



Community Cultivator



Newsletter of the Foggy River Farm CSA, Week 8

It finally feels like the Fourth!

It seems that summer has finally arrived in full force—with a blast of a heat wave sweeping us through the holiday weekend. We've been scrambling to keep our recent transplants (beets, melons, celery, fennel) well watered through the heat, wetting them by hand from overhead in the hot afternoons. Our goats, dogs, and chickens are wilting a bit on these 100-degree days, spending most of their time lazing about in the shade and drinking down gallons of water. The chickens and goats have both slowed their production a bit, and who can blame them? Let's face it, we farmers have been slowing down and wilting a little, too, so we escaped from the farm for a couple of hours on Sunday to celebrate the weekend and revive in the Russian River.

But the heat is good news for tomatoes, and we're thrilled say that the season's first Sungold cherry tomatoes have begun to glow from within the green foliage (look forward to those for next week's share.) If you're picking up at the farm be sure to look out at the rows of tomatoes as you drive in... there are plenty of big green tomatoes (future Cherokee Purples, Striped Germans, Brandywines, Reif Red Hearts) hanging heavy on the vine. So if the heat is getting you down, just think of those big green tomatoes... because each hot day brings us closer to that first delicious slice of summer.

Stay cool (and hydrated, or we might just come after you with a watering can)!

Your Foggy Farmers,
Emmett & Lynda
Craig & Emma

What's In Your Box:

- **Sweet Peas (Sugar Snap and Oregon Giant Snow)** *Another round of peas, great for eating fresh. They can also be cooked in a savory stir-fry. This may be the last week of peas, so savor them!*
- **Shelling Peas (Green Arrow)** *One pound of shelling peas. Unlike the sugar snap and snow peas, these require shelling. A great activity for kids! Let them help prepare the meal (but be prepared to have some peas bouncing around the kitchen floor!) You simply open the pod, then slide your finger down the pod to loosen the peas into a big bowl. This variety can have up to 11 peas in a pod. Next you can use the peas for cooking. The most young, tender peas can be snacked on fresh, but most of the mature ones will be much better cooked. You can add them into a vegetable sauté, pasta primavera, or a soup. I enjoy sautéing some onions, then adding peas and cooking until soft. With a little salt and pepper, and maybe a little chili powder, it becomes a delicious side dish.*
- **Beets (Detroit Red, Chioggia, Golden)** *Beets, salad greens and goat cheese make a tasty salad. You can also chop them up and roast them with salt and pepper (yum...caramelized sugars!), or boil them, slice them, and dress them with vinaigrette as a simple salad.*
- **Kohlrabi (Winner)** *I like the description from Simplyrecipes.com: “These little sputnik-shaped vegetables come in green or purple, can be eaten raw or cooked, and taste a lot like broccoli stems. The word kohlrabi is German for cabbage turnip (kohl as in cole-slaw, and rübe for turnip) though kohlrabi is more related to cabbage and cauliflower than to root vegetables. We usually eat them raw, just peeled, sliced and added to a salad, but they are also delicious cooked and are often used in Indian cuisine.” The Foggy River favorite way to eat kohlrabi is just peeled and sliced, as a crispy snack. We’ve also included a few prompts to spur your creativity. **(Recipes included)***
- **Summer Squash (various)** *More summer squash to...throw on the grill, add to pasta sauce, make zucchini bread with...the possibilities are endless. We’ve given some ideas for squash-centered desserts below. **(Recipes included.)***
- **Chard (Bright Lights)** *This colorful mix of swiss chard varieties can be fixed in a variety of ways. The simplest way is to shred it finely (perpendicular to the stalk), sauté some garlic in oil, and then quickly sauté the chard with some lemon juice and salt and pepper until it is just soft. Put a lid over it for the end to steam the leaves and make them extra tender.*
- **Head Lettuce (New Red Fire)** *We’re continuing our spring streak of head lettuce—going for seven straight weeks now... I think that’s a record! Send it to the Foggy River Hall of Fame. Ahem, I mean Fame.*
- **Garlic (various)** *What recipe isn’t better with a little garlic? Another bit o’ garlic for your pantry.*

Foggy River Recipes

Roasted Kohlrabi

I enjoy eating kohlrabi raw, as a crispy snack, but if you want to try something different here's a recipe adapted from <http://kitchen-parade-veggieventure.blogspot.com/2007/01/roasted-vegetables-roasted-kohlrabi.html>

Ingredients

1 pound fresh kohlrabi, ends trimmed, thick green skin sliced off with a knife, diced
1 tablespoon olive oil
1 tablespoon garlic (garlic is optional, to my taste)
Salt
Good vinegar

Set oven to 450F. Toss the diced kohlrabi with olive oil, garlic and salt in a bowl. (The kohlrabi can be tossed with oil and seasonings right on the pan but uses more oil.) Spread evenly on a rimmed baking sheet and put into oven (it needn't be fully preheated) and roast for 30 - 35 minutes, stirring every five minutes after about 20 minutes. Sprinkle with a good vinegar (probably at the table so the kohlrabi doesn't get squishy).

