



### Food For Thought

“Life is never easy. There is work to be done and obligations to be met— obligations to truth, to justice, and to liberty.”

-John F. Kennedy

### [July 9 Farm Letter](#)

### [July 9 Produce Info, Storage & Prep Tips](#)

[2020 Pantry, Fridge & Freezer Basics](#)

[2020 Member Responsibilities & Dropsite Protocols](#)

[How to Flatten Your CSA Box](#)

## Inside Your Box Today

*Link to recipe ideas for this week below*

### 3/4 and 7/8 Bushel Shares

Broccoli

Sugar Snap &/or Snow Peas

Green &/or Yellow Summer Squash

Red Swiss Chard

Green Kohlrabi

Fennel

Rainbow Cherry &/or Red Slicer Tomato

Sweet Candy Onion

Rhubarb

Love Light Lemon Chiffon Cake

### 1/2 Bushel Shares

Broccoli

Sugar Snap &/or Snow Peas

Red Swiss Chard

Fennel

Rainbow Cherry &/or Red Slicer Tomato

Rhubarb

Love Light Lemon Chiffon Cake

*Some of what's likely to be harvest-ready on July 16:*

*Shelling peas, spinach, cauliflower, red potatoes, cabbage, cukes*

**Eat first:** Snow Peas, Snap Peas

### **Try something new:**

**Rhubarb!** Try in a savory dish.

Consider it's tang. Rhubarb adds a rich, flavorful acid zippiness to salad dressings, sauces, soups, really anywhere. Think of it as a luxuriously textural substitute for lemon or vinegar in any cooked dish or salad.

**Kohlrabi** May be a new veggie for many of you, and likely most will enjoy this raw, as a tasty snack or shaved/sliced/shredded into a salad. But it's also very good roasted, cooked in a stir fry, mashed, baked in a gratin. Recipes in link + lots more about kohlrabi on page 2.

### **Waste Not, Want Not:**

**Broccoli Stems** I think they're one of the most commonly wasted produce items— SO unfortunate, because they're amazingly delicious (and extra nutritious). Absolutely wonderful as a raw snack— cut into sticks like a carrot. Use for crunch in a salad, wrap, stir fry. Small chop and combine with florets when making any dish. Leaves are edible too— snip and mix with other greens.

**Fennel Fronds** Just like dill, these can be used as a very tasty herb. Sweet, anise flavor. Great in dips, salad.

**Click on link to printable recipe pages for this week's produce: [July 9 Recipes](#)**

**Archived Recipes, June 25 inc's additional ideas for Broccoli, Summer Squash, Tomatoes +more: [June 25 Recipes](#)**

**For access to full recipe library, click here: [Urban Graze Recipe Library](#) Next, click on the green "Get Cookin'" Tab**

- **In column on the right side of page, click on the veggie name of your choice to access recipes using that veggie**
- **Enter key words in the search box- e.g. the list of different veggies you want to use in a recipe**

## About Kohlrabi

Kohlrabi looks like silly alien creatures. And for many of us, they are just as alien in our kitchen repertoires.

Of course if you're German, you probably were raised on kohlrabi and already know how tasty it is! It's been a staple in German dishes, (and eastern European cuisine), for centuries. The name is even German: kohl means cabbage and rabi means turnip. However, it is very commonly used in Scandinavian, Indian and Chinese dishes as well. Some yummy pairings: ginger, mustard, soy, garlic, curry, cumin and chili peppers, lemon/lime, horseradish, blue cheese, cheddar, Gruyere, cashews, pistachios.

I think of kohlrabi as something like a soft, sweet broccoli stem. They are an excellent substitute for radishes. Kohlrabi is a brassica super food –like cabbage, broccoli, and kale. Very dense in nutrients- it has more vitamin C than oranges, is very high in B vitamins, fiber and potassium. Kohlrabi contains more carbs than most veggies, so this low-cal snack will really hold your hunger at bay.

### Storage

#### Leaves/Stems

If the leaves are attached, remove, and wrap in a barely damp paper or cloth towel and store separately in the refrigerator (for a couple of days) inside a loose plastic bag or storage container. Leaves are especially nutritious, and delectable when cooked. Simply saute in a little olive oil and garlic. They're wonderfully mild; but just like with kale, remove the leaves from stems before cooking. Chop the stems into salads or cooked dishes for added crunch if you wish.

#### Bulbs

Keep slightly humid, but dry in the refrigerator. One easy method is to throw a couple of crumpled, damp paper towels into a storage bag or container with the kohlrabi. Will keep for a couple of weeks, but the older kohlrabi gets, the woodier it becomes. Peeling isn't always necessary, but you may prefer to do so.

### Tips

It's amazing raw! Delicious simply cut into snack sticks or chips, and enjoy with or without dip. Try it shaved, sliced, or cut into little matchsticks like radishes. Excellent shredded into any salad or slaw, either alone or combined with other greens, kale ribbons or shredded cabbage; well complemented by a balsamic or sharp vinaigrette, (like mustard or horseradish), or a creamy blue cheese dressing. Tasty in a taco or eggroll. Super for spiralizing.

Shredded kohlrabi is also really good in a baked, creamy gratin- when cooked until soft, kohlrabi becomes wonderfully sweet.

Roast, sauté or steam kohlrabi chunks or wedges and toss with a little olive oil and garlic.

Or simply steam or quick-saute, then toss with a little butter, plus an optional dash of thyme and/or splash of lemon juice. Boil and mash together with potatoes. Awesome in a stir fry, as well as soups and stews.

Note: kohlrabi has a high water content. If you're persnickety about your salad dressing not getting watery, place shredded kohlrabi in a strainer and sprinkle lightly with salt. Allow to stand a few minutes, then gently squeeze out excess moisture.

**Recipe ideas included in this week's link: [July 9 Recipes](#)**



### Kohlrabi

Wild and Crazy  
Field Creatures

