

Schreiber & Sons CSA

It's a Culinary Adventure

Schreiberandsons.com

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In your box this week, you will receive:

- Asparagus
- Salad mix
- Peas - medium and large members
- Carrots - orange
- Carrots - second type
- Turnips
- Dill - medium and large
- Beets
- Green onions
- Garlic
- Kohlrabi
- Cherries
- Iceberg or Romaine lettuce

Notes on the contents of your box. This is your last asparagus for the year. The beets are a variety called *Cylindrica*. As the name applies, it is a cylindrical red beet. For those of you that are not familiar with eating fresh red beets, perhaps you may need some education. How can I say this delicately....hhhmmmmm. Let me put it this way. First, red beets can be a mild laxative and they "hold" their red color. For what it is worth beet juice is used as a commercial dye. The cherries are Bing. I suspect you will receive them next week and following that you will get Ranier, which is a yellow cherry with a red blush.

CSA Rules. We cannot reuse the egg cartons, so do not return them. We are still having a some issues with people picking up the wrong boxes at the South Richland, West Richland, North Richland and Kennewick drop sites. At those sites, we have put up a list of members by drop site. If there is any doubt what box you should have, please check the list.

Kohlrabi

Botanical name: *Brassica oleracea*

The kohlrabi is a member of the cabbage (crucifer or mustard) family that is believed to be native to northern Europe. Wild cabbage and wild turnip are ancestors of kohlrabi, which was popular in the 16th and 17th centuries in central and Eastern Europe. Although it is still greatly appreciated in these regions, kohlrabi remains relatively unknown in North America. Today you will receive both the white and purple vegetable. The part usually eaten is the enlarged stem from which the leaves develop. This bulbous base grows above ground and produces thin stems that grow in all directions. The thin skin on the bulb is edible as are the large edible leaves. Kohlrabi is best harvested as soon as it grows to a diameter of two to three inches and may be a very pale green, white or purple. The flesh is sweet and crisp, with a flavor slightly like that of a radish, while the stems and leaves taste like cabbage.

Serving Ideas: Kohlrabi is eaten raw in salads or can be cooked like a turnip.

Raw, kohlrabi is delicious on its own, served with a dip or dressed in a vinaigrette; it also often appears in salads. Cooked kohlrabi is served as a vegetable side dish, added to soups and stews, pureed or stuffed. It is also delicious steamed and sprinkled with lemon juice and melted butter. It can be accompanied by a sauce or sour cream or seasoned with ginger and garlic. When young, Kohlrabi can be prepared like turnips, or like celeriac. The leaves can be used like spinach; they require short cooking time and are good with a bit of lemon juice and butter. Purple kohlrabi changes color with cooling. Boil or steam kohlrabi for 20-30 minutes, then peel.

Nutritional benefit: Kohlrabi is an excellent source of potassium and vitamin C. It is a good source of thiamin, folate, magnesium and phosphorus, and a very good source of dietary fiber, vitamin B6, copper and manganese. One cup of raw kohlrabi contains 140% of the RDA of vitamin C. The leaves are rich in vitamin A.

Regards

Your Farmer

Alan Schreiber