



# The Weekly Weeder

A weekly publication for CSA members

JULY 29, 2009—BOX #7

WWW.RIDGELANDHARVEST.COM CSA@RIDGELANDHARVEST.COM

## Box Contents & Storage Tips

**Baby Leeks:** store in a plastic bag.

### Basil

**Broccoli:** Pre-soak your broccoli in salt water (3 Tbsp salt to 1 quart of water ) Soak for 10 minutes, then rinse broccoli and cook/steam as desired.

**Chard:** a staple in our house— if it doesn't have chard in it then you ain't cookin'!

**Cabbage:** We wanted to harvest the entire patch— so some boxes will contain some smaller heads

**Carrots:** The first digging! Sweet and delicious. Just rinse and scrub, but put away that peeler! Carrots are peels contain high amounts of nutrients including

### Cucumber (Full Shares Only)

**Fennel: Full Shares Only)** Try grilling or oven roasting with olive oil.

**Green Beans (half shares only)** We had hoped to give beans to everyone this week, but we just didn't have enough. As we stated in the crop report the first planting was weak. Never fear there should be beans for the full shares next week. Also the second planting is loaded with flowers.

**Kohlrabi:** Last of the season— try using these in Coleslaw.

**Summer Squash - Gold, Green or Patty Pan:** We have been irrigating and we are happy to give everyone a generous amount.

## Coming Soon

More beans, fennel, sun gold tomatoes, broccoli, raspberries

## Announcements:

- **CSA EVENT: Garlic Harvest Party! Sunday August 2 from 10 am—3 pm**  
Come help bring in the harvest and get a tour of the farm! We'll dig, clean and bundle the garlic, then transport it back to the tobacco barn where it will be hung to cure. This is a great activity for all ages! Bring a dish to share for the potluck lunch (along with your own plate/cups/utensils). Please leave dogs at home as we have 2 dogs that will greet you. Get directions from our website. We hope to see many of you as we have lots of garlic to harvest. **Please RSVP by Thursday July 30.**
- **August 1 payments:** Reminder that your August 1st payments will be deposited soon. If an updated statement is desired, please send us a request.
- **Bulk Purchase Opportunity:** Place your order by email or phone by Sunday 4 pm for delivery to your CSA drop site  
  
BASIL (perfect for a batch of pesto):  
12 leafy bunches with 6-8 nice stems per bunch. \$15.00  
  
Send check to the farm:  
Ridgeland Harvest  
E5538 Nelson Road,  
Viroqua, WI 54665
- **Beef Bundles Available:** we have a few 15 and 25 lb bundles ready for delivery. See our website for prices or contact the farm.

# Recipes! Recipes! Recipes!

## Kohlrabi and Apple Salad with Creamy Mustard Dressing

Epicurious.com

- 1/2 cup heavy cream
- 2 tablespoons fresh lemon juice
- 1 tablespoon coarse-grained mustard
- 3 tablespoons finely chopped fresh parsley leaves
- 1/2 teaspoon sugar
- 2 bunches kohlrabi (about 2 pounds), bulbs peeled and cut into julienne strips, stems discarded, and the leaves reserved for another use
- 1 Granny Smith apple

In a bowl whisk the cream until it holds soft peaks and whisk in the lemon juice, the mustard, the parsley, the sugar, and salt and pepper to taste. Stir in the kohlrabi strips

## Kohlrabi - Indian Style

- 2 to 3 kohlrabi
- 2 teaspoons mustard seeds
- 1 teaspoon cumin seeds
- 1 to 2 tablespoons grated coconut
- Pinch of turmeric
- Green chilies to taste
- 1 inch piece ginger
- 1/2 cup yogurt, room temperature
- 1 to 2 tablespoons olive oil

1. Peel and chop kohlrabi into small pieces. Put the pieces in a pot with some water and a little salt and let them cook. In a grinder or blender, make a paste of the coconut, turmeric, 1 teaspoon of the mustard seeds, green chilies and ginger.
2. In another pot, heat a tablespoon or so of oil. Add the remaining 1 teaspoon of mustard seeds, and 1 teaspoon cumin seeds. When the seeds start splattering, add the curry leaves. (Stand away from the flame as they might splatter initially.)
3. Add the ground paste and stir for a few seconds until the raw smell goes away. Do not let it brown.
4. Add the kohlrabi pieces and mix everything together. Season with salt to taste. Reduce heat to low.
5. Beat the yogurt in a bowl until it is smooth, then add to the kohlrabi pieces.
6. Mix well and remove from heat.

## Kohlrabi Pickles

- 1 to 2 pounds kohlrabi, trimmed
- 3 small onions
- 1/4 cup pickling salt
- 2 cups vinegar
- 2/3 cup sugar
- 1 tablespoon mustard seeds
- 1 teaspoon celery seeds
- 1/4 teaspoon tumeric

Peel and thinly slice kohlrabi and onions. Mix salt with 1 quart ice water, pour over the vegetables, and soak for 3 hours. Drain, rinse, and place in a bowl. Bring remaining ingredients to a boil, cook for 3 minutes, and pour over the vegetables. Cool, cover and refrigerate for 3 days.

## CHINESE SUMMER SQUASH

from COOKS.COM

- 2 yellow summer squash
- 2 tbsp. sesame oil
- 1/2 c. soy sauce

Cut summer squash in long thin strips after peeling.

Slowly heat oil in shallow fry pan and place squash no more than 1 layer high in pan. Brown slightly on both sides. Pour soy sauce over when all are browned and cover pan. Cook for 3-5 minutes on low heat and serve hot.

## ZUCCHINI CHOCOLATE CHIP COOKIES

from COOKS.COM

- 3/4 c. butter, softened
- 1 1/2 c. sugar
- 1 egg
- 1 tsp. vanilla
- 1 1/2 c. grated zucchini
- 2 1/2 c. flour
- 2 tsp. baking powder
- 1 tsp. soda
- 1/2 tsp. salt
- 1/2 c. almonds, chopped (optional)
- 1 (6 oz.) pkg. chocolate chips

Cream butter and sugar. Beat in egg and vanilla; stir in zucchini. Stir in flour, baking powder, cinnamon and salt. Add almonds and chocolate chips.

Drop by heaping teaspoons onto greased cookie sheet. Bake at 350 degrees for 15 minutes or until lightly browned. Cool on wire rack. 4-5 dozen.



**While we take great care to provide the cleanest and safest food possible, yet all produce should be washed prior to eating.**