

FIELD *notes*

UCSC Farm
Community Supported Agriculture
Twenty-First Harvest: 10/21/14 & 10/24/14

Creamy Kohlrabi and Potato Soup with Winter Savory

- 1 large kohlrabi (or 1-2 small), cubed
- 3 medium potatoes (boiling variety), cubed
- 6 tablespoons unsalted butter
- 1 cup of whole milk or more if needed
- 1 small size onion, chopped
- 2 cloves of roasted garlic
- sea salt and white pepper to taste
- 2 tablespoons of finely chopped winter savory

Place water in a stock pot and lightly salt. Peel kohlrabi and potatoes and cut into cubes. Add kohlrabi and potatoes to the pot and boil. Once fork tender, remove from heat and

drain water. Cover pot and let it sit for 5 minutes allowing excess moisture to be absorbed by the vegetables. Add 4 T of butter and cover pot.

Meanwhile, add last 2 T of unsalted butter to a saucepan and saute the onion until golden. Add roasted garlic to the onion and cook for an additional 3 minutes. Set aside.

In a small pot bring the milk to a boil. Remove from heat.

In a high speed blender, add all ingredients except milk. Cover and puree. Add milk as needed to achieve your desired consistency.

Transfer pureed soup to a heat resistant container and keep it warm in the oven until ready to serve.

www.purplerainvineyard.com

FIELD *notes*

UCSC Farm
Community Supported Agriculture
Fourth Harvest: 6/24/14 & 6/27/14

Quick Kohlrabi Pickles

Makes 1 quart

- 1-1/2 lbs. kohlrabi, peeled, and cut into 1" slices 1/4-inch thick
- 1/2 tablespoon salt
- 3/4 inch knob of ginger, peeled and julienned
- 3 large cloves garlic, peeled and chopped
- 1-1/2 to 2 tablespoons sugar (depends on sweetness of kohlrabi)
- 1 dried hot chile, crushed
- 1/2 tablespoon whole allspice berries, lightly crushed
- zest of one small lemon, peeled in long strips
- 1 cup rice vinegar (or apple cider vinegar)
- 1 cup water

Toss kohlrabi slices with salt and let sit for 1 hour, drain.

Add the drained kohlrabi slices to the quart jar. As you are adding kohlrabi, sprinkle the crushed red pepper evenly in between. Give the jar a little shake at the end.

In a saucepan bring the rest of the ingredients to the boil. As soon as it comes to the boil pour into the jar over the kohlrabi. Let cool, cap and place in the fridge.

These quick pickles are ready to eat in 3 days and can last for a month in the fridge. They are crunchy, and very versatile.

hungrytigrress.com (adapted from Joy of Pickling)

FIELD *notes*

UCSC Farm
Community Supported Agriculture
Eighth Harvest: 7/23/13 & 7/26/13

Veggies with Thai Basil

Serves 4

2 medium zucchini
1-2 carrots, slivered
1 peeled kohlrabi, cut into 1/2 inch chunks
1 cup sliced mushrooms
1 cup tofu, chicken, or beef, cut in bite-size pieces
1/2 cup fresh Thai basil leaves
Cilantro for garnish, optional
2 tablespoons soy sauce
2 tablespoons fish sauce
Juice from 1/2 lime
1/2 tablespoon fresh ginger, minced
1/2 tablespoon fresh garlic, minced
1-1/2 to 2 teaspoons chili paste (ideally sambal olek)
2 teaspoons sugar
1 teaspoon cornstarch or tapioca starch (optional)
Vegetable oil
Cooked rice, rice noodles, or wheat pasta for 4 servings

In a small bowl, combine the ginger, garlic, soy and fish sauce, sugar, lime juice and chili paste. Set aside. For a thicker sauce, add corn or tapioca starch.

In a wok or frying pan, heat oil and sauté the summer squash or zucchini, kohlrabi, and carrots on medium-high for about 3 minutes. Add the sauce to the pan and mix well. Cook an additional 5 minutes or so, until the veggies are tender-crisp. Remove from heat, mix in the Thai basil and cilantro, and serve over hot rice or noodles.

