

Local Roots Community Supported Agriculture

Box Contents for June 19th & 20th

1 bunch Tokyo Market turnips

1 bunch purple kohlrabi

¼# arugula

1 head lettuce – mixed varieties

1 bunch tat soi

1 bunch Lacinato kale

1 small bunch French sorrel

Large box additions

extra head lettuce

red kale rapini

Next week's produce (we think): curly kale – salad greens - Pink Beauty radishes – baby bok choy – lettuce – mustard greens – broccoli (maybe!) – carrots!

Local Roots Farm News

The cool weather continues.... We are accustomed to cold and wet springs, having experienced them now five out of the six years we've been farming. By now, Jason and I are able to take the weather (mostly) in stride, confident that all the thousands and thousands of plants we've put in the ground will eventually turn into a huge and diverse harvest. It also helps to know that our fellow vegetable growers up and down the valley are having a similar experience. So, we keep on moving, putting bed after bed of broccoli, lettuce, basil, etc out in the field each week. Today, after the delivery van leaves, we'll be planting another 1400 broccoli plants, 1000 fennel, and our second planting of cucumbers.

Despite the gloom, tomatoes, eggplant, peppers, and basil (all in unheated greenhouses) are all growing fine. We have several successions of sweet corn planted and waiting for the sun. Potatoes are flowering, summer squash is attempting to outgrow some early slug damage, and onions are staying one step ahead of the weeds.

In the meantime – we continue the parade of leafy greens in your box. We grow a wide variety of greens, from hearty kale to tender Asian mustards, and this is their prime time of year. This week, even the turnips and kohlrabi come with delicious “bonus” greens attached. So. Here are some ideas for making the most of this sea of greens.

- Add to soup. Almost any kind of soup will gracefully accept an addition of greens. Add thinly sliced kohlrabi greens to minestrone, sorrel to potato soup, tat soi in to a light broth with noodles.

- Mash potatoes with greens. Boil or steam kale, or turnips greens and mash together with potatoes (and/or turnips and/or kohlrabi).

- Simply sauté (see today's Can't-Fail-Kale recipe)

- Eat salad! Besides the arugula and lettuce, the tat soi and Lacinato kale both make excellent salad greens.

Ideas and info for this week's produce

Kohlrabi – I enjoy this odd-looking vegetable more and more every year. The past weekend, we had a group of high school students out on the farm, helping to transplant basil and learning how to cook. They made one of our staple potluck dishes: raw kale salad with tahini dressing, and added matchsticks of kohlrabi... it was a hit!

Recipe – Raw kale salad with tahini (and kohlrabi)

- Strip leafy part of kale off the central stem, stack leaves together, and slice into thin ribbons.
- Peel kohlrabi (save leaves for braising or soup), and cut into ribbons or matchsticks.
- Place sliced kale and kohlrabi in a bowl, sprinkle with kosher salt and good olive oil, and toss/massage with your hands. This helps soften the kale a little.
- Make dressing: in a small jar, combine three parts oil and one part vinegar (any kind), salt, pepper, and a generous amount of tahini (I like the Al Wadi brand the best). Shake vigorously to thoroughly combine. If it seems too thick, add more olive oil.
- Pour dressing over kale, and mix well.

You can use kohlrabi in any dish where you would use cabbage. It's great raw or cooked. If you have dill left from last week, may I suggest a shredded kohlrabi, dill, and yogurt slaw?

Little white turnips – These are also great cooked or raw. No need to peel! They have a texture and flavor like a sweet, juicy radish, with just a hint of heat. Slice them into salad, or just munch raw. You can also make this recipe, which has converted dozens of skeptical farmers market shoppers into turnip lovers:

Recipe – Simple sautéed turnips with greens

- Trim turnips from greens – I like to cut them with about ¼” of green stem still attached, for cuteness. Rinse and reserve greens.
- Cut turnips lengthwise (through the stem) into halves or quarters. Place in a sauté pan with a dollop of oil and a half cup of water, and cook on medium heat until turnips are slightly softened. This will take 15-20 minutes, depending on the size of your turnip pieces.
- Allow excess water to cook off, and continue to cook turnips. Cut surfaces will begin to slightly brown and caramelize.
- At this point, you can add a small or large amount of roughly chopped turnip greens and a pinch of salt. Cook as little or as long as you want, depending on how well done you prefer your greens.

Sorrel – This is an unusual, lemony-flavored green. If you like sour flavors, you can use raw sorrel as a garnish or salad ingredient. It goes well with egg dishes, and as the base for a very simple springtime soup – see recipe in today's email.