



The Weekly Weeder

A weekly publication for CSA members

JULY 9, 2008—BOX #5

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Box Contents & Tips

Sugar Snap Peas— Sadly, these are the last peas.

Snow Peas

Broccoli— Yummy! The first of the season! One of my favorites is the old fashioned cold creamy broccoli salad (see Betty Crocker or Joy of Cooking cookbooks)

Scallions— A very laborious crop. Dug with a fork, then individually peeled to reveal the white stalks. Then, bunched together and put into the tank for a soak and sprayed with the hose. Some 2,700 little green onions were harvested for this week's boxes.

Beets— The greens are beautiful and delicious — just remove from the root, wash, steam and add butter, salt and pepper to taste.

Tarragon— half shares only: Tarragon blends well with other spices. It is used in sauces, especially Béarnaise sauce and tarragon vinegar. In French cuisine it is an integral part of fines herbes and Dijon Mustard.

Summer Savory- full shares only: Savory also blends well with other herbs. Used in vegetables, beans, lentils, bouquet garni, eggs, stuffing, condiments, hamburger, gravy, soup mixes, and in spice blends, of the Mediterranean such as herbes de Provence.

Lettuce— Red Leaf (full shares only), Red Romaine (half shares only) and Green Bibb for everyone. You'll find these dirty due to the torrential rain last night (over 3 inches) even after we washed them.

Garlic Scapes— This is a staple in our kitchen. Scape season is nearly over— soon we will be eating sweat fresh garlic.

Kohlrabi— We know that you have been getting a lot of this crop, but it has been bountiful this year. Never fear it stores well in a plastic bag in the fridge— see recipes on page 2.

Micro Greens— Daikon Radish. Top your salads and sandwiches.

Coming Soon...

More broccoli, beets, cabbage, baby leeks, scallions, chard black raspberries and herbs.

Bulletin Board:

*** Pork Bundles are SOLD OUT! Beef Bundles still available for early winter 2009 delivery.**

*** Thanks for the excellent job leaving your boxes at the pick-up sites. Keep up the good work!**

News from the Farm

Mud, mud, and more mud is what we've been dealing with during this weeks harvest. Craig, Brett and I mucked through the fields with heavy muddy boots Monday. Emmett joined us for the slippery fun on Tuesday. We were grateful that it wasn't raining so we could focus on careful walking so we didn't slip while carrying heavy totes, and mindful not to let our mud caked hands slip over the mud caked knives. Additionally, our roads from the packing shed to the fields have been made impassible due to the rain. Last week, 4-foot wide trenches were dug for the water and heat going into the new packing shed, causing great sink holes of mud everywhere. It was wonderful to have such a hard working crew to help push the truck out of the mud, and so graciously handle the hot muggy and muddy harvest this week.

While mud can be dangerous for the harvest crew, it is also added work once it gets to the packing shed. Mat heads up the work in the packing shed and does most of the washing. This is no small task now that we're dealing with an overcrowded cooler and slightly inefficient washing area. Our current 8'x8' cooler requires one to step up and into the cooler, so every tote must be hand carried, while our new cooler will allow us to take full pallets of product in and out very easily with a pallet jack. Our small cooler also makes cooler inventory and management a key skill of Mat's. And, it takes a lot of muscling totes around as they're stacked as high as they can go in the cooler, using every possible space. Sometimes this means lifting a 70# tote of iced peas up to shoulder height - uffda!

All produce is washed after harvest. This means soaking things in our 300 gallon stainless steel bulk tank. With the mud this week, it meant emptying, cleaning and refilling the tank after just about every crop. As things are packed into clean totes after washing, everything is recounted to ensure correct numbers for the CSA boxes. Mat packs any extra's for farmers market and wholesale orders. A vital part of Mat's packing shed work is his attention to detail and eye for beauty, which is presented through the well washed produce and good quality control.

