantro**
- **Parsley**
- **Lovage**
- **Fennel**
- **Chives**
- **Green Onions**

For the dressing, whisk together:

- Juice of 2 lemons
- Zest of 1 lemon
- 1 tbsp Dijon mustard

Then slowly drizzle in (while whisking):

- ¼ cup olive oil
- Salt and pepper to taste

Gently toss salad with dressing and serve. This would pair perfectly with the fritters above!