

THE TIPI TIMES

June 14, 2012, week 6 (purple EOW)

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THIS WEEK'S BOX CONTAINS:

Snap peas, 1.6 lb
Snow peas, 0.4 lb
Peas are combined in one bag, with snow peas on top.

Kale
Romaine lettuce
Kohlrabi
White salad turnips
Garlic scapes, a handful

NEXT WEEK'S BOX WILL PROBABLY CONTAIN:*

Peas, scallions, zucchini?,
cabbage, daikon radish and
more

*depending on weather, critters &
other forces of nature.

Pea Pick. We will set the date for our pea u-pick based on what you tell us in the survey described below. We will choose and announce the date via email by early next week. The u-pick is just for CSA members, so we don't want to put the information on our website and tempt non-members. Please watch your email for all the details.

Survey re u-pick dates and spinach - We have set up a quick survey to cover two compelling issues. [Click here to complete the survey](#) online.

Which day does your household prefer for u-picks?

We will host pea, raspberry and pumpkin/gleaning u-picks this season, and would like to know if you prefer Saturday or Sunday for these events. We will use your responses to plan all the farm events this year.

Too much spinach? - We were thrilled to provide spinach in the initial five CSA boxes this year. Did you want all this spinach or were we blinded by our enthusiasm? Please answer in the [survey](#).

Farm and Veggie Notes

Snap peas (plump pea pods) *The snap and snow peas are in one bag.* - The peas are still excellent quality. The pods are a little plumper, a little more mature. This means that 1) they will stand up to light cooking, and 2)

they are filled with sweet peas!

Snow peas (flat pea pods) - These are excellent stir fried or in raw salads. The thicker pea pods will usually have two strings along the edges. Remove them when you snap the stem off.

Kale - Most members will receive Red Russian kale, which has pinkish midveins. Some will receive green kale, with frilly green leaves.

Romaine lettuce - The lettuce needs to be washed. Rain splashed soil into the heads. As I've mentioned before, the best way to remove soil is to separate the lettuce into leaves, chop if you wish, then submerge in a tub or sink of cold water. Swish gently. Pull out of the water to allow the draining action to pull the soil from the leaves. Repeat with fresh water until the water remains clear.

Kohlrabi (round, pale green exterior, crisp white interior) - Kohlrabi is an unusual vegetable that I enjoy introducing to new CSA members because almost everyone likes it. Crunchy and sweet, it's a great addition to salads. **Storage:** Kohlrabi will store for a month in the refrigerator. **Uses:** Kohlrabi are good peeled and eaten out of hand, or added to sandwiches. It is good mixed into salads, or prepared as a salad on it's own. You can grate it, slice it, or cut it into matchsticks. It's also good cooked. If you have it, the Asparagus to Zucchini cookbook has a long list of kohlrabi suggestions.

White salad turnips - There is some minor cabbage maggot damage on the turnips, so some will need trimming.

Lentil and Greens Braise

Dish Type: Side Dish · Total Time: 30-60 Minutes

Pat Mulvey of Local Thyme writes "Our family loves lentils. This dish is a satisfying supper or lunch on its own, hot or cold. It is also a great dish to serve as a base for braised chicken, lamb or pork dishes, or pan seared fish."

Servings: 4, Prep Time: 10 minutes, Cook Time: 30 minutes, Total Time: 40 minutes

Ingredients

- 1 cup Dried Green Lentils, picked over and rinsed
- 4 Garlic Scapes, finely minced
- 1 Bay Leaf
- 1 bunch Kale or Collards
- 1 bunch Salad Turnip Greens
- 2 tablespoons Extra Virgin Olive Oil
- 1/2 cup Chicken or Vegetable Stock
- Salt and Pepper, to taste

Instructions

1. In a large sauce pan, add lentils with garlic scapes and bay leaf. Add enough water to cover the ingredients by 2 inches and bring to a boil with salt and pepper. Cook until tender, about 25 minutes. Drain excess water.
2. Wash kale (or collards) and salad turnip greens. Remove stalks and discard, and shred the greens.
3. Pour stock and olive oil into a separate saucepan, season with salt and pepper. Add the shredded greens and boil about 5 minutes, until wilted and the broth slightly reduced. Toss with cooked lentils. Remove bay leaf and season to taste with salt and pepper.

Grilled Kohlrabi and Turnips

Dish Type: Appetizer, Side Dish · Total Time: Under 30 Minutes

This recipe calls for grilling slabs of turnip and kohlrabi until they're tender. You can use a grill pan indoors, or if you grill them outdoors, do so over medium high heat, and cover them while grilling.

Servings: 4, Prep Time: 10 minutes, Cook Time: 15 minutes, Total Time: 25 minutes

Ingredients

- 2 large Salad Turnip, *peeled and sliced 1/4 inch thick*
- 1 large Kohlrabi, *peeled and sliced 1/4 inch thick*
- 1 tablespoon Olive or Sunflower Oil
- 1 Garlic Scape, *finely minced*
- 1 teaspoon Ginger, *finely grated*
- 1 teaspoon Coriander, *ground*
- 1/2 teaspoon Salt, *to taste*
- 1/4 teaspoon Black Pepper, *freshly ground*

Instructions

Place the turnip and kohlrabi slices in a large bowl and drizzle with olive or sunflower seed oil, tossing to coat. Preheat either your outdoor grill to medium high, or use a grill pan on your stove top. If using a grill pan, preheat the pan on medium high heat. For both cooking options place the slices in the pan or grill and cook, covered for 5-7 minutes, turning a couple of times. Remove the lid and sprinkle the slices with half the minced garlic scape, ginger, coriander and salt and pepper. Continue cooking the slices for another 3-4 minutes, and turn and sprinkle the other side with the remaining spices and salt and pepper. Cover and continue cooking for another 3-4 minutes, or until the veggie slices begin to get grill marks on them. They should be finished cooking after a total of about 12-16 minutes. Remove from pan or grill, and add more salt and pepper, if desired.

Recipe adapted from *Chilis to Chutneys*, by Neelam Batra.