



# HoopHouse Harvest



**Week 2: May 24<sup>th</sup>/26<sup>th</sup>**

## What's in your box??

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

-  **Asparagus**
-  **Kohlrabi, purple**
-  **Green OR Red Butterhead Lettuce**
-  **Greens Mix OR Arugula**
-  **Rhubarb Stalks**
-  **Scallions**
-  **Swiss Chard**
-  **Spinach (possibility/OR)**

## Helpful Hints, Tips, and Ideas

1. What do all the ORs mean? Great question! The OR means you will most likely see either this item OR that item in your box. ORs come about because of the different growth rates of the individual plants. For example, there were some nice, large heads of green butterhead lettuce ready this morning. However, there were some baby heads of lettuce not mature enough for harvesting. The red butterhead was almost the exact same situation. With fresh produce, you cannot wait for the slower growing plants to catch up, you have to harvest when it's ready so we combine different items if need be. This is normal and explains the ORs you could see week to week.
2. 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. This could come into play this week with multiple greens!!
3. You can use the kohlrabi leaves if you would like (they are totally edible). Whether you are going to use them or not, cut them off of the kohlrabi bulb as soon as possible and store them separately as they do suck moisture out of the bulb if not removed.
4. Lettuce is best washed, dried as much as possible and then stored in a Ziploc or other plastic bag. Because of the freshness and makeup of lettuce, it is definitely one of the vegetables to eat first if at all possible.

## Sauteed Shredded Kohlrabi (with Cheese)

### Ingredients:

- 1 TBL unsalted butter
- 2 **Kohlrabi**, peeled and shredded
- 2-3 TBL grated Pecorino Romano (*WH Farm note: other any cheese you find delicious*)
- Salt and pepper to taste

### Prep:

1. Melt the butter in a skillet over medium-high heat. Add the kohlrabi and cook, stirring frequently, until the juice evaporates and the kohlrabi is tender and beginning to brown, 10-12 minutes.
2. Add the cheese, salt, and pepper, stir, and continue cooking until the cheese melts.
3. Serve warm.

Recipe found in *Farm-Fresh and Fast*, p. 33

Serves: 2-4 Adults

## Strawberry Rhubarb Crisp (Dessert!!!)

### Ingredients:

- ¾-1 c. sugar
- 4 Tbs. flour
- ½ tsp. cinnamon
- 3 c. strawberries
- 2-3 c. **rhubarb**
- 1 c. flour
- ¾ c. brown sugar
- ¾ c. butter
- ¾ c. rolled oats

### PREP:

1. Mix sliced strawberries with sliced rhubarb and toss with sugar, cinnamon, and flour. Pour into a 9x13" baking dish.
2. In a separate bowl, use a pastry cutter or mixer to blend the flour, brown sugar, butter and oats until the butter is the size of peas. Pour evenly over the fruit and bake in a preheated 375 degree oven for 45 minutes or until the topping is golden brown and the filling bubbly.
3. Serve with whipped cream or ice cream.

Recipe found on *That Which Nourishes* blog

Serves: 8-10