Kohlrabi Purée Sauce

I prefer eating kohlrabi raw, as a crispy snack, but if you want to try something different here's a recipe adapted from <http://foodiefarmgirl.blogspot.com/2007/11/recipe-what-to-do-with-kohlrabi-puree.html>

Ingredients

1 large or 2 medium kohlrabi bulbs with leaves
1 Tablespoons extra-virgin olive oil
1/2 large onion, chopped
2 cloves garlic, minced
2 ounces cultivated mushrooms (I used Baby Bellas), quartered
1 Tablespoon cream (or milk, chicken stock, olive oil, or water)
salt and pepper to taste

1. Trim the kohlrabi bulbs, peeling them if the skins seem tough. Rinse the leaves (discarding any that are yellow) pat them dry, and coarsely chop. Set aside. Cut the bulbs into 1-inch chunks.
2. Bring a saucepan of lightly salted water to a boil, and add the kohlrabi chunks. Reduce the heat and simmer until tender, about 15 minutes.
3. Meanwhile, heat the olive oil in a skillet. Add the onion and sauté over medium-low heat until softened, about 5 minutes. Add the garlic and cook, stirring, another 1 to 2 minutes. Do not let garlic brown.

4. Add the mushrooms and the reserved kohlrabi leaves to the skillet. Cover, and cook 5 minutes. Then uncover, and cook, stirring, until all the liquid has evaporated, 3 minutes. Set the skillet aside.
5. Drain the kohlrabi chunks and place them in the bowl of a food processor. Add the mushroom mixture and all the remaining ingredients. Purée until smooth.
6. Transfer the purée to a saucepan and reheat over low heat, stirring, 2 minutes.

Chocolate Zuke Cake

Zucchini is a great secret weapon for cakes and quick breads. It helps keep them moist, and leaves hardly a trace of any vegetable matter! Although I have not personally tried this specific recipe, it was rated with 4 stars on [epicurious.com](http://www.epicurious.com) so I imagine it will live up to my past experiences with chocolate zucchini cake.

[<http://www.epicurious.com/recipes/food/views/Chocolate-Zucchini-Cake-907>]

Ingredients

- * 2 1/4 cups sifted all purpose flour
- * 1/2 cup unsweetened cocoa powder
- * 1 teaspoon baking soda
- * 1 teaspoon salt
- * 1 3/4 cups sugar
- * 1/2 cup (1 stick) unsalted butter, room temperature
- * 1/2 cup vegetable oil
- * 2 large eggs
- * 1 teaspoon vanilla extract
- * 1/2 cup buttermilk
- * 2 cups grated unpeeled zucchini (about 2 1/2 medium)
- * 1 6-ounce package (about 1 cup) semisweet chocolate chips
- * 3/4 cup chopped walnuts

Preheat oven to 325°F. Butter and flour 13 x 9 x 2-inch baking pan. Sift flour, cocoa powder, baking soda and salt into medium bowl. Beat sugar, butter and oil in large bowl until well blended. Add eggs 1 at a time, beating well after each addition. Beat in vanilla extract. Mix in dry ingredients alternately with buttermilk in 3 additions each. Mix in grated zucchini. Pour batter into prepared pan. Sprinkle chocolate chips and nuts over.

Bake cake until tester inserted into center comes out clean, about 50 minutes. Cool cake completely in pan.

Summer Squash Sweet Bread

If you don't already have your own zucchini bread recipe, here is a good one from allrecipes.com.

Makes 2 loaves

Ingredients

- * 3 cups all-purpose flour
- * 1 teaspoon salt
- * 1 teaspoon baking soda
- * 1 teaspoon baking powder
- * 3 teaspoons ground cinnamon
- * 3 eggs
- * 1 cup vegetable oil
- * 2 1/4 cups white sugar
- * 3 teaspoons vanilla extract
- * 2 cups grated zucchini (or other summer squash)
- * 1 cup chopped walnuts (optional)

1. Grease and flour two 8 x 4 inch pans. Preheat oven to 325 degrees F (165 degrees C).
2. Sift flour, salt, baking powder, soda, and cinnamon together in a bowl.
3. Beat eggs, oil, vanilla, and sugar together in a large bowl. Add sifted ingredients to the creamed mixture, and beat well. Stir in zucchini and nuts until well combined. Pour batter into prepared pans.
4. Bake for 40 to 60 minutes, or until tester inserted in the center comes out clean. Cool in pan on rack for 20 minutes. Remove bread from pan, and completely cool.