



What's in the box and where does it go?

	Fridge?	Bag?	Notes & Varieties
Arugula	Yes	Plastic	
Herbs	Yes	Plastic	Sage or Oregano Plant
Kale	Yes	Plastic	Lacinato
Kohlrabi	Yes	Plastic	
Lettuce	Yes	Plastic	Red Leaf, Green Leaf and Butter
Scallions	Yes	Plastic	
Radishes	Yes	Plastic	Red w/tops
Rapini	Yes	Plastic	
Turnips	Yes	Plastic	Hakurei

## Kohlrabi

I enjoy kohlrabi, but have to admit, it is a weird vegetable. What the heck is it? Is it a root? A stem? A fruit? A flower? According to The Oxford Companion to Food, one of my favorite sources for obscure veggie info, kohlrabi is the swollen base of the stem. We typically eat it raw in our household, as I did growing up. Peel away the green layer, which is tough. It has the flavor of a sweet broccoli stem or cabbage heart. It can also be cooked and in Central Europe, where it's most popular, cooking it well until soft is common. You don't often see it in the store with the leaves still intact, but the leaves are perfectly edible, use them as you would collards or kale.

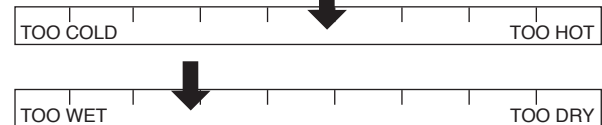
We left most of the leaves on these so you can use them along with the kale if you so choose. Some of the leaves were getting chomped by the various cabbage pests. Just like with kale, you want to trim out the central tough stem of the leaves.

If you read a lot of fancy cookbooks they will all encourage you to find only small kohlrabis, but ours are a little on the large side. Abundant rainfall and warm weather really plumped them up in the past week. The reason to avoid large kohlrabi is because they can become tough and woody. Even though these are large, they are quite young and tender.

If you are really at a loss as to what to do with yours, use it in concert with the turnips.

## Farm Report 6/16/16

Rainfall . . . . . 2.13"  
 High Temperature . . . . . 91°  
 Low Temperature . . . . . 56°  
 Farmer Complaint Indicators™:



Speaking of turnips, the lovely white salad turnips known as Hakurei are in the box this week. We eat these raw in our household, and many of our members happily do the same. They are sweet and mild, great added to a salad. Peeling is optional, generally I peel ones that are bigger than a golf ball, but even that's not really necessary. A storage turnip, like a purple top turnip, has much thicker skin, which is what makes it store well. These have a thin skin that can easily be eaten. Some coarse salt always is tasty with them. The tops can be eaten as well, and have a mustard-like flavor.

The rapini, aka broccoli rabe, is the very green green in the box this week. It doesn't look dissimilar to the turnip leaves, but has a thick stem and small flower buds. The stem can be eaten along with the leaves, but trim it up above the rubber band where it is more tender. It's great with pasta or on it's own as a side dish. You can also make more of a bitter green pesto with it to combine with other strong flavors, like a hard Italian salami with pasta.

The first bunch of kale of the year is in the box this week. We're starting out with our personal favorite lacinato, aka dinosaur kale. We'll have some curly green kale later in the year when you're beginning to get tired of lacinato. Remove the tough stems by stripping the leaf portion by hand, ripping right down the stem. There's something much more satisfying about ripping produce by hand, rather than with a knife.

Heat plus water equals big lettuce. The heads this week are big, particularly the red and green. It's so nice to have washed whole leaves at the ready when making a sandwich or a salad. All of the rain does mean a

fair amount of soil gets down at the base of the leaves, which we can't remove without tearing the heads apart here at the farm. My suggestion is to wash it all and put it in zip-locs when you unpack your share on Thursday. That way they are ready to go for the rest of the week.

Radishes, arugula and scallions round out a bountiful box for the second week of the season.

I know I said last week that there would be pea shoots and spinach in the box this week. Please understand that when I say what's coming next week it is just a best guess on what I'm seeing in the fields. When we have volatile weather it can throw things off quite a bit. Every planting of spinach so far this year has been hammered by hail or hard rains. Spring outdoor spinach can be a challenge some years, and this is proving to be one of them. The pea shoots have stayed wet for the last seven days and were developing some mildew on the vines, so these didn't make the grade today either.

A few lucky folks may find a cucumber in their box. The high tunnel is producing a few, but we're fighting an epic battle with bugs in there, more on that in a forthcoming installment of the newsletter.

### Farm News

We had quite the early June heat wave and accompanying thunderstorms last week. Friday afternoon it got a little gnarly, with some pretty major wind gusts and sideways rain. Some row covers got rearranged and the spinach, as usual, got damaged. More storms rumbled through on Sunday mostly staying south of the farm. About twenty miles southwest of the farm they had three or four inches of rain, while we had about a tenth of an inch. The last round rolled through on Tuesday evening, bringing almost another inch of rain. We're up over four inches so far for June, so we're good on water for a while. I do enjoy the occasional thunderstorm, but wouldn't mind if things calmed down for a little while now.

Thankfully the temperature broke nicely on Sunday. It's always such a pleasant experience to have the heat take a break. But, sometimes I wish it would stay hot for the whole summer. I think it would be easier to get into a groove of how to work and rest in the heat if we had more of it. As it is, I think us industrious yankees just keep working at our regular pace when it gets hot, and then when the weather breaks we work even harder. I truly think there is something to be learned about hotter climates and slowing down. I'm sure for

us it's all couched in the knowledge that winter is always coming, like the busy squirrels we never stop. I wonder if squirrels in the South are more laid back?

Last week was crazy with getting the first shares out the door and simultaneously trying to get caught up on planting before the next round of storms. We did manage to get the squash and pumpkins in the ground, which was becoming a crisis.

The weeds at the farm are loving the wet warm weather. It's hard for us to keep up in these conditions. By the end of the day last Friday I could get in and get the potatoes hilled with the tractor, but since then it's been too wet to do much with anything but our hands and hoes. Getting the potatoes hilled was a critical operation though. They grow so fast right now, that in another week I won't even be able to get in there with a tractor. Maybe I can get another hilling in this week, at least on some of the later varieties. Right now they are looking great.

Tuesday we could get at the weeds a bit and managed to hand weed the onion field and get the cages on the outdoor tomatoes. I'm a little nervous about the wet conditions and the tomatoes, the last couple of years have been similarly wet which have not been good for our outdoor tomato crop.

**Coming next week:** Arugula, radishes, turnips, collards, scallions, kohlrabi, lettuce, escarole, broccoli?

### Sautéed Rapini with Garlic

You could add the turnip tops to this as well.

Sea salt

- 1 large bunch rapini, stem ends trimmed
- 2 tablespoons olive oil, plus more to finish
- 1 large garlic clove, slivered
- Several pinches of red pepper flakes

Aged red wine vinegar or lemon wedges to finish

Bring a large pot of water to a boil. Add several pinches of salt, then plunge in the rapini. Allow the water to return to a boil and cook the rapini until tender, about 5 minutes. To test if it is ready, slice off a piece of the stem and taste it. Scoop everything into a colander to drain, reserving 1/2 cup of the cooking water.

Heat the oil in a wide nonstick skillet over high heat. Add the rapini, garlic, pepper flakes and the reserved cooking water. Turn the rapini with a pair of tongs to mix in the garlic, then lower the heat. Taste for salt, drizzle with a little oil, and season with a few drops of vinegar or a squeeze of lemon.