



Harmony Valley Farm

An update for our Community Supported Agriculture Members - Since 1993

www.harmonyvalleyfarm.com

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VEGETABLE FEATURE: KOHLRABI

By Andrea Yoder

Richard and I re-learned an important lesson this week. Never underestimate the growth potential of a vegetable! We had planned to include kohlrabi in this week's boxes, but last Saturday we both went to the kohlrabi field and both agreed it was just too small. The crop needed more time. So I revised the list of box contents and we set up our harvest schedule for the week. And then on Monday morning Richard returned to the office just before lunch with three sizeable kohlrabi and a report that most of them were that size and we needed to start harvesting them! Really? In less than 48 hours those little kohlrabi took off and grew! I wish now I had stayed in the field a little longer. Perhaps I may have actually seen them expanding! So it's clear these kohlrabi were determined to keep their place in this week's box and as such we've designated them as our featured vegetable this week!

While kohlrabi bears resemblance to other vegetables with some of its characteristics, it's really just uniquely its own thing. It is a member of the Brassica family, and the name is derived from "khol" meaning stem or cabbage and "rabi" meaning turnip. But it doesn't resemble cabbage or turnip in appearance, rather it has its own unique identity. While many people think kohlrabi is a root vegetable, it is actually a swollen stem that develops above ground! The stems and leaves shoot up from the bulbous lower portion.

So what part of kohlrabi do you eat? Well, the bulb is the part of the plant most commonly eaten, but the leaves are also edible and should not be overlooked. The leaves have a thicker texture more similar to kale or collard greens. They are best eaten cooked and

What's In The Box?

PURPLE SCALLIONS: This week we're moving into our spring planted scallions. We started these from seed back in late February, and here they are just four months later! Scallions and green onions are the same, thus may be used interchangeably.

GARLIC SCAPES: This is the round, curly, crazy bunched item in this week's box. Nearly the entire garlic scape is edible, except the tip at the very end of the curl which can sometimes be tough. Use garlic scapes raw or cooked in any recipe calling for garlic.

BABY ARUGULA AND/OR SALAD MIX: We're finishing up the last planting of our spring-planted baby greens. Your box will contain two bagged items. Don't worry, we aren't done for the year. We'll resume planting these crops again for fall harvest!

BABY BOK CHOI: This vegetable is most often cooked in stir-fries, steamed or added to soup. However, it may also be eaten raw in salads. Visit this week's **Cooking With the Box** article on our blog and you'll even find a recipe for using bok choy on pizza!

BROCCOLI: This is the first of eight plantings of broccoli we'll plant this year! While this week's portion is small, there will be more coming soon. To maximize the yield, make sure you eat the broccoli leaves and the stem. Broccoli stems should be peeled to remove the thicker outer skin. Once removed you'll see a tender, light green center that is delicious!

KOHLRABI: Learn more about kohlrabi as well as how to prepare them in this week's vegetable feature article. Visit our **blog** this week and you'll find a long list of kohlrabi recipes with links to each. There's something for everyone this week!

GREEN CURLY KALE: We're starting to shift from spring greens to summer greens this week, but the message is still the same, "Eat Your Greens Every Day!" Kale has thicker leaves that require a longer cooking time. The leaves may also be softened by massaging them with oil and salt, which makes a great base for a simple raw kale salad.

GREEN TOP RADISHES: Our radish crops are going strong and since they are such a good accompaniment to green salads, we thought we'd include them one more week before the true heat of summer sets in. Don't forget to eat the radish tops as well!

RED OAK LETTUCE AND MINI GREEN BOSTON LETTUCE: These little lettuces may be a bit more delicate and perishable this week as they were harvested on a very hot day after a day of rain. Eat them within a few days of receiving for best results. In the meantime, be sure to keep them in your refrigerator in a plastic bag or resealable container.

DILL: Fresh dill is a delightful addition to vinaigrettes, fresh vegetable and grain salads, baked fish or chicken, rice, etc. If you are not going to use the entire bunch this week, just wash it well and shake off any excess water. Hang it by the bottom of the stem in a place with good airflow and out of direct sunlight where it can naturally air dry so you may use it in the future.

STRAWBERRIES: Our season is starting a little late, but the berries are beautiful and very sweet and flavorful! Our varieties are not meant for shipping and a long shelf life. Rather, we select for flavor and sweetness. As such, we encourage you to eat your strawberries within a few days of receiving them for best results.

