

CASCADE FARM CSA  
HARVEST NOTES



**THIS WEEK'S HARVEST:**

THURSDAY JULY 8, 2010

Your harvest for this week may include:

- Green and Purple String Beans
- Kale
- Lettuce (Green and Romaine)
- Swiss Chard

New for this week will be:

- Broccoli
- Cucumbers
- Kohlrabi
- Zucchini

**NEWS AND UPDATES**

Well it doesn't pay to complain about the hot weather any more... It might just get hotter! We have been keeping the gardens watered during this dry spell, but desperately need rain in the big field.

This week you will receive many new items. Our seasonal vegetables are coming in now as we move from the spring crops to summer crops. You may even discover new favorite vegetables like the weird-looking but great tasting kohlrabi. Don't worry; I have included kohlrabi tips and recipe below.

Have a great week!

**BROCCOLI**

Broccoli is quite versatile as it can be used in raw or cooked in casseroles, pastas, or salads.

**Storage Tips**

- Consume fresh broccoli as soon as you can as it will not keep long. To store, mist the heads, wrap loosely in damp paper towels, and refrigerate. Do not store in sealed plastic bag (a perforated bag can be used). Use within 2 to 3 days.
- To freeze, cut washed broccoli into florets and stalks into pieces. Steam or blanch about five minutes. Plunge into ice water to stop cooking, drain thoroughly, and place in sealed bags or containers. Freeze up to 12 months

**Cooking Tips**

- Do not wash broccoli until just before you prepare it
- Broccoli is best when quickly steamed or stir-fried. Steaming and blanching are the best methods to cook broccoli to preserve the most flavor and nutrition
- Don't overcook – steaming or blanching should only take from 2 to 4 minutes (depending on size of florets)
- You can also blanch the broccoli for 1 minute and then add to the last 2 minutes of a stir-fry

**CUCUMBERS**

Cucumbers are best eaten raw as part of a salad or as part of a vegetable tray with dip. They can also be used on sandwiches.

**Storage Tips**

- Unpeeled cucumbers should be washed in cold water to remove any soil and refrigerated in a plastic bag for up to a week

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## KOHLRABI

The name Kohlrabi comes from the German kohl, meaning cabbage, and rabi, or turnip. The kohlrabi bulb grows above the ground and is widely used in Asian cuisine.

### Storage Tips

- Remove outer leaves and store unwashed in a plastic bag for about one week in the refrigerator.

### Cooking Tips

- Tender young kohlrabi can be eaten raw – peel the outer skin then slice, dice, or grate into salads (or serve with a creamy dip)
- Grated kohlrabi can be added to slaw, but lightly salt it first and let stand for several minutes, squeeze out any excess water, and then add to slaw and dress
- Kohlrabi can also be steamed, baked, or boiled but for this preparation don't peel until after it is cooked (steam or boil until bulbs are tender, peel skin, season with butter, salt, and pepper)

## ZUCCHINI

Zucchini is a summer favorite, add it raw to salads, marinate it and grill it, or add it to stir-fries.

### Storage Tips

- Store zucchini in a plastic bag in the refrigerator crisper drawer four to five days and do not wash until just before you are ready to use it. At the first sign of wilting, use immediately
- Cooked zucchini should be covered and refrigerated up to two days
- To freeze, slice zucchini into rounds, blanch for two minutes, plunge into cold water, drain, and seal in airtight containers or baggies. Frozen zucchini can be kept for ten to twelve months

### Cooking Tips

- Slice vertically, brush with olive oil, salt, pepper then cook on the grill
- Slice rounds then in half to moons and add to any stir-fry
- Slice zucchini, sauté in oil for about 5 minutes, toss into pasta sauce and serve over pasta

## FEATURED RECIPES

### Kohlrabi Curry

From the Tasty Kitchen Recipes on [thepioneerwoman.com](http://thepioneerwoman.com) website

#### Ingredients:

- 1 whole Kohlrabi, Diced
- 2 teaspoons Olive Oil, Divided
- 2 Tablespoons Minced Garlic, Divided
- 1 cup Basmati Rice
- ½ whole Onion
- 1 whole Tomato
- ½ cups Water, Divided
- ½ teaspoons Mustard Seeds
- ½ teaspoons Cumin Seeds
- 1 Tablespoon Lemon Juice

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1 teaspoon Curry Powder  
1 teaspoon Chili Powder  
½ teaspoons Kosher Salt

Preparation:

Preheat the oven to 450 degrees. Toss the kohlrabi with 1 teaspoon of the olive oil and 1 tablespoon of the minced garlic. Spread evenly on a baking sheet. Bake about 20 minutes. In the meantime, cook the basmati rice according to package directions.

Dice the onion and tomatoes. In a medium sauce pan, heat the other teaspoon of olive oil and 1/4 cup of the water. Add in the mustard and cumin seeds. When the seeds begin to sputter, add in the onion and sauté until tender. Then, add in the tomato and cook just until tender. Add in the roasted kohlrabi, along with the lemon juice, curry powder, chili powder, salt, and other tablespoon of the garlic and the remaining 1/4 cup water. Cook on low 8-10 minutes or until the water cooks down. Serve over the rice.

## **Zucchini Salad**

This is another of my favorite summer recipes. You can vary the ingredients as different vegetables are available (yellow squash, peppers, eggplant, maybe even kohlrabi!)

**Ingredients:**

- 2 medium zucchini
- Kernels removed from 2 ears of corn
- 1 small onion (sliced)
- 2 cloves of garlic (minced)
- 4 tablespoons of olive oil
- ½ cup of cherry tomatoes (sliced in half)
- Salt and pepper or fresh herbs

**Preparation:**

Slice zucchini on diagonal. Heat a large skillet and add oil, onion, and garlic. Just before the garlic is completely cooked, add zucchini turning to cook each side 1 – 2 minutes. Add corn, tomatoes, salt, pepper, or herbs and cook for another minute.