



Gathering Together Farm

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CSA Newsletter—Week 2

## Getting Veguated: on Kohlrabi

### Table of Box Contents

**Kohlrabi**

**Dill**

**Swiss Chard**

**Summer Squash**—or what I call “summer butter” are back in season! Remember, when cooking on the stovetop wait to salt until after cooking to avoid the mush madness.

**2 lbs. Nicola Potatoes**—waxy & buttery delicious perfection

**Sweet Slice Cucumbers**—these favored bumpy beauties win the crunch & flavor test every time!

**Bunched Carrots**

**Fresh Bulb Onions**

**Green Butter Lettuce**

**Fresh Garlic**—at this time of year, garlic is still quite green. No need to peel or bother with this garlic! You can easily chop up the whole head, removing the thin woody stem. Best thing about June!

**Bunched Radish**

Once upon a time there was an ancestral brassica—not quite a cabbage, or a kale, or a radish, but some leafy looking thing with a sulfurous flavor. Over many years of traditional breeding and selecting the best plants, humans brought the vegetables into existence that we have today, some that we are very familiar with such as broccoli and cabbage, and others that we aren't so familiar with such as kohlrabi.

There is only so much energy in a plant that can be allocated. For the lovely bunched radishes in your box, the majority of the energy is allocated to the root. For kale, the energy goes to the leaves. And for the strange alien creature that is kohlrabi, the energy gets prioritized to create an enlarged and sweetened stem. Kohlrabi is not a root that grows beneath the soil, but rather an enlarged stem that sits right on top of the soil as it grows, legs crisscrossed, soaking up the sun.

Kohlrabi come in a variety of sizes and colors, ranging from purples to greens to whites. They have an incredibly refreshing crunch much like jicama, with the sweetness of a hakurei salad turnip, and a flavor reminiscent of a crisp broccoli stem. It's wonderful in slaws, salads, or thinly sliced with a sprinkle of salt and a drizzle of lemon juice.

Best, Laura Bennett

We'd love to see what you're doing with your CSA box! Tag us on social media @gatheringtogetherfarm!

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## Cucumber, Strawberry & Arugula Salad with Poppy Seed Yogurt Dressing

—Adapted from <https://thefeedfeed.com/paleoglutenfreeguy/cucumber-strawberry-and-arugula-salad-with-poppy-seed-yogurt-dressing>

### Ingredients

#### For the Poppy Seed Yogurt Dressing

- 3/4 cup plain unsweetened yogurt
- 1.5 tbsp. extra virgin olive oil
- 1 tbsp. vinegar of choice or lemon juice
- 3/4 tsp. poppy seeds
- 3/4 tsp. fine sea salt

#### For the Salad

- 1/2 cup roasted or toasted pecan halves
- 1 lb. **strawberries**, halved or quartered
- 1 **cucumber**, sliced thin or in chunks
- 1 bunch **arugula or radish tops**, chopped
- 1 small bunch **fresh dill**, minced
- Salt & Pepper to taste

### Directions

1. Mix all dressing ingredients together, either shaken in a mason jar, or whisked in a bowl. Set aside.
2. Toast pecans for 5ish minutes in a dry skillet on medium-high heat, then roughly chop and set aside.
3. Chop arugula or radish tops (if they're not too hairy), cucumbers, strawberries, and dill, saving some sprigs aside to sprinkle on top.
4. Pour dressing over and mix thoroughly! Enjoy ☺



## Rainbow Chard Frittata

—Adapted from

<https://thefeedfeed.com/famtotable/rainbow-chard-frittata>



### Ingredients

- 12 eggs
- 2 tablespoons olive oil
- 1 **onion**, diced
- 1 head **fresh garlic**, diced
- 1 bunch **rainbow chard**, chopped
- 2 pinch salt

### Directions

1. Preheat the oven to 400°F. In a mixing bowl, beat the eggs and add a pinch of salt.
2. In a large non-stick skillet gently sauté the onions in the oil until translucent, or about 10 minutes. Add the chopped rainbow chard and allow to wilt. Season to taste.
3. Add the eggs and gently mix together. Bake in oven for about 20 mins or until the eggs have set.
4. For an extra touch, place under a low broil for a few mins to lightly brown the top. Be careful though, it will burn quickly if not watched!