



Notes From the Pea Patch

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Farmer's Notebook

When you open your share boxes this week, you'll find some little aliens: pale green bulbous creatures with spikes shooting out of their heads. Don't worry though, there is no cause for alarm - it's just kohlrabi.

Kohlrabi is an oddball vegetable that in truth I had never eaten before we started growing it several years ago. It is a brassica - its name derives from the German for cabbage (kohl) and turnip (rübe). It has a crisp texture and sweet-but-peppery flavor characteristic of brassicas, but is a bit milder and sweeter than most of its cousins. The edible bulbous base of kohlrabi is often mistaken for a root, but in fact is the thickened stem of the plant, another unusual feature of this zany vegetable.

In the field, kohlrabi behaves like most other brassicas. It thrives in cool weather, allowing for spring and fall harvests (so far we've opted for a single planting and harvest in the fall). It can be prone to splitting if it gets too much water, but seems a bit more resilient than other brassicas in the face of common pests.

In the kitchen, kohlrabi turns out to be surprisingly versatile due to its mild flavor and pleasant crunch. You can enjoy it raw, thinly-sliced on a mandoline with a drizzle of good quality olive oil and a sprinkle of sea salt. Roast it to evoke its tender sweetness, steam or sauté it. Starting to sound like an all-purpose vegetable? In fact, kohlrabi is a staple of everyday German cooking, and also widely-used in North Indian cuisine.

Now that I've gotten to know kohlrabi a little better I look forward to our annual harvest. While I can't quite say that we've become best friends, it's definitely found a welcome place on my plate once or twice a year.

~ Rachel

This Week's Harvest

our best guess for what will be in this week's share boxes - subject to change at packing time:



butternut squash - our third variety of winter squash and our hands-down favorite. It needs no better treatment than to be baked and mashed with butter, salt and pepper. Also makes delicious soup. Stores well in a cool (~50°F) dry place with good air circulation.

kohlrabi - I love this description from the *Joy of Cooking*: "kohlrabis look like vegetables at an early stage of evolution". A little odd but quite versatile and tasty, with kind of a nutty turnip flavor. Store in fridge. Shred in a salad, slice raw, boil, steam, braise or roast.



turnip greens - green leafy tops from thinning fall turnips. You can use these like kale, chard or other greens. Try them in soups, with pasta, or traditionally cooked with salt pork and a side of cornbread. Store in a plastic bag in fridge; if you wash leaves first, wrap them in paper towels in fridge. To prepare, cut off stems and wash leaves well. Boiling in salted water for a few minutes before other cooking methods softens the flavor and texture a bit.

also...

**broccoli/ cauliflower (rotating shares) ~
cabbage (Napa - Monday, Savoy - Thursday) ~
garlic ~ onions ~ lettuce ~
red russian kale ~ sweet peppers**

Coming Attractions

Gilfeather turnip ~ Beets? ~ Potatoes



Recipe of the Week: Kohlrabi Fritters

A simple and tasty way to introduce kohlrabi. The amounts here require some approximation – you are going for a pancake-like batter, not too thin but not too thick. For a tasty twist, substitute half the kohlrabi with grated carrot or apple.

- 1-2 kohlrabi
- 1 small onion
- 2 eggs
- 2 Tbs flour
- salt & pepper
- oil for frying

Grate or thinly slice kohlrabi and onion. Squeeze the grated kohlrabi to get extra liquid out. Beat eggs and stir into grated vegetables along with flour. Season with salt & pepper.

Heat 2-3 Tbs cooking oil in a frying pan. Drop spoonfuls of the mixture (~2-3 Tbs per fritter) in the oil, press down slightly, and fry until golden, about 3 minutes. Flip and repeat for other side. Remove to a paper towel-lined plate and drain.

These are yummy served with a simple remoulade, yogurt-based or sweet-spicy fruit-based dipping sauce.

One more: Busy Night Turnip Greens

Turnip greens are traditionally prepared in a 2-step process that includes boiling with salt pork before pan-frying with bacon drippings. This version is easier, faster, healthier and more appealing to me. They'll be ready in about the same amount of time it takes to bake your cornbread!

In a large skillet heat ~1 Tbs olive oil over medium. Add 1 onion, cut into wedges, and cook about 3 minutes until just tender. Wash and chop a large bunch of turnip greens. Add about half to the pan and cook, stirring occasionally. When the greens cook down, add the remainder of the greens along with ¼ cup water, a generous pinch of white or brown sugar and another of crushed red pepper flakes. Cook, stirring, until water is boiled off and leaves are desired tenderness.

The Pantry is Open!

Fruit shares may be done for the season, but we continue to savor their bounty though this year's homemade jams. The last two batches for this year were finished just in time to unveil at last weekend's Harvest Festival.

Foxtail jam is home made in small batches in our farm kitchen. All-natural ingredients include homegrown and local fruit, natural pectin and just



enough organic U.S.-grown cane sugar, local honey or maple syrup to highlight the natural sweetness of the fruit. Not just for bread, jam makes flavorful glaze for roasted vegetables and meat, pairs nicely with soft cheese as an appetizer and is a delicious base for dipping sauces.

This year's pantry features over a dozen flavors of jam, from traditional classics to perennial Foxtail signature recipes to new creations inspired by the best of this year's harvest.

- Black Sour Cherry
- Blueberry Honey Lavender
- Bumbleberry (*blueberry-raspberry blend*)
- Concord Grape
- Honey Peach
- Maple Vanilla Pear
- Orange Rhubarb Marmalade
- Raspberry
- Strawberry
- Strawberry Black Pepper Balsamic
- Strawberry Rhubarb

Regular (8 oz) jars are \$5.50, mix-and-match any flavors 3/\$15.00.

We also have wrapped towers of three different 4-oz jars (our selection) for \$12.00. - these make great gifts.



Jams sell out every year, so don't wait to submit your requests to get the flavors you want! View these and other fall specials on our website:

<http://foxtailcommunityfarm.com/Farmstand.html>