

# Local Roots Community Supported Agriculture

## Box Contents for June 21<sup>st</sup> & 22<sup>nd</sup>

1 bunch Pink Beauty radishes  
1 bunch Rainbow Swiss chard  
3 purple kohlrabi  
1 small bunch cilantro  
½# salad greens  
¼# arugula  
3 small heads broccoli  
1 head red butter lettuce

## Large box additions

1 bunch red beets  
¼# tender pea vines  
1 head red leaf lettuce

## Local Roots Farm News

What a beautiful day to mark the first day of summer! As I write this on Tuesday morning, I can see our farm crew out harvesting the last of the veggies for today's box under a perfect summer sky. The field is full of vegetables about to put on a serious growth spurt. Last week's rainfall, followed by the sun predicted for this week, will have us quickly adding more of the early summer crops into the CSA boxes. We'll still have lots of lettuce and other leafy vegetables for the next few weeks, but carrots, beets, fennel, peas and green onions should be coming soon.

Of course, rain + sun also = weeds. We're undertaking a momentous task this season, turning 10 acres of mature pasture grass into fields of vegetables. We hired a neighbor with a big tractor to plow our fields this spring, which inverts the top foot or so of soil, burying the grass underneath. Theoretically, this kills the grass by denying it sunlight for a month, and then we can disk, spade or till to produce beautiful soil in which plant our crops. In practice, not all the grass actually dies, and that which continues to live will quickly spread using underground rhizomes that pop up all over the farm.

We knew that we would be contending with a lot of grass in our fields this year. With time, we'll bring it under control, and our crops are growing beautifully despite the competition from the grass. That being said, we'd still like to get it all weeded out. To that end, we're hosting a work party on the farm this coming Saturday, June 25<sup>th</sup>. Come by any time after 3 PM and pull some weeds. We'll provide beer and snacks.

Other things on the farm are growing as well. Our two enormous rhododendrons are in full bloom. Native bumblebees and our resident honeybees are visiting the blackberry and clover blossoms. Just-fledged robins are awkwardly flying about our driveway, and baby barn swallows are peeking their little heads out from the nest in the tractor shop. We also have a bevy of baby bunnies. So far, we've seen no significant bunny damage on our crops, which is probably thanks to the many owls, hawks and eagles living in our area. Our farm is full of life!

## Ideas and info for this week's produce

**Kohlrabi** – Yes, it's time for the ubiquitous odd vegetable of late spring. I know they look weird and a little daunting, but you can do a lot of great stuff with these purple balls. To begin with, their leaves are as good as any kale or collard, and are lush and beautiful. Chop those leaves up and cook them. As for the round part (actually an enlarged stem, not a root), you can eat it raw or cooked. It's quite sweet and very crunchy, and is a good snacking or dipping vegetable when cut into rounds or sticks. The skin is edible, but a bit tough. If you run the whole thing through a food processor with a grater attachment, you could get away with leaving the skin on and it would look really cool.

We have a customer at the Broadway Farmers Market who always seems to know when the kohlrabi is in. Sure enough, she appeared last Sunday for the first time this year, just in time to pick up the last two bunches of kohlrabi. Her favorite recipe is a kohlrabi soup. Peel and dice the kohlrabi, and cook in broth with some carrot, onion and celery. Remove about half the contents, once soft, and puree in a blender. Combine the chunky and the smooth mixtures. She recommends seasoning with nutmeg, salt, and pepper.

### *Recipe – Kohlrabi, Radish, and Chard Stem Slaw*

- Peel one or two kohlrabi, and shred on a large-hole grater (or in a food processor). Grate about half a bunch of radishes and combine with kohlrabi.
- Using a colander, or just your hands, squeeze out as much water as you can from the shredded veggies.
- Take several of the brightest chard stems you have and slice them across the grain as thinly as possible.
- Combine all these ingredients in a bowl, and dress with sprinkle of vinegar (I used Sherry vinegar, but any light vinegar would work), and a generous pinch of salt. Mix well.
- Just before serving, chop about half a bunch of cilantro and mix it all together.
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**Broccoli** – This is one crop that is not performing satisfactorily this spring. We have had several plantings in a row form tiny premature heads, rather than growing the big beautiful heads we need for the CSA. Today, we have a sprinkling of these little heads for you. We hope our mid-summer broccoli will behave properly.

**Arugula** – We have a lot of arugula right now. If you are overwhelmed with arugula, make a simple pesto. Dump arugula, olive oil, a little garlic, and a pinch of salt in a food processor or blender and whiz until it reaches your desired consistency. Great on pasta, eggs, and sandwiches. Freezes well too.