

Friday, June 29th, 2012

 Summer is in full swing now, and the garden is beginning to overflow with all kinds of abundance. Of course the abundance encompasses both the plants we like to eat, and all those weedy ones we’d rather see in the compost pile. Nevertheless, almost all of our summer crops are now happily in the ground: corn, beans, squash, peppers, and eggplants. Along with the usual seeding, transplanting, and weeding in the garden, we’re continuing to work on our hoop house, which (when it is up and functioning), will extend the harvest season for hot weather crops like tomatoes and peppers, into the fall season when they usually die back. The sunny weather this week also allowed us to continue the slow but steady progress on our house—so we were able to start the slipform stonework for our foundation walls.

 This week’s share includes many familiar veggies, and one that’s a bit more unusual— purple kohlrabi! Kohlrabi can be sliced, diced, grilled, stir-fried, you name it— see the recipe of the week for one suggested way to prepare this interesting vegetable.

* Green leaf “tango” Lettuce
* Sugar Snap Peas
* Green and Red Russian Kale
* Garlic Scapes
* Beets and Beet Greens (four kinds of beets in your bunch, golden beets, chiogga beets, red ace beet and bull’s blood beets)
* Green King Broccoli
* Purple Kohlrabi
* New Golden Potatoes
* Sage

Recipe of the Week: Kohlrabi Slaw

Possible slaw ingredients (choose your favorite ones, or whatever you have on hand)—kohlrabi, cabbage, celery, carrots, beets, minced onion/scallion, garlic scapes. Grate or finely chop all chosen slaw ingredients. In a separate bowl, combine ¼ cup mayonnaise, 2 ½ teaspoons apple cider vinegar, 3 tablespoons sugar or honey, ½ teaspoon salt, black pepper to taste. Whisk together, pour over the chopped veggies, and mix well to coat all ingredients evenly. Chill covered in the refrigerator until you’re ready to eat (at least 30 minutes). (Dressing is for approx. 2-3 cups of veggies, but can be doubled or tripled if more is desired).