

# Wholesome Harvest CSA

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## Veggie of the week: KOHLRABI

Part of the CSA concept is to incorporate some lesser known vegetable varieties and kohlrabi is no exception. Though it is becoming more known in the states, kohlrabi is a relatively new addition to the average American palette. You definitely are not going to find kohlrabi in most household's diet staples but it definitely should be.

Kohlrabi is part of the cabbage family and is a soft bulb with huge leaves sprouting from it. Many people think the bulb texture is turnip like while others believe it is best when peeled and eaten like an apple.



No matter what the texture or how it should be eaten, kohlrabi is one powerful veggie! Not only is kohlrabi a good source of carbs for energy, it also can give your immune system a huge boost as one of its most abundant vitamins is Vitamin C. It also packs a good amount of potassium plus various other vitamins and minerals essential for a healthy body!

Kohlrabi is quite tasty eaten like an apple but it has such a wide variety of uses, don't hesitate to be creative. One of the most intriguing uses for kohlrabi is using it to make kohlrabi fries. You can even use the leaves that sprout from the bulb in dishes as they are also very nutritious!

## *What's in your box?*

This list is tentative and subject to change. The official list will be updated continuously on our website's homepage.

- \* Broccoli
- \* Green Kohlrabi
- \* Kale
- \* Purple Kohlrabi
- \* Red Radishes
- \* Red Leaf Lettuce
- \* Scallions
- \* Swiss Chard

## Reminder: Which size box is which?

As you are reaching to pick up your box, please pay attention to which size box you should be picking up. There are two different size boxes that you will see. If you purchased a half share, you will be picking up the ¾ bushel box. If you purchased a full share, you will be picking up the 1 and 1/9 bushel box. Your name will be under the corresponding share size on the sign off sheet also. Please refer to the pictures below for your reference.

### Half share Box

1. ¾ Bushel
2. Smaller Box
3. Wholesome Harvest Logo on the box



### Full Share Box

1. 1 and 1/9 Bushel
2. Largest Box
3. No Wholesome Harvest Logo on the box

## What are all these veggies in my box?

**Broccoli:** This is our second week of broccoli and it is looking great. So far this is one of our best broccoli seasons so, barring any weather problems, look for more next week also! Store in the fridge.

**Kale:** These are the dark green leaves with curls on their edges that you will find in your box. Kale is one of the healthiest veggies around and can be used in almost any type of dish! Store in a bag in the fridge.

**Kohlrabi:** This week you will all get 1-2 purple and green kohlrabi. They are slightly different in terms of taste and nutrients but otherwise look very similar except for their beautiful color. Remember to cut the leaves off before you store them in the fridge. Kohlrabi should last quite a while if stored properly.

**Radishes:** These are the little red balls topped with small green leaves. These radishes are slightly larger than normal and are great with some ranch dip or cut up in a salad. They might have a slight zip to them! They also can be cooked. Refrigerate!

**Red Leaf Lettuce:** This head lettuce is very similar to the green leaf lettuce you received last week except the leaves are red instead of green. Wash thoroughly before use and store in the fridge in a tightly tied bag and a paper towel to suck up excess moisture.

**Scallions:** These are the scallions meant for last week but are much bigger and better! The extra week of growth has done them wonders. You can use these in a multitude of different dishes. They should be stored in the fridge.

**Swiss Chard:** The big colorful leaves you will find in your box are the swiss chard leaves. This variety of swiss chard is called Rainbow swiss chard. The rainbow swiss chard plants have a mixture of pink, red, white, and yellow stalks. Swiss chard should only be thoroughly washed right before you are going to use it.

## *Farm Favorite: Cooked Kale and Kohlrabi*

### **Ingredients (Serving size depends on what you have):**

- 3-4 leaves of Kale (bottom of stems removed), chopped
- 2-3 bulbs of kohlrabi, peeled and diced into small pieces (we mix the kohlrabi colors and we use a dicer to dice the kohlrabi into small cubes/fries)
- 1 big tablespoon of butter (can substitute olive oil also); add additional if needed when cooking
- Salt and pepper to taste
- Optional: cheese of your choice

### **Preparation:**

1. In a large pan, melt butter and add diced kohlrabi. Cook kohlrabi on med. – high until tender, usually 10+ minutes.
2. Add the kale and cook for an additional 1-2 minutes or until wilted. Salt and pepper.
3. Optional: Add a little cheese of your choice and cook until cheese is melted (30 sec. – 1 min.).

# Swiss Chard Salsa Verde

## Ingredients:

- ½ bunch small Swiss chard, preferably red or rainbow
- 1 medium shallot, finely chopped
- ¾ cup (or more) extra-virgin olive oil
- 2 tablespoons finely chopped fresh chives
- 1 tablespoon (or more) red wine vinegar
- 1 teaspoon finely grated lemon zest
- Kosher salt and freshly ground black pepper

## Preparation:

Remove ribs and stems from chard leaves and reserve. Finely chop leaves (you should have about 1¾ cups); thinly slice ribs and stems crosswise. Combine chard leaves and ribs and stems, shallot, oil, chives, vinegar, and lemon zest in a medium bowl; season with salt and pepper and toss to combine. Add more vinegar or oil, if desired.

\*\*\*This is a great salsa to put on fish, chicken, roasted veggies, etc.

Adapted from bonappetit.com

# Spring Radish Salad

## Ingredients:

- 1 bunch of red radishes, about 1 1/2 cups finely chopped (choose a variety that suits your taste)
- 1/2 bunch of parsley, about 1/2 cup finely chopped
- 1 Tbsp. fresh squeezed lemon juice
- 1 Tbsp extra virgin olive oil
- 1 pinch of pepper
- 2 pinches of salt

## Preparation:

1. Wash the radishes and remove the stems and any long roots. Finely cube the radishes into tiny pieces.
2. Wash the parsley and gently shake it or pat it dry. Finely mince the parsley.
3. Place the cubed radishes and minced parsley in a small salad bowl.
4. Add the lemon juice, salt and pepper. Toss gently.
5. Add the olive oil and toss again.
6. Taste the salad and make adjustments to your liking. (I sometimes add a little bit more lemon juice and salt).

\*\*\*This recipe is not for the faint of heart as the raw radishes could leave some powerful zip on your taste buds 😊.

From pbs.org; Kitchen Vignettes blog