ZUCCHINI: You know summer is just around the corner when we start harvesting zucchini! Slice them thinly, brush lightly with oil and season with salt and pepper. Heat up the grill and cook them lightly, just enough to make grill marks and soften them to fork tender. It's a simple accompaniment to grilled steak, chicken or other vegetables!

can be substituted for collard greens or kale in many recipes. I usually strip the leaves off the main stems before using them. If you are a fan of kale chips, you can do the same thing with kohlrabi leaves. I tried this concept earlier this week and they were excellent! The bulb does need to be peeled before eating as the outer skin is fairly tough. I find it easiest to cut the bulb in half or quarters and then peel the skin away using a vegetable peeler or paring knife as if you're peeling an apple. Once the skin is peeled away you'll find a solid, crispy, juicy, tender flesh inside with a sweet, mild cabbage flavor. The bottom of the bulb where it is cut from the stem when it is harvested can also sometimes be a bit tough. I usually just trim the very bottom of the bulb off and use the remainder. To store kohlrabi, separate the stems and leaves from the bulb and store both in a plastic bag in the refrigerator. The leaves will keep for about 1 week, and the bulbs will last up to several weeks if stored properly.

Now, kohlrabi has gotten a bad rap at times in the past. Several years ago, pre pandemic, when I was doing CSA fairs, I had several people complain about kohlrabi. While they had not yet participated in our CSA, they voiced similar generalizations that kohlrabi is a difficult vegetable that people in CSAs get way too much of. Contrary to urban myth, kohlrabi is a very cool vegetable! I can't speak for other farms, but we plant kohlrabi in two specific places in the season. In the spring, kohlrabi is ready for harvest before other brassicas such as cabbage and cauliflower. In the fall we grow a different variety of kohlrabi intended to be stored well into the winter. So kohlrabi is not a filler vegetable, but rather we grow it intentionally because it's part of our progression through the seasons and it's delicious! What is there to not love about kohlrabi!?! It's sweet, mild flavored, crispy, crunchy, versatile and unique. You can eat it raw, roasted, baked, pan-fried and stir-fried. You can use it in salads, on pizza, to make risotto and soup as well as a whole host of other dishes from all around the world!

Over the years we've featured a variety of kohlrabi recipes in our newsletters, which are archived on our website. If you ask Farmer Richard what his favorite way to eat kohlrabi is, I guarantee he'll always say "Creamy Kohlrabi Slaw!" While we will enjoy kohlrabi in this way, it may be used in more ways beyond creamy slaw! Even though I've been searching for kohlrabi recipes for years, I hit a landmine of some ideas this week! Maybe it's just becoming more popular, or maybe I just wasn't looking in the right place to find the gems of recipes.

As with other vegetables in this family, kohlrabi is rich in nutrients. It is an excellent source of vitamin C, fiber, potassium and antioxidants. It is low in calories and sodium, and contains indoles, which are believed to be potentially significant anti-cancer compounds.

CHECK OUT THE LIST OF RECIPES ON OUR BLOG THIS WEEK AND HOPEFULLY YOU'LL FIND SOMETHING INTRIGUING TO MAKE!

Lemon Dill Kohlrabi Fritters

Yield: 8-10 fritters

2 heaping cups grated kohlrabi	1 tsp lemon zest
1 cup finely chopped scallions or onions	¾ tsp salt
⅓ to ½ cup all-purpose flour or oat flour	Freshly ground black pepper
2 Tbsp fresh dill, finely chopped	2 eggs lightly beaten
2 garlic cloves or 2 Tbsp garlic scapes, finely chopped	Olive oil for cooking

1. Remove the skin from the kohlrabi with a paring knife. Grate the kohlrabi using a hand grater, box grater, or julienne peeler. Transfer to a clean dish towel and squeeze as much water as possible out of it over the sink. You may also put the kohlrabi in a colander and press out the liquid.
2. Add the drained, grated kohlrabi to a mixing bowl with the scallions or onion, flour, dill, garlic or garlic scapes, lemon zest, and salt. Pour in the lightly beaten eggs and mix until the batter comes together. You may want to start with just one egg to see if that is sufficient to bring the batter together. The batter will be a little loose, but if it appears too wet, add one or two more tablespoons of flour.
3. Place a medium to large skillet on the stove and heat over medium to medium-high heat. Add enough oil to generously cover the pan and heat just until it simmers. Using two serving spoons, take a scoop of batter from the bowl and form a fritter by patting the batter into the bowl of one spoon with the other spoon. They should be about ½-inch thick and 2 inches wide. Slide the fritter directly off the spoon and into the hot oil.
4. Cook the fritters in batches for 2 to 3 minutes on each side until golden brown, then flip it over and cook the second side until golden brown. You may need to adjust the heat so they cook evenly and through to the center. A bit of patience is helpful here. If the pan is too hot the fritters will blacken and the centers will not be cooked.
5. Once cooked, either serve them immediately or place them on a sheet tray with a rack and hold them in the oven at low heat until you are ready to serve them.
6. Serve them warm with a dollop of sour cream, yogurt, a pat of butter and/or applesauce, or just plain!

Recipe sourced from <https://itsavegworldafterall.com/kohlrabi-fritters/>.....with a few minor adaptations by Chef Andrea.