

June 28 & July 1, 2010  
Volume 5, Issue 4

# Kettle Pond Farm CSA

## Week 4



### In Your Share:

- Scallions-
- Basil-
- Peas-
- S.Chard or Kale-
- Baby Greens-
- Radish-
- Summer Squash-
- Kohlrabi-

"One does not act rightly toward one's fellow if one does not know how to act rightly toward the earth."

~Linberty Hyde Bailey, *The Holy Earth*~

### Peas and Squash

Welcome to the fourth week of the 2010 season. The weeks are really cruising by...this Thursday is the beginning of July! Anyways, this week is a fun week because peas and squash are in the share. The peas will be in good numbers for about 3 weeks, but the squash will stick around for the whole summer! We are also harvesting a very special vegetable, the Kohlrabi! We hope you enjoyed all the veggies from last week, and that you enjoy all the veggies this week.

### This Week's New Veggies

**Kohlrabi** ~ "But despite its creature-from-outer-space appearance, it is a delicious, versatile crop." That being said, the name kohlrabi is a combination of the German *kohl*, meaning cabbage, and *rappa*, the species name for turnip. Although its not an actual cross of the two, it does seem to share their taste and texture. Kohlrabi is a nutritional powerhouse, packed with vitamin C and potassium. It can be eaten raw or cooked! Look below for some tasty recipes!

**Summer Squash** ~ I think we all know about this one! Summer squash is a summer favorite, harvested both big and small, eaten both raw and cooked, and with various shapes and colors. Most people are familiar with the standard green (also known as zucchini) and yellow, but here at KPF we grow some fun varieties as well. We try not to let our squashes grow to big, because with the increase in size there is typically a decrease in flavor. Although, a big squash is great for tasty bread!

**Peas** ~ A farm favorite. We grow both snap and shelling, sweet and tasty. Peas taste the best right from the vine, so use them quick! We will have the two varieties labeled in the pick-up area for your convenience.

### The Three Pea's

~Reprinted from 2008~

**Always remember to plant three rows of peas in your own life:**

- 1. Peas of Mind**
- 2. Peas of Heart**
- 3. Peas of Soul**

## Four Rows of Squash (Found on [www.hort.net](http://www.hort.net))

**Always remember to plant four rows Of squash:**

- 1. Squash Gossip**
- 2. Squash Indifference**
- 3. Squash Grumbling**
- 4. Squash Selfishness**

## A Second Call for Volunteers

Thanks to everyone who has come and helped out at the farm, it is very much appreciated. But we still need more help! The weeds are kicking into high gear, and now is the best time to get on top of our game. So if you have an hour or so, maybe after you pick-up your veggies, to help us weed a bed of soon to be tasty veggies, we the farmers, as well as your fellow members would really appreciate it! Thank you for your ongoing support.

## Still got Celery ? How about Mustard ?

If you still have either of these two items from last week, here are a few suggestions!

1. Cut up the celery and store it in the freezer for future soups!
2. Make pesto with that spicy mustard! It is sure to be a hit.
3. Use that tasty celery in a stir fry. Serve it over pasta with that mustard pesto!

## So what's with this Kohlrabi...

That is a very good question, thanks for asking. Kohlrabi is good both raw and cooked. If you are into veggies in their primal state, just peel these treasures and eat like an apple! "Tastes like a mild turnip with hints of raw broccoli stem, cucumber, Jerusalem artichoke, celery root, and cauliflower. (*The Organic Cook's Bible*, Jeff Cox). It can also be grated onto fresh salad (after peeling)! Kohlrabi is also great cooked! After peeling it can be added to a stew or boiled with potatoes to make a mashed kohlrabi/tater dish! And like most other veggies, you can also make this one a stir fry star. Finally, lets not forget those outer-space-creature leaves! Rip off the stems and sauté the leaves with lemon and butter!



### Braised Kohlrabi

Ingredients: 2-4 kohlrabi, butter, scallions, salt and pepper to taste

1. Sauté scallions in butter over medium heat.
2. Peel off kohlrabi skin and either slice thinly or grate
3. Add kohlrabi to skillet, reduce heat and let cook for 15 minutes! Feel free to add in the leaves (deribbed and ripped) before the grated kohlrabi!

### Apple & Kohlrabi Slaw...of sorts...

Ingredients: 2-4 Kohlrabi, 1 Granny Smith Apple, 1 other apple of your choosing, 1 lemon, 1 cup greek yogurt, 1 big gallop of honey, salt and pepper to taste

1. Peel the Kohlrabi and apples. Cut into matchsticks. Squeeze half the lemon juice over them.
2. In medium bowl combine the yogurt, honey and rest of lemon juice. Whisk with a fork briskly.
3. Toss the matchsticks into the dressing and mix. Add salt and pepper to taste!

Please enjoy!