



## Week 3: June 3<sup>d</sup>/5<sup>th</sup>

### What's in your box??

(This list is tentative and could change.)

- Asparagus
- Green Leaf OR Red Leaf Lettuce
- Green OR Purple Kohlrabi
  - Kale
  - Rhubarb
  - Scallions

## Helpful Hints, Tips, and Ideas

1. There are some "OR" veggies in your box this week meaning some of you will get one kind of a certain vegetable and some of you the other kind.
2. "OR" veggies happen when weather and other items cause the growth cycle of the vegetable plantings to be delayed, early, or even not survive. We take only what is ready to go so you get the freshest possible veggies!
3. The type of lettuce you will be receiving this week is a more dense variety of lettuce. It is great used as a burger or sandwich stuffer but can also work as the base of a salad.
4. Kale is one of the most "feared" veggies around. This is most unfortunate as it is also one of the healthiest and nutrient dense vegetables you can eat!
5. Kale is great as an addition to any salad but can also be cooked, baked into kale chips, or even added to a green smoothie!
6. Scallions are a very mild type of onion. What many people might not know is that you can use the whole scallion, green stem and all! So don't hesitate to cut the green stems of the scallions and add them to your dish (discard any brown or discolored portions).
7. Next week will be the last pick up for this spring share!

### Creamy Cherry Strawberry Kale Smoothie

#### **Ingredients:**

- ½ cup frozen cherries
- ½ cup frozen strawberries
- ½ cup apple juice
- 1 very small shake of cinnamon
- 1 leaf kale
- (optional) 1 tsp hemp oil
- (optional) 1 tsp flax seed oil
- 1 large tbsp greek yogurt

#### **Prep:**

1. Put all ingredients into blender
2. Blend
3. Drink
4. Enjoy

[Farm note: We tried this smoothie and thought it was one of the more tastier kale smoothies we have tasted. Most of us love cherries and apple juice though which helped!]

Serves: 1; Adapted from [kalesmoothierecipes.com](http://kalesmoothierecipes.com)

### Sautéed Kale with Kohlrabi

#### **Ingredients:**

- 1 1/4 pound kohlrabi, bulbs peeled
- 1/2 teaspoon grated lime zest
- 2 tablespoons fresh lime juice
- 1/4 cup extra-virgin olive oil, divided
- 2 pounds kale (2 bunches), stems and center ribs discarded
- 5 garlic cloves, finely chopped
- 1/3 cup salted roasted pistachios, chopped

#### **PREP:**

1. Very thinly slice kohlrabi with slicer.
2. Whisk together lime zest and juice, 2 tablespoons oil, and 1/2 teaspoon each of salt and pepper in a large bowl. Toss kohlrabi with dressing.
3. Finely chop kale. Heat remaining 2 tablespoons oil in a 12-inch heavy skillet over medium-high heat until it shimmers. Sauté garlic until pale golden, about 30 seconds. Add kale by the handful, turning and stirring with tongs and adding more kale as volume in skillet reduces. When all of kale is wilted, sauté with 1/2 teaspoon salt until just tender, about 3 minutes. Transfer to a bowl and cool to room temperature.
4. Toss kale with kohlrabi and pistachios.

[Farm note: Notice the serving size. We adapted it for 4 of us. This recipe is a great way to use two more unknown veggies in one very nutritious dish!]

Serves 8; Adapted from [epicurious.com](http://epicurious.com)