

FIELD *notes*

UCSC Farm
Community Supported Agriculture
Third Harvest: 6/29/10 & 7/2/10



What's in the box?

Pac Choi, *Black Summer*
Lettuce, *Plato II Romaine*
Purple Kohlrabi, *Kolibri*
Beets, *Red Ace*
Cilantro, *Santo*
Basil tips, *Aroma2*
Strawberries, mixed *Seascape and Albion*
Blueberries, mixed varieties (1 pint)
Avocado

Veggie Tip: Proper Beet Storage

To store beets, trim the leaves 2 inches from the root as soon as you get them home. Do not trim the tail. Store the leaves in a separate plastic bag and use within two days. The root bulbs should also be bagged and can be stored in the refrigerator crisper drawer 7 to 10 days.

Recipe: Roasted Beet and Greek Yogurt Salad

from Samantha Loveira

Roast* and peel 3 beets. Slice into half moons. Toss with 1 TBSP olive oil, 2 TBSP vinegar of choice, and 1 tsp sugar. **Marinate for at least an hour.** Mash 1 clove garlic and mix with 1/2 cup plain greek yogurt. Add salt, pepper, and fresh dill to taste. Serve beets with a spoonful of the seasoned yogurt.

*To roast, scrub beets and place them in a glass baking dish with a little olive oil. Bake at 375° until you can easily push a knife through the beets.

Words from the Field

first-year apprentice, Kate McDevitt

Recipes From Kate's Kitchen Community

Greetings, CSA Members! As a first-year Farm Apprentice, I have had such fun these last two weeks meeting many of you at the Friday CSA garden pick-up. It's been particularly interesting to hear the numerous ways the contents of your first 2010 CSA shares were prepared and consumed (Seems that quite a few of you devoured your blueberries on the ride home? I don't blame you.) I'm inspired! You see, while farming is still a bit new to me, cooking has been a forever love. I started making pies with my dad at age 2 and to this day one of my favorite past-times is reading cookbooks like novels. So when the opportunity arose for me to contribute recipes to our CSA newsletter I jumped at the chance.

I've spent the last 10 years working (long hours) in the non-profit sector. So, often what I make for dinner boils down to how much time I have and what ingredients happen to be on hand. Sound familiar? Below I've provided three recipes each for the beets and kohlrabi in your boxes. These are recipes I've acquired from dear friends and a few of my favorite trusted sources. They mainly use what I consider to be "staple ingredients" and I've indicated rough timing. Hope you enjoy. I would love to hear what you end up making!

Do you have CSA recipes to share? Please e-mail your CSA recipe suggestions to farmcsa@ucsc.edu or jot them down and drop them off at your next CSA pick-up!

Happy cooking,
Kate (slowfoodcaravan@gmail.com)



QUICK & EASY: Red Beet Risotto with Greens and Goat Cheese

Adapted from a Bon Appetit Recipe

- 1/4 cup (1/2 stick) butter
- 2 beets, peeled and cut into 1/2-inch cubes
- 1 1/2 cups chopped white onion
- 1 cup arborio rice or medium-grain white rice
- 3 cups low-salt chicken broth or vegetable broth
- 1 tablespoon balsamic vinegar
- 1 1/2 cups thinly sliced mustard greens, arugula or beet greens
- Juice of one lemon
- 1 (5 1/2-oz) package chilled, soft, fresh goat cheese, coarsely crumbled or (1/2 cup) shaved Parmesan

Melt butter in heavy large saucepan over medium heat. Add beets and onion. Cover; cook until onion is soft, about 8 minutes. Mix in rice. Add broth and vinegar. Increase heat; bring to boil. Reduce heat to medium-low. Simmer uncovered until rice and beets are just tender and risotto is creamy, stirring occasionally, about 15 minutes. Season with salt, pepper and lemon juice to taste. Spoon into shallow bowls. Sprinkle with greens and cheese.

JUST A FEW MINUTES? - Marinated Kohlrabi

from Suzanne Ryan

My favorite way to eat Kohlrabi is sliced thinly (on a mandolin slicer) with sliced radishes. Add a little vinegar, salt, pepper and olive oil. Let marinate, if you can, for 20 minutes.

KOHLRABI

What is kohlrabi? A member of the brassica family, kohlrabi's name is derived from the German words kohl (cabbage) and rabi (turnip). It is thought of as a root vegetable, though actually the bulb is a swollen stem that grows above the soil. Some have likened the taste to that of a peppery broccoli, and others have described it as a cross between a potato and an artichoke heart. Regardless, it's quite a versatile vegetable that's high in fiber and low in calories. In addition to the preparation methods mentioned below, consider stuffing, braising or boiling it!

STORAGE: With the leaves cut and stored separately, kohlrabi can be kept in the refrigerator for several weeks. Storage life can be extended if kohlrabies are placed in sealed plastic bags. Wash just before using.

Blueberries: Storage Tips and Cooking Ideas

STORAGE: Rinse in cold water only just before you are about to eat or cook with them. Gently pat dry on a paper towel and store for use in the next few days in a sealed bag or container in the refrigerator. Can be rinsed and stored in a plastic bag in the freezer for months.

COOKING IDEAS: Blend with honey, yogurt, a frozen banana and other berries for a delicious smoothie! Bake fresh or frozen blueberries into muffins or add a cup of fresh or thawed berries to pancakes. Bake a blueberry crumble or dessert bars.

WORTH THE EFFORT: Pureed Kohlrabi : A Summer Alternative to Mashed Potatoes

From Farmgirl Fare Blog (<http://www.foodiefarmgirl.blogspot.com/>)

- 4 kohlrabi bulbs with leaves
- 2 tablespoons extra-virgin olive oil
- 1 large onion, chopped
- 3 cloves garlic, minced
- 4 ounces quartered baby portabella mushrooms (*optional*)
- 3 tablespoons cream (or milk, chicken stock, olive oil, or water)
- salt and pepper to taste

- Trim the kohlrabi bulbs, peeling them if the skins seem tough. Cut the bulbs into 1-inch chunks. Rinse the leaves, pat them dry, and coarsely chop. Set aside.
- Bring a saucepan of lightly salted water to a boil, and add the kohlrabi chunks. Reduce the heat and simmer until tender, about 15 minutes. Meanwhile, heat the olive oil in a skillet. Add the onion and sauté over medium-low heat until softened, about 5 minutes. Add the garlic and cook, stirring, another 1 to 2 minutes. Do not let garlic brown.
- Add the mushrooms and the reserved kohlrabi leaves to the skillet. Cover, and cook 5 minutes. Then uncover, and cook, stirring, until all the liquid has evaporated, 3 minutes. Set the skillet aside.
- Drain the kohlrabi chunks and place them in the bowl of a food processor. Add the mushroom mixture and all the remaining ingredients. Purée until smooth.