



Hoop House Harvest



Week 3: May 23rd/May 25th

What's in your box??

(This list is tentative and could change.
Final list will always be on our homepage.)

-  Asparagus
-  Greens Mix
-  Head Lettuce
-  Dinosaur Kale
-  Kohlrabi
-  Rhubarb
-  Cherry Tomatoes
- OR Mint Sprigs

Helpful Hints, Tips, and Ideas

1. If any of your greens (lettuce mix, greens mix, spinach, arugula, lettuce heads, etc.) are a little wilted when you open your box, do not be alarmed. Take them out and give them a nice COLD rinse when you get home and they should perk up.
2. The rhubarb stalks in this week's box are slightly slimmer stalks. Remember, we cut the leaves off for you as they are not good to eat!!
3. We have several different varieties of lettuce in the hoop house that are at various stages of growth and maturity. It is sort of lettuce variety week as you could see either a romaine variety, butterhead variety, or a curly variety of head lettuce.
4. The kale in the box this week is a variety we call Dinosaur (that is not its official name©). This is because its leaves are dark green with "bumps" all over them that make you think of dinosaur skin.
5. Our two varieties of kohlrabi are just coming into maturity for about half of their crop. You will see either green or purple kohlrabi in your box this week. Kohlrabi leaves can be used but if you are not going to use them, please remove the leaves before storage to preserve the freshness of the bulbs.
6. You will see either a pint of cherry tomatoes in your box this week or some sprigs of mint. Both of these crops are just coming in so we are excited to be able to give some of these out sooner than expected.

Kohlrabi with White Sauce

Ingredients:

- 4 kohlrabi bulbs, peeled and cubed (use less for less servings)
- 1/2 teaspoon salt
- 2 tablespoons butter
- 2 tablespoons all-purpose flour
- 1 cup milk
- 3 tablespoons cream
- 1 teaspoon salt
- 1 teaspoon ground nutmeg
- 2 teaspoons white pepper
- 1/2 bunch fresh parsley, chopped

Prep:

1. Place the kohlrabi and 1/2 teaspoon salt in a saucepan. Cover with water, and bring to a boil over medium-high heat. Cook until kohlrabi can be pierced with a fork, but remains firm, about 5 minutes. Drain, reserving 1 cup of cooking water. Place kohlrabi in a bowl, and cover.
2. Place the butter into the same saucepan, and melt over medium heat. Whisk in the flour, and stir until the mixture becomes paste-like and golden brown. Gradually whisk the milk and reserved cooking water from the kohlrabi into the flour mixture, stirring until thick and smooth. Stir in the cream, 1 teaspoon salt, nutmeg, white pepper, and parsley until well blended. Continue whisking until sauce thickens, then cook 10 minutes more. Stir in the kohlrabi, tossing to coat evenly with sauce.

Recipe adapted from allrecipes.com, original by Valerie S.; serves: 8

Smoky Chopped Salad with Avocado

Ingredients:

Adapted from myrecipes.com; Yields: 6

- 3/4 cup buttermilk
- 1/4 cup sour cream
- 2 tablespoons freshly grated Parmesan cheese
- 2 tablespoons chopped fresh chives
- 1 tablespoon chopped fresh basil
- 1 tablespoon fresh lemon juice
- 2 to 3 dashes of Worcestershire sauce
- 1 to 2 dashes of hot sauce
- 1 small garlic clove, pressed
- Vegetable cooking spray
- 2 ripe avocados, peeled and halved
- 3 romaine lettuce hearts, chopped (any lettuce will do)
- 1/2 cup thinly sliced radishes
- 1/2 cup crumbled blue cheese

PREP:

1. Whisk together first 9 ingredients in a medium bowl, whisking until smooth; add salt and pepper to taste.
2. Coat cold grill grate with cooking spray. Preheat grill to 350° to 400° (medium-high) heat. Lightly coat cut sides of avocados and lettuce with cooking spray; season with salt and pepper. Grill avocado halves and lettuce, cut sides down and covered with grill lid, 1 minute or until grill marks appear.
3. Slice avocados. Chop lettuce, and arrange on a platter. Top with avocado, radishes, and blue cheese. Drizzle with dressing. Add salt and pepper to taste.