



Recipe of the Week

Roasted Kohlrabi, Turnip, and Carrot Salad with Pea Shoots

-adapted from Noshtopia.com

Wash, peel, and cut vegetables into wedges (feel free to vary the recipe with other veggies such as zucchini, onions, potatoes, beets, or peppers). Toss with olive oil and sea salt.

Roast vegetables at 400°F for 30 minutes. Halfway through, turn the vegetables and sprinkle some fresh thyme.

Let the vegetables cool. For the salad, cut them into smaller chunks and array them on a bed of lettuce and peashoots. Sprinkle with almonds or walnuts, and crumbled feta cheese.

Kohlrabi Salad

-from Food52.com

1 medium or 2 small kohlrabi	1 pinch cumin
1/2 apple (Gala, Pink Lady, or Fuji)	1/2 tsp fish sauce
2 Tbsp rice vinegar	3 Tbsp chopped cilantro
2 Tbsp sesame oil	Salt & freshly ground pepper
1/2 bird's eye chili	

With a sharp knife, cut off the “branches” of the kohlrabi. Peel it with a vegetable peeler.

Cut the kohlrabi into matchsticks either using a sharp knife or a mandolin (I used the latter). Do the same with the apple.

Toss the kohlrabi and the apple with the remaining ingredients and chill before eating.

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.

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Farm News



Spotlight on Kohlrabi

This is a wonderful vegetable. Kohlrabi is a member of the cabbage family, cousin to broccoli, radishes, mustards, kale, bok choy—I could go on and on... With its leaves coming out from all over the bulb, it looks more like a UFO, a Sputnik (um...I betray my age here), or some strange alien pod.

Kohlrabi is rich in potassium, several B vitamins, vitamin C, and packs 15% protein with very low calories. Eaten raw, it is crunchy, sweet, and mild, somewhat reminiscent of an apple. Cooked, along with the leaves, it becomes a different vegetable, softer and creamy. Kohlrabi has been a popular dish in European countries for centuries, particularly Germany and parts east and north, where it's an early summer crop. It is often served cooked like potatoes, in a cream sauce.

Kohlrabi should be peeled if it's mature, as the skin can get pretty tough. The bulb can get really big without becoming woody. It comes in purple and green (or white) varieties, both of which have a clear crispy white flesh. It stores very well in the veggie drawer of your refrigerator. For long storage, cut the leaves off leaving little stubs, so you don't

violate the bulb (don't throw them away—they're good). The stubs will fall off in a couple of weeks, leaving leaf scars on the kohlrabi, much like a scab falling off a healed wound.



Green and purple kohlrabi

Intern Corner

-Nicole Fiori

What seems like a very short time ago (though it's been eight years already) I met a quirky, vibrant girl named Rachel. We got along very well, and we joked around about everything we saw surrounding us. We shared stories of our lives, and strange dreams we had the night before, and new music we discovered.

Rachel made sure you knew she grew up on a farm. Every so often, she would throw out random facts about plants I had never even heard of before. And, although rare, she would bring various fruits to school for everyone to try. I fell in love with mulberries the moment I popped them in my mouth.

I first became familiarized with the farm through her. She would

throw bonfire parties at a hand-made fire pit toward the back of the property. There were s'mores, there was music, there were a lot of laughs, and we always went home smelling like smoked wood. Every so often, we'd badger her about when she was going to do another bonfire on the farm. Every time, she would respond with a, “You guuuys, the ground is too wet and it takes a lot of work to throw one! You don't even know.”

A few years later, once I was already in college, I took up gardening. I shared photos of my successes and failures on Facebook, where Margie made remarks and helped me out. Eventually, with some “green” experience under my belt, I began working on the farm and that couldn't have come at a better time in my life. I was going through something tough and personal that I don't think I would have been able to handle at a retail or restaurant job. I'm lucky that I had the opportunity to let out all the bad vibes into the dirt, and sweat them out in the blazing sun. It was energizing for me to start thousands of teeny tiny seedlings and, in the end, watch their fruit being put into share boxes.

I feel a million times better, and I can only thank the farm for allowing me to grow, not only food, but as a person!