But, the tasks after washing don't end here in the packing shed. Once a crop, like this week's broccoli, is counted and weighted, then the numbers are accessed. Is there enough for everyone to receive some or only some of the members? How much by weight or by count can be given? Further bagging of some crops like peas and micro greens also occurs in the packing shed. It takes a lot of thought for each crop to ensure fairness, high quality and ease of packing for the crew. Happy Eating! Cate

Kohlrabi remoulade – from [Nourish Me](#)

For 2-3, depending on your appetite. Adapted from a recipe by Nadine Abensur.

These knobbly veggies come in two colours, purple and apple green. Both taste exactly the same. It's awfully good. The kohlrabi is crisp, mustardy and excellent on its own; the avocado and tomato are buttery and sweet-hot. A gorgeous combination.

For the remoulade:

2 small, kohlrabi, thickly peeled
2 heaped tablespoons of good quality mayonnaise
3 fat green olives, pitted and finely chopped
1 small clove of garlic, crushed
Small palmful of hazelnuts, roasted, cooled and chopped
2 teaspoons of grain mustard
Sea salt and pepper

For the salsa:

3 small tomatoes (or a good handful of cherry ones)
1 ½ tablespoons of sweet chili sauce
1 ripe but firm large Hass avocado
1 ½ tablespoons of extra virgin olive oil (optional)
1 tablespoon of parsley, very finely chopped (optional)
Handful of leaves (rocket, spinach, whatever you like)

For the remoulade: Grate the kohlrabi coarsely (nothing fancy, just your normal cheese grater). Place the kohlrabi in a bowl and add the mayonnaise, chopped olives, garlic, hazelnuts and grain mustard. Season with a little salt and pepper and mix well. Set aside.

For the salsa: Chop the tomatoes small, place in a bowl with their juices and stir through the sweet chilli sauce. Peel and cut the avocado into 2.5 cm (1 inch) dice. Add to the tomato mixture, taste for seasoning (adding a little more sweet chill if need be) and stir gently to just combine. Set aside.

Mix the extra virgin olive oil and parsley together – this is really is just gilding the lily; leave it out if you can't be bothered.

Divide the leaves between two or three plates (depending, of course, on how many you are). Place a mound of the salsa on top. Carefully place a mound of the remoulade on top of this. Drizzle a little of the parsley oil if you're using it around the plate and serve at once.

Sautéed Kohlrabi and Watercress

Recipe courtesy Gourmet Magazine

Ingredients

1 pound small kohlrabi bulbs (about 1 bunch)
1 bunch watercress
1 tablespoon unsalted butter
1 tablespoon rendered duck fat or 1 additional tablespoon unsalted butter
2 tablespoons fresh lemon juice
Salt and freshly ground black pepper

Directions

Peel kohlrabi with a vegetable peeler and cut into

2-inch long julienne strips. Discard coarse stems from watercress. In a large heavy skillet, heat butter and reserved duck fat over moderately high heat until foam subsides and saute kohlrabi, stirring, until crisp-tender, 5 to 10 minutes.

Add lemon juice and saute kohlrabi, stirring, 1 minute more. Remove skillet from heat and immediately stir in watercress. Season vegetables with salt and pepper.

Beet and Walnut Salad

Recipe courtesy Rachael Ray

Ingredients

1/2 cup chopped walnuts
1 heart romaine lettuce, chopped
1 can 14 ounces sliced beets, drained and chopped
4 radishes, chopped
1/2 small red onion, chopped
2 ribs celery, chopped
2 tablespoons black cherry, seedless raspberry or apricot preserved
2 tablespoons vinegar, eyeball it
1 teaspoon poppy seeds, optional
3 tablespoons extra-virgin olive oil
Salt and pepper

Instructions

Toast nuts in a small pan over medium heat, 3 to 4 minutes, then let them cool.

Combine chopped lettuce, beets, radishes, onion, celery and toasted walnuts in a shallow bowl. Place the preserves into a small bowl and whisk vinegar into it. Add poppy seeds to dressing if you are using them. Whisk extra-virgin olive oil into the dressing and season it with salt and pepper. Dress salad and toss to coat evenly then adjust salt and pepper to your taste.