



Green Butterhead Lettuce

### Hints, Tips, and Ideas

1. Unpack your box immediately. This allows you to store and/or use your veggies when they are most fresh.
2. Always wash your veggies before you use them. Some might need multiple baths (i.e. lettuce). We do hydro-wash the veggies after harvest but some dirt can and will remain.
3. If any of your greens (lettuce mix, green 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.
4. Investigate, search out, and read about the veggies you are eating. Part of the CSA, or farm to table, concept is bringing the knowledge of fresh food to the forefront of and/or back into our cooking. If you have kids, involve them in the discussion! Go all out and have fun with it!
5. Books, blogs, search engines, websites, family members, and friends are all great resources for recipes and veggie help. Our Pinterest account will be updated weekly with new Pins relevant to that particular week's box.

### WHAT'S IN THE BOX?

THIS IS A TENTATIVE LIST AND COULD CHANGE. OFFICIAL LIST WILL ALWAYS BE ON OUR HOMEPAGE!

- 🍓 **Asparagus**
- 🍓 **Rhubarb OR double Asparagus**
- 🍓 **Red Radish (salad radish)**
- 🍓 **Lettuce Mix**
- 🍓 **Scallions**
- 🍓 **Green Leaf Lettuce**
- 🍓 **Green OR Red Butterhead Lettuce**
- 🍓 **Purple Kohlrabi**

### QUICK NOTES

- You will find kohlrabi in your box this week. We have both green and purple kohlrabi every year. Kohlrabi is a round bulb with large leaves stemming from the bulb. Many people eat the bulb like an apple by just peeling and then cutting portions out to eat. We particularly like cooking it in some butter and olive oil, add a little salt, pepper, and parmesan cheese and you've got a great side dish to any meal!! If you would like to store your kohlrabi, please remove the leaves as this will allow the kohlrabi to last a week or more in the fridge.
- You will see two different types of lettuce in your box this week. One will be a frillier, roughed edge lettuce. This is what we call the green leaf lettuce. The red or green butterhead lettuce has much more smooth leaves making it a favorite in anything from salads to sandwiches.
- This week's radishes are the more well-known salad radish. This particular variety of radish is what most people use in either salads or to dip in a vegetable dip. They are small, round, red and delicious. They are known to have a little kick to them sometimes!



# RECIPES

## Sauteed Kohlrabi with Onions and Cream

### Ingredients:

- Cubes of peeled kohlrabi
- Thinly sliced white onion (scallions work here too!)
- Unsalted butter
- Finely shredded kohlrabi leaves
- Heavy cream
- Salt and pepper
- Grated nutmeg

### Method:

Cook kohlrabi and onion in butter over medium-high heat until almost tender. Stir in kohlrabi leaves, and cook until wilted. Add a generous splash of heavy cream, and cook for a few seconds to reduce. Season with salt, pepper, and nutmeg. Serve with chicken, pork chops, or steak.

Adapted from marthastewart.com



Lettuce Mix

## Butter Roasted Radishes

### Ingredients

- Radishes (however many you have)
- 1tbsp butter
- Salt
- Black pepper

### Method

1. Preheat the oven to 375°F.
2. Top and tail the radishes, then halve each one. Lay them out on a baking tray in a single layer, and add half the butter in small pieces. Season generously.
3. Roast the radishes for about 20 minutes, then remove from the oven, and toss them around. Add the remaining butter, and return to the oven for a further 20 minutes (or until they're cooked to your liking).

Adapted from amuse-your-bouche.com



Purple Kohlrabi

## Rhubarb Bars

*You can't have rhubarb without having some sort of sweet treat!!*

### Ingredients: Crust

- 1.5 Cups flour
- ¾ Cup cold butter, cubed
- ¼ Cup powdered sugar

### Ingredients: Filling

- 3 large eggs, beaten
- 2 Cups white sugar
- ½ Cup flour
- ½ tsp. salt
- 4 Cups rhubarb, diced

### Method

1. Preheat oven to 350 F. In a medium bowl, combine the flour and powdered sugar. Using a pastry blender, cut in butter until the mixture resembles coarse crumbs.
2. Pat the crumbs into a well greased 9x13 baking pan. Bake the crust at 350 F for 10-12 minutes or until lightly browned.
3. While the crust is in the oven, mix together the eggs, sugar, flour and salt.
4. Gently stir in the diced rhubarb. Pour the rhubarb mixture over the hot crust. Return the bars to the hot oven. Reduce oven temperature to 325 F and bake for 30-35 minutes or until filling is set.
5. Cool and cut into bars. Enjoy!

Adapted from chocolatewithgrace.com

