

Recipe of the Week

John’s Parsley Salad with Walnuts & Raisins

-adapted from a recipe by Kathy Gunst, NPR’s [Here & Now](#) resident chef

1 bunch curly (or flat) parsley, rinsed and patted dry	2 Tbsp balsamic vinegar
1/3 cup chopped walnut halves	4 Tbsp olive oil
1/8 cup raisins, currants, or dried cranberries)	FKSS salt and freshly ground black pepper

- Coarsely chop the parsley
- Mix all ingredients in a medium bowl and toss well.
- Serve within an hour or preparing.
- **Optional:** add a chopped apple or pear; serve on its own or with roasted chicken or grilled seafood.

Kohlrabi Salad

-adapted from [Food52](#)

1 bulb kohlrabi	1 small chili pepper
1/2 apple (Gala, Fuji, or similar)	1 pinch cumin
1 carrot (optional)	1/2 tsp fish sauce
2 Tbsp rice vinegar	3 Tbsp chopped cilantro
2 Tbsp sesame oil	Florida Keys Sea Salt and freshly ground pepper to taste

- With a sharp knife, cut off the leaves of the kohlrabi. If the skin is tough, peel it with a vegetable peeler.
- Cut the kohlrabi into matchsticks either using a sharp knife of a mandolin. Do the same with the apple.
- (optional) For a more colorful dish, peel and cut a carrot into similar-sized matchsticks.
- Toss the kohlrabi, optional carrot, and the apple with the remaining ingredients and chill before eating.

Farm News

This is the last share
of the season

Repurpose/reuse/recycle

Summer is the time to re-group, restore, and plan for next season.

Though we won’t be offering a weekly share program during the summer months, you can visit us at the Pinecrest Market on Sundays. You can also order from our web-store starting later in May, which will be open every other week, subject to availability of fruit and other summer crops. Pickup sites will be limited to the farm and a couple of other locations within Miami-Dade County.

Enjoy your summer!



PLEASE TAKE YOUR BOX
HOME WITH YOU TODAY.

The tender leafy veggies are just about done, while cukes and squashes are having on orgy. There’s not much fruit ready now, as we await the first mangoes, and later, avocados. However, there are a couple of fruits in the shares this week, which may be new to you.



Sapodilla (aka Naseberry, Nispero), or “brown sugar fruit” as I like to call it, is coming in now. The texture is much like a pear, with a similar sweetness. The folks at LNB groves make a smoothie they dubbed “Sapadelicious”. Sapodillas are ripe when soft (your finger will go thru the skin). No need to peel it. Just break apart and eat. Or make a smoothie that really needs no sugar. You can also briefly cook the flesh with a bit of water, a tiny splash of vanilla, and cinnamon, equally at home served over pancakes or vanilla ice cream.

Caimito (aka Star Apple) is so named not because it’s an apple or a carambola (starfruit), but because it’s round like an apple, and when you cut it along the equator, you reveal the pulp and seeds arranged in a star pattern within the fruit. There is a purple form and a green form, and every

shade in between, so you can’t go by the color of the fruit or expect a green skinned fruit to turn color. Ripe when squeezably soft, it should then be refrigerated immediately, as the quality deteriorates rapidly at room temperature. But what a great fruit. Scoop the flesh out with a spoon and eat, or include it in a fruit salad. The flesh is sweet and smooth, sliding down easily.

A popular Jamaican fresh fruit salad called “Matrimony” is simple to make. The main ingredients are caimito and citrus, in roughly equal amounts. You can also include other fruit such as pears, apples, and mango.

- Ripe caimito pulp, seeds removed
- Assorted citrus, peeled, deveined, and cut into chunks
- 1/4 cup condensed milk
- grated nutmeg, to taste

In a large bowl, gently fold the fruit together. Sweeten with condensed milk and nutmeg, and fold in gently to avoid damaging the fruit.

Let chill for at least one hour before serving. Serve chilled.



Featured Items

>>>>REMINDER: This is last share distribution of the season.

Hakurei White Asian Salad Turnips We've had these before, but this batch has young, really tender turnips (no, they're not radishes, but they are closely related) with pretty tops for nice greens. As the name implies, they're great in salads.

Kohlrabi We can't get enough of this weird "Sputnik" vegetable, because it's so good! The big bulb is, in my opinion, best cut up into crunchy sticks to eat alone or with a dip. If the tops are good (holes don't matter—you're gonna chop up and cook the greens), they are delicious, with a mild cabbage flavor. If you like, you can prepare kohlrabi like scalloped potatoes, but please DO try some raw first.

Caimito (Star Apple) A rare treat, because it's in such high demand in Asian markets that we couldn't get our hands on any until now, even though it's been relatively abundant for a few months. Robert finally took pity on us for this last share of the season (or else just got tired of my begging), and let us have just enough for everyone. To eat, cut the fruit in half along its equator, and gently twist to pry the halves loose. Eat the soft translucent fleshy white pulp that surrounds the seeds. Don't eat the rind or the milky sap just inside.



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. Weekly and bi-weekly shares are the same. Take ONLY what belongs to you. Options and special orders have YOUR NAME on them.

Better Than Candy! Carambola (Starfruit) Carambolas come in sweet, tart, and sweet-tart varieties. Our trees bear multiple times a year, depending on the weather. Sometimes they take a loooong break, and sometimes the trees are blooming again before the current crop is even ripe. Sometimes the quantity is overwhelming. What to do? Carambolas make an awesome wine—try some of Schnebly, Redland's Winery's variations, or make your own. You only need about 5-10 lbs to make a batch. Drying concentrates the fruit's flavor, so we started drying them some years back, and they are amazing. As with all our dried fruit, we can't improve on perfection, so we don't. There's nothing added, ever.

Parsley Curly or flat, parsley is an often-dismissed but highly-nutritious herb. When you have a large quantity of it, consider making tabbouleh or another type of salad (see the recipe on page 4), a condiment like chimichurri, or store it for another day. Chowhound's 2009 post on "What to do with an abundance of curly parsley?" garnered many suggestions, including this one from "MakingSense": *"Finely minced parsley can be frozen in a larger plastic container. It never freezes completely solid. No idea why. When you need some, just scrape it out with a spoon or the tip of a knife, without even bothering to defrost. Right into whatever you are preparing. Parsley keeps almost all of its bright green color in the freezer. I'm never without a container of frozen minced parsley. So easy when I need just a tablespoon or two."*



Goat Dairy
Share
Kefir

Mediterranean
Share
Sfoof

(Semolina
turmeric cake)

Cheese Share
Hani's
Labneh or Hani's
Cheese



Small Share