Submitted by Rachael Richardson

FIELD *notes*

UCSC Farm
Community Supported Agriculture
Third Harvest: 6/18/13 & 6/21/13

Kohlrabi and Mâche Salad

Serves 8

- 3 medium kohlrabi (2 pounds total)
- 1/2 small red onion
- 1 T fresh lemon juice
- 3 T olive oil
- 2 T drained capers
- 2 ounces mâche (lamb's lettuce; 4 cups) or other small tender lettuce

Peel kohlrabi. Slice very thin and put in a bowl.

Slice onion very thin, then rinse in a sieve and pat dry. Stir into kohlrabi.

Stir together lemon juice, 1/4 tsp. salt, and a pinch of pepper, then stir in oil and capers. Pour over vegetables. Toss with mâche, then serve immediately.

Gourmet | November 2008

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UCSC Farm
Community Supported Agriculture
Eighth Harvest: 7/24/12 & 7/27/12

Kohlrabi Fries

1-1/2 to 2 pounds of kohlrabi

1 tablespoon rice flour, chickpea flour or semolina (more as needed)

Salt to taste

2 to 4 tablespoons canola oil or grapeseed oil, as needed

Peel the kohlrabi and cut into thick sticks, about 1/3 to 1/2 inch wide and about 2 inches long.

Heat the oil over medium-high heat in a heavy skillet (cast iron). Meanwhile, place the flour in a large bowl, season with salt if desired and quickly toss the kohlrabi sticks in the flour so that they are lightly coated.

When the oil is rippling, carefully add the kohlrabi to the pan in batches so that the pan isn't crowded. Cook on one side until browned, about 2 to 3 minutes. Then, using tongs, turn the pieces over to brown on the other side for another 2 to 3 minutes. The procedure should take only about 5 minutes. Drain on paper towels, then sprinkle right away with the seasoning of your choice. Serve hot. *Serves 4 to 6*

Adapted from the New York Times

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UCSC Farm
Community Supported Agriculture
Sixth Harvest: 7/10/12 & 7/13/12

Marinated Kohlrabi

- 1 pound kohlrabi
- 1 small sweet onion, minced (optional)
- 1 small red bell pepper, chopped (optional)
- 1/2 cup lemon juice
- 1/2 cup good olive oil

Cut kohlrabi into bite-sized chunks (or julienne) and place in bowl with onion, bell pepper, lemon juice, and olive oil. Marinate 1 hour, stirring occasionally. Sprinkle with salt and pepper before serving. *Serves 4*

*Source: Fresh from the Farm & Garden,
Seasonal Recipes for Busy Cooks*

FIELD *notes*

UCSC Farm
Community Supported Agriculture
Fourth Harvest: 6/28/11 & 7/1/11

Kohlrabi Purée (serves up to 6)

- 1/2 lb kohlrabi bulbs with leaves
- 2 T extra-virgin olive oil
- 1 large onion, chopped
- 3 cloves garlic, minced
- 4 ounces cultivated mushrooms quartered*
- 3 T cream (or milk, chicken stock, olive oil, or water)
- Salt and pepper to taste
- *Mushrooms add nice flavor, but can be omitted

Trim and peel the kohlrabi bulbs. Rinse leaves, pat dry, and coarsely chop. Set aside. Cut the bulbs into 1-inch chunks.

Bring a saucepan of lightly salted water to boil, and add kohlrabi chunks. Reduce heat and simmer until tender, about 15 mins.

Meanwhile, heat olive oil in a skillet. Add onion and sauté over medium-low heat until softened, about 5 mins. Add garlic and cook, stirring another 1-2 mins. Don't let the garlic brown.

Add mushrooms and reserved kohlrabi leaves to skillet. Cover, and cook 5 mins. Then uncover and cook, stirring, until all liquid has evaporated, 3 mins. Set skillet aside.

Drain kohlrabi chunks and place them in the bowl of a food processor. Add mushroom mixture and cream (or whatever substitute you're using). Purée until smooth. Salt and pepper to taste.

Transfer purée to a saucepan and reheat over low heat, stirring, 2 mins. Serve warm.

Recipe source: FarmgirlFare.com