



Week 2: May 27th/29th

What's in your box??

(This list is tentative and could change.)

- Asparagus
- Green Leaf Lettuce
- Green Kohlrabi
- Purple Kohlrabi
- Romaine Lettuce
 - Scallions
- Swiss Chard

Helpful Hints, Tips, and Ideas

1. If you still have asparagus from last week and you need room in your fridge, asparagus can be frozen and used later!
2. Your romaine lettuce and green leaf lettuce can be given a cool rinse and then stored in the fridge. Use a salad spinner (you can get them almost anywhere) to dry lettuce after a wash for crisp leaves.
3. Scallions can be stored in the fridge in a plastic bag. If you have space, they can also be stored similar to asparagus - stand them up in a jar with about an inch of water.
4. Swiss chard falls only behind spinach as one of the world's healthiest foods (www.whfoods.com).
5. Do not wash swiss chard before refrigerating it as that can lead to faster spoilage. Put your chard in a plastic bag with as much air squeezed out as possible. Swiss chard can be blanched and frozen also!
6. The green and purple bulb like vegetable you see in your box this week is kohlrabi. An unknown, delicious, and very nutritious vegetable!
7. Kohlrabi should be stored without its leaves as they suck the moisture out of the bulb but don't throw them away as they are edible.
8. Kohlrabi should be washed and peeled before eating. It can be eaten raw like an apple, mashed like potatoes, or cut and cooked like fries!

Sauteed Swiss Chard with Onions

Ingredients:

- 3 pound green Swiss chard (about 2 large bunches)
- 2 tablespoons olive oil
- 2 tablespoons unsalted butter
- 2 medium onions, halved lengthwise and thinly sliced
- 2 garlic cloves, finely chopped

Prep:

Cut stems and center ribs from chard, discarding any tough portions, then cut stems and ribs crosswise into 2-inch pieces. Stack chard leaves and roll up lengthwise into cylinders. Cut cylinders crosswise to make 1-inch-wide strips.

Heat oil and butter in a large heavy pot over medium heat until foam subsides, then cook onions and garlic with 1/2 teaspoon salt and 1/4 teaspoon pepper, covered, stirring occasionally, until onions begin to soften, about 8 minutes. Add chard stems and ribs, 1/2 teaspoon salt, and 1/4 teaspoon pepper and cook, covered, stirring occasionally, until stems are just tender, about 10 minutes. Add chard leaves in batches, stirring until wilted before adding next batch, and cook, covered, stirring occasionally, until tender, 4 to 6 minutes. Transfer with a slotted spoon to a serving bowl.

Serves: 8; Adapted from epicurious.com

Roasted Kohlrabi

Ingredients:

- 1 1/2 pounds fresh kohlrabi, ends trimmed, thick green skin sliced off with a knife, diced
- 1 tablespoon olive oil
- 1 tablespoon garlic (garlic is optional, to my taste)
- Salt
- Good vinegar

PREP:

Set oven to 450F. Toss the diced kohlrabi with olive oil, garlic and salt in a bowl. (The kohlrabi can be tossed with oil and seasonings right on the pan but uses more oil.) Spread evenly on a rimmed baking sheet and put into oven (it needn't be fully preheated) and roast for 30 - 35 minutes, stirring every five minutes after about 20 minutes. Sprinkle with a good vinegar (probably at the table so the kohlrabi doesn't get squishy).

Serves 4; Adapted from [veggie venture blog](http://veggieventureblog.com)