

## In the basket ...

There are some familiar items in the basket this week, including ...

**Lettuce** - organic green leaf heads full of flavor.

**Kale Greens** - organic bundles of vitamins, more recipes for kale below.

**Strawberries** - the last week for these spring berries – with cool early temperatures, a week of rain, and then super hot days, we were glad they lasted as long as they did.

**Sugar Snap Peas** – remember that these organic peas can be enjoyed raw or slightly cooked. Pinch the end and pull down the string, slice into bite sized pieces and throw into your fresh green or pasta salad. Sauté with your favorite oil and a little seasoning for an easy, quick green snack.

**Bok Choy** - organic bok choy is in the regular and robust baskets this week with a recipe included below.

And there are some [new items](#) ...

**Spinach** – We are harvesting two types of organic spinach and you may have a mixture in your basket. *America* is deep green and has curly leaves. *Whale* has smooth leaves. Spinach is a good source of iron, calcium, and several vitamins.

To store, rinse and dry slightly. Then place in a plastic bag in the refrigerator, preferably the crisper, for 1 or 2 days.

Some say don't cut spinach with a carbon blade knife, don't cook it in an aluminum pan or skillet, and don't serve it in silver because it can discolor these metals.

**Kohlrabi** – This is the organic ball-like item with the leaves coming out of the top and sides. As described by the *New Whole Foods Encyclopedia*, kohlrabi “has a radishy bite, a crisp

Visit the **Swap Box** to leave something for other members – and see if there is anything you would like to add to your basket!

You may also find some **Easter Egg Radishes** as our **Vegetable Choice** of the week.

turnipy texture, and a sweet cucumber taste.” It can be either light green or purple and is a member of the cabbage family.

Kohlrabi can be thinly sliced and used as a crudité. You can grate it and put it on top of salads. Small ones, like in your basket, are sweeter. The greens can be prepared just like other types of greens, similar flavor to collard or kale.

Store the globe and leaves separately. Wrap the leaves in a damp towel and put in a plastic bag and store in the hydrator drawer of your refrigerator for a few days. The globe can be put in a plastic bag and stored in the refrigerator for up to a month.

**Mizuna** - In the regular and robust baskets, there is organic *Kyona* Mizuna, a leafy Asian green. It is a unique mustard green of Japanese origin with rosettes of dozens of pencil-thin, white stalks and deeply cut fringed leaves. It has a mild flavor and can be prepared like other greens.

## Recipes to enjoy ...

### Shredded Kohlrabi

*Kohlrabi has a surprisingly sweet taste when it is cooked.*

1-2 kohlrabies, peeled and shredded  
2 tbsp butter  
1/3 cup chicken stock or vegetable stock  
salt and pepper to taste  
1 Tablespoon fresh herbs

In large skillet, place the kohlrabies, butter, stock, salt and pepper. Cover and simmer 3 or 4 minutes, or until crisp-tender. Serve sprinkled with fresh herbs. Makes 2 servings.

## Wilted Salad

*For those of you who want a change from a cold salad with salad dressing, try Melissa's recipe for a hot dressing. This version of the traditional Southern favorite can be served over lettuce or fresh spinach.*

4 slices bacon, diced  
¼ cup water  
dash of salt and pepper  
¼ cup vinegar  
1 tsp onion or green onion or radish, chopped  
3 tbsp sugar

Fry up the bacon until crisp. Tear salad greens into bite-sized pieces. Add cooked bacon and onion to the greens. To 2 tbsp of the drippings, add the water, vinegar, salt, pepper and bring to a boil. Add sugar. Pour over your salad. Stir.

## Grilled Bok Choy

*This is adapted from another recipe in From Asparagus to Zucchini.*

1 ½ tbsp soy sauce  
¾ tbsp sesame oil  
1 tsp bottled chili garlic sauce  
4 stalks bok choy, including greens, root ends trimmed

Fire up the grill. Mix all ingredients. Place bok choy on the grill and baste with the sauce. Grill about 3 or 4 minutes per side.

## Kale and White Bean Soup

*One of our members, Jenni Link, submitted this soup recipe using kale. She adapted it from a recipe originally found in Gourmet magazine.*

1 lb dried white beans Gr Northern, cannellini or navy  
2 onions, coarsely chopped  
2 tablespoons olive oil  
4 garlic cloves, finely chopped  
5 cups chicken broth (I used only 4 since broth comes in quart size containers)  
8 cups of water (I used only 6 cups to make a slightly thicker soup)  
2 tsp salt (if the broth is not low-sodium, use less)  
1/2 tsp black pepper  
1 bay leaf

1 tsp chopped fresh rosemary  
8 carrots, halved, cut crosswise in 1/2 inch pieces  
1 lb kale, stems and center ribs discarded and leaves coarsely chopped  
Optional: 1/2 to 1 lb smoked sausage (this will make the soup saltier, so adjust amount of salt accordingly.)  
Cover beans with water by two inches in a pot and bring to a boil. Remove from heat and let stand, uncovered, for 1 hour. Drain beans in a colander and rinse.

Using an 8-quart pot, cook onions in oil over moderately low heat, stirring occasionally, until softened, 4 to 5 minutes. Add garlic and cook, stirring, for 1 minute. Add beans, broth, 1 quart water, salt, pepper, bay leaf, and rosemary. Simmer, uncovered, until beans are just tender, about 50 minutes.

Stir carrots into the soup and simmer for 5 minutes. Stir in the kale, the sausage if you're using it, and the rest of the water (2-4 cups, depending on how thin you want the soup to be). Simmer, uncovered, until the kale is tender, 12-15 minutes. Adjust seasonings.

## News from the farm ...

We know that many of you are becoming more attuned to the weather and how it affects your food supply. Although total rainfall is about average for the year, we are a little down for recent days. A dry spell followed by a heavy deluge of rainfall averages out for statistical reporting, but doesn't paint an accurate picture of soil and planting conditions on the farm. You may remember that 2005 ended with our area still in a drought condition (down 10 inches for the year).

Spring crops have been producing well, but as you know the weather quickly changed from relatively cold to quite hot. This does potentially impact your produce selection for the rest of the summer. Greens, bok choy, and broccoli, in particular, don't respond well to sudden rises in temperature. A plant recognizes the change in climate, forgets about developing strong roots, only wanting to reproduce. It will try to produce a flower bud (bolting) rather than nice leaves and sometimes we don't get to harvest the crop we desire.

Overall, things look good and few plants have bolted, but we're watching them closely.