

LAUREL GLEN FARM

Summer CSA

Week 7: 7/17/18 - 7/21/18



Hello all,

Our second planting of squash, zucchini, and cucumbers are starting to come in this week. We use a system called "succession planting" to keep our crops in stock. Randy calculates how long the life of a particular type of plant will be and then ensures that he has transplanted or seeded the next batch of that crop to come in just as the previous planting is dying off. The first planting of each of these crops is on its last legs, with a fresh batch right behind it.

We'll be spending the early part of the week harvesting our garlic - it's now ready! I've sampled a bit and it is strong and delicious. Full share members are receiving it this week, and partial share members should receive some next week. Once we harvest the crop (all at once, it doesn't keep coming) we hang it in bunches of 10 over our barn rafters to dry off. This process ensures that it will last for many months, and we hope to enjoy it into the fall.

Corn, beans, and tomatoes should be here soon! Last year, beans came in on week 9, and tomatoes came in on week 11, to give you some idea of their seasonality. The wait is hard, but we have some beautiful color in our shares to enjoy in the meantime!

Until next week,
Randy and Vic

IN YOUR SHARE:

FULL

- ½ lb. of salad mix
- 2 kohlrabi
- 1 bunch of scallions
- 1 bunch of carrots
- 2 lbs. of beets
- 1 lb. of squash
- 1 lb. of zucchini
- 2 lbs. of cucumbers
- 1 bunch of collards
- Garlic

PARTIAL

- 2 kohlrabi
- 1 bunch of scallions
- 1 bunch of carrots
- 1 lb. of beets
- 1 lb. of squash
- 1 lb. of zucchini
- 1 lb. of cucumbers
- 1 bunch of collards

CUCUMBER BEET SMOOTHIE

- 4 thick slices of cucumber
- 3 - 4¼ in thick slices of beet
- ½ apple - I used a granny smith
- ½ banana
- 3 - 4 ice cubes
- 4 oz of coconut water - you can also use regular water

Add ingredients to blender and blend until smooth.



Adapted from HavingFunSaving.com

CARING FOR YOUR SHARE:

- Store zucchini, squash, and cucumbers in the refrigerator, uncovered.
- Trim scallions to fit in a Ziploc bag and store in the fridge.
- Swish the collard greens in a bowl of cold water to remove dirt, then wrap them in a paper towel in the refrigerator.
- Keep the salad mix in the bag in the fridge. Wash and spin out before using.
- Store the carrots, kohlrabi, beets, and their greens in separate Ziploc bags in the fridge.
- Store garlic in a dark, dry place outside of the refrigerator. Keep the stem on the garlic or it will rot. For freshness, use ASAP.

KOHLRABI CARROT FRITTERS WITH AVOCADO CREAM SAUCE

2 kohlrabi
1 carrot
1 egg
¼ teaspoon kosher salt
¼ teaspoon cayenne
½ cup grapeseed or veg. oil
½ avocado
¼ cup plain yogurt
½ lemon
¼ teaspoon kosher salt
Green onions (for garnish)



Cut the leaves off the kohlrabi and peel the bulb. Peel 1 carrot. Shred the vegetables in a food processor, or by hand using a grater. Squeeze the shredded vegetables in a tea cloth (or with your hands) to remove moisture, then add to a medium bowl with 1 egg, ¼ teaspoon kosher salt, and ¼ teaspoon cayenne. Mix to combine.

Place ½ cup oil in a large skillet (enough for ¼-inch depth). Heat the oil over medium high heat, then place small patties of the fritter mixture in to the oil. Fry on one side until browned, then fry on the other side. Remove and place on a plate lined with a paper towel to drain excess oil.

In a small bowl, mix ½ avocado, ¼ cup plain yogurt, juice from ½ lemon, and ¼ teaspoon kosher salt to make the avocado cream (or blend the ingredients together in a food processor).

Serve fritters with avocado cream and sliced green onions.

- *From ACoupleCooks.com*

HOW TO MAKE COLLARD GREEN WRAPS

Collard greens have a thick stem and center rib that need to be dealt with first. I go about this by trimming the stem, then trimming down the center rib so that it's about the same thickness as the leaf. You can go the extra step of making the leaves even more flexible by placing them in a large saucepan of boiling water for about 30 seconds, then transferring them to an ice bath. But this step is optional, and I typically skip it. These wraps work really well even without blanching the leaves.

To assemble, add your favorite sandwich ingredients and roll everything just as you would a burrito. And if you miss the heartiness you get from bread, or if you find yourself with smaller leaves, go ahead and make a second wrap.

- *From thekitchn.com*



SOY SAUCE AND GREEN ONION SCRAMBLED EGGS

4 eggs
2 tablespoons soy sauce (or more, depending on how salty you like things)
black pepper, to taste
2 green onions, finely chopped (reserve some for garnish)
1 tablespoon olive oil (or butter)

Beat all ingredients except for olive oil in a small bowl with a fork. Heat the olive oil in a non-stick skillet on medium-high heat. Add the egg mixture to the skillet. Stir constantly with a wooden spoon (don't use metal in a non-stick pan!), until eggs begin to congeal (about 2 minutes). Keep stirring until eggs are ALMOST all the way cooked. Immediately transfer to a plate.* Garnish with remaining green onions and enjoy!



- *From Bon Appetit Magazine*

CARROT TOP SALSA

2 cups minced carrot tops
3 tablespoons minced garlic
3 tablespoons minced oregano
2 tablespoons minced jalapeño
1 to 1 1/4 cups extra virgin olive oil
1/4 cup red wine vinegar
Juice and zest from 1 lemon



Pour into a bowl with the olive oil, red wine vinegar, and lemon juice, and stir to combine.

Let the salsa sit at room temperature overnight while the flavors meld together. The sauce gets better with age, and you'll know it's good when the carrot tops have turned a deep, muted shade of army green.

Decant into jars and refrigerate. The sauce should last at least two weeks chilled, but is best served at room temperature.

- *From GardenBetty.com*

SPOTLIGHT ON KOHLRABI

Kohlrabi may look like an alien life form, but it is actually a delicious member of the cabbage family. Kohlrabi in German means "cabbage turnip" and the vegetable is popular in Eastern European countries. Some say it tastes like a radish without the spiciness. If you like broccoli,



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you are bound to like kohlrabi, too. We have grown both green and purple varieties at Laurel Glen Farm. Kohlrabi is high in vitamin C, fiber, B vitamins, and potassium. You can eat the root and leaves. When you cook with kohlrabi, peel the outer skin, as you would a potato. Snap the leaves off of the bulb and store them separately to ensure that they both stay fresh for as long as possible. For recipe ideas, try making kohlrabi chips, slaw, home fries, or a soup. Or simply enjoy raw, dipped in hummus.