



Recipe of the Week

Roasted Kohlrabi

1-3 fresh kohlrabi	FKSS sea salt	Freshly ground white pepper to taste (optional)
1 Tbsp olive oil	1 Tbsp garlic (optional)	A good quality Cider or white Balsamic vinegar

-adapted from *A Veggie Venture*

Set oven to 450°F. Trim kohlrabi bulbs—save the leaves for another dish (try cooking them like collards). With a knife, cut off the skin or just the tough portions. Dice into 3/4"-1" cubes.

In a bowl, toss diced kohlrabi with the olive oil, salt and optional garlic and pepper. Spread evenly on a rimmed baking sheet and roast in the oven for 30-35 minutes. After about 20 minutes, check and stir every five minutes.

Serve with a sprinkle of vinegar.

Navalkola Sukke (Kohlrabi side dish)

-from aayisrecipes.com

Cook kohlrabi until just tender. Set aside.

1 cup kohlrabi, cult into small pieces	1/2 tsp coriander seed	1 tsp oil
1/2 cup diced onion	1/2 tsp urad daal (split black lentil or gram)	Salt to taste
3/4 cup fresh or frozen coconut	1/2 tsp tamarind paste	
4-5 red chillies (to taste)	1/2 tsp Jaggery (aka Rapadura, Panela)*	

Heat 1/2 tsp oil and fry coriander seeds and urad daal. Grind them with the coconut, jaggery, red chillies and tamarind, adding just enough water to make a masala paste.

Heat remaining oil and fry onion. Add cooked kohlrabi, ground masala and salt. Cook until masala is done and the dish becomes almost dry.

Serve with rice or chapatti.

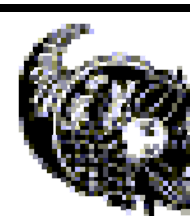
*Jaggery is concentrated whole cane or date palm sugar, popular in Asia, Africa, Latin America and the Caribbean. Here you will often find it in Mexican or Asian groceries.

Tidbits **Going out of town?** Please make arrangements for someone to pick up your share. If you must abandon it that week, please let your site host know so they can find a home for it before it spoils. Log in to your account to see the contact information for your pickup site.

Need more recipes or tips? We have them! Go to www.redlandorganics.com, click on CSA, then Newsletters.

Use the search box to access 10+ years of information. Scan the QR code to start your search:

Share your recipes! Email your recipes to: recipes@beeheavenfarm.com



Farm News

Top 'o the morning' to ye!

I have a stubborn Irish streak I inherited from my mom's side of the family. Combined with the Latin influence prevalent through both sides, that stubborn streak is extra strong! My great grandmother was Irish through and through. We have names like Ryan and Curry lurking in our family tree, and green or hazel eyes pop up in several of my aunts, uncles and cousins.

So it's no surprise that I feel an affinity for St. Patrick's Day, not as a religious celebration, but as a patriotic Irish festival, which is often celebrated to excess here in the States.

So how do I honor this green celebration? You guessed it—a Green Share! Easy to do when you're talking produce.

This week's share items are not all colored green, but we have some exceptional salad greens especially for this event.

And, in a break with tradition, we're not going to give you a cabbage head, as you probably still have some cabbage sitting around in your refrigerator, right? Come on, confess! I have one too, or maybe two, or three....now let me see...what's that large shadow way in the back

of the bottom shelf?

Still staying in the cabbage family, though, we have included kohlrabi in the boxes. Unlike the jumbo kohlrabi we had earlier in the season, these are bunches of fairly young kohlrabi with their tops. Both the tops and the bottoms are delicious. My favorite way of eating kohlrabi bulbs is raw, cut into snack-size matchstick pieces, and simply crunched. Dips are optional!

R.I.P. Balbriggan (aka Bali)

Those of you who pick up at the farm or have attended events here probably met Bali. He was a part Percheron, part Thoroughbred grey gelding, standing 17 hands high, and he was always eager to accept a freshly-dug carrot or escarole.

Bali came to us right after Hurricane Katrina, when his previous owner's barn suffered hurricane damage.

He had dressage training, but no trail work, so Rachel walked him home on a lead, a 4-mile trek, amid piles of hurricane debris, as I followed slowly in the van. Horses are prey animals from the open prairies, so they are very concerned about anything they can't quite see around the corner, since a predator could

be hiding out of sight, ready to spring.

The trip required well over an hour and a half, as Bali would stop to investigate every little spot on the road or bit of debris out of place. And when he passed a plastic-covered greenhouse, with its sides slowly waving in the wind...WELL!! It was a very large breathing dragon that might be planning on eating him! A bit further on, we passed a driveway with a couple of topiary animals—perhaps deer, or some such. Now THAT required a good 10 minutes of close scrutiny before he deemed it safe to proceed.



Balbriggan (aka Bali)

Bali gave us many years of love (and lots of manure for our compost) in his retirement. Living among our Labrador Retrievers, it became difficult to tell who was a dog and who was a horse—sometimes I'm not sure they could tell themselves!

At 22, Bali will be sorely missed.



It's rich, "organic", down-to-earth, user-friendly, and nourishing!

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Want to know more about an item in your share? Take a look in our online newsletter archive, where we have over 10 years' worth of accumulated information on most every share item, including tips and recipes. Type in the name of the vegetable, herb or fruit you want to know about and it will show you all references to it. Try it this week with 'dandelion' or 'chard', and you'll find several recipes!

Here's the link to search the archives: <http://www.redlandorganics.com/newsletter-search.htm>

Or just go to redlandorganics.com click on 'CSA', then 'newsletter archive', and 'search'.



Family Share

Featured Items

Sylvetta Arugula Compare last week's arugula with this week's Sylvetta, a wild form that grows a small, very indented leaf from tiny seed. It has a distinct, nutty flavor. Enjoy this rare treat!

Salad (Lettuce) Mix This mix of over a dozen varieties of lettuces makes a great salad on its own with some good quality virgin olive oil and balsamic vinegar, or a simple honey and lemon (or lime) dressing. It can also be the base of a fancy salad.



Family Share Small Share
Sylvetta Arugula



Family Share Small Share
Salad (Lettuce) Mix



Cheese Share



Small Share

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