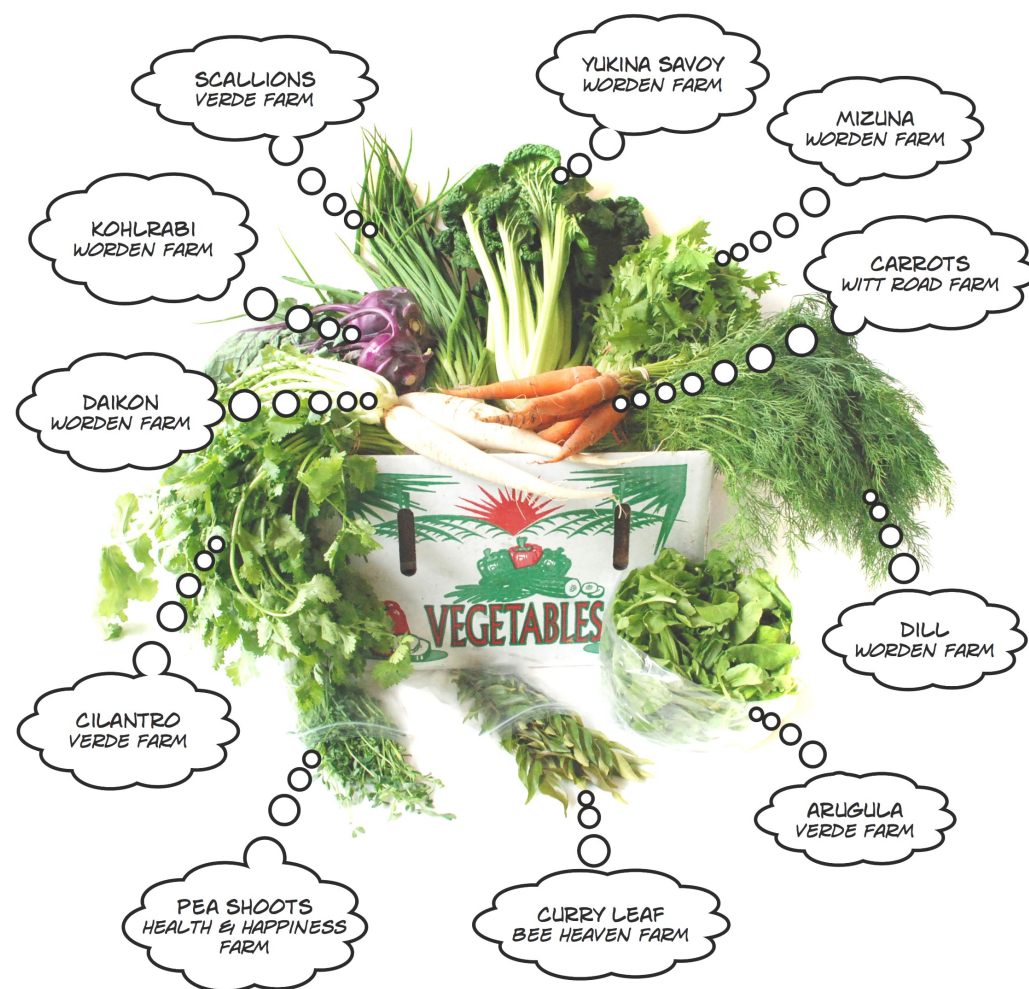
It's rich, "organic", down-to-earth, user-friendly, and nourishing!



Featured Items

Daikon Radish A staple of Asian cuisine, Daikon radishes are usually mild, though some varieties are spicy. Daikon is a main ingredient in many traditional foods, especially in fermented pickles such as kimchi. Because the roots can get very big, raw foodies often make 'noodles' with Daikon by cutting it in a spiral slicer. It is crispy and mild when raw. Cooked, it is much like turnips, though with its own flavor. It keeps well in a breathable bag in your crisper drawer, but if you don't use it right away and it starts to get limp, don't worry-it's still good. In fact, I have a Japanese recipe for pickled Daikon that begins with instructions to leave them out for several days or weeks, as needed, until they are limp enough to coil up inside a crock!

Cilantro Want some 'authentic' Mexican flavors? How about Chinese? Peruvian? Indian? Russian? African? Mediterranean? Scandinavian? Cilantro, or its seeds, more commonly known as coriander, are used for cooking, salads, and garnishing around the world, even in Belgian white beers, where coriander seeds are used to lend a citrusy tone to the brews. Cilantro roots are also eaten, most commonly in Thai dishes. Seeds and evidence of cilantro use since ancient times has been found along with Bronze Age artifacts, in Tutankhamen's tomb, and many archeological sites.



Family Share

What does it look like? Every week, we include pictures to help you identify everything in your shares, especially those strange things you never saw before!...



About the shares... There are two sizes of box, labeled FAMILY & SMALL. Please make sure you've taken the correct size, and take ONLY what belongs to you. Options and special orders have YOUR NAME on them.

Would you like to know more about any share item, including more tips and recipes? We have all 11 past seasons on line in our newsletter archive. Our handy search function lets you enter any search term and finds all mentions of it in the archive. Just use this link to start your search: <http://tinyurl.com/bqu214f> or go to our website at beeheavenfarm.com and click on the link provided.

Have you created a simple or fancy recipe using the ingredients in your share box? Share it with your fellow CSA members! Email it to recipes@beeheavenfarm.com, and if you have a picture, by all means send it along. We may include it next time those items appear in a share.



Mediterranean Share
Nanourra



Cheese Share
Assorted
Hani's Cheeses



Small Share