



**This week's box:**

- Romanesco or broccoli
- Leeks
- Purple kohlrabi
- Carrots
- Bell or Sweet peppers
- Kale (lacinato or leafy green)
- Melon
- Fingerling potatoes

**Large box also includes:**

- Butter lettuce
- Strawberries
- Blush tomatoes
- Sweet corn



**Field update:** A lot of our corn didn't pollinate properly so we have just enough for large boxes this week. Our acorn and spaghetti squashes are abundant, as are pumpkins. Our heirloom tomatoes are done for the season.

**Want to add something to your box?** Order a la carte from our Fresh Sheet, which is updated each Friday on our website. There is a \$15 minimum for CSA members and \$40 minimum for non-members.

**Order information:**  
<http://skylightfarms.com/order-online>  
 Call (206) 769-7038  
 Email [Petrina@skylightfarms.com](mailto:Petrina@skylightfarms.com)

## Veggies of the Week

**Kohlrabi** *Brassica oleracea*

Kohlrabi means "cabbage-turnip" and is often mistaken for a root vegetable. It is, in fact, a swollen stem that can be eaten raw or cooked. It has a mild, slightly sweet radish-like flavor. Kohlrabi has been commonly used in Italy, France, and Germany for hundreds of years and its use has been documented all the way back to the 1<sup>st</sup> century A.D. It is rich in vitamin, A, C and B, and contains potassium, copper, and manganese. Kohlrabi can be eaten raw as a crudité or in salads, as well as cooked: lightly steamed, roasted, or sautéed.

**Leek** *Allium porrum*

Leeks are a milder cousin of garlic, shallots, and onions. There are records of leek cultivation in Egypt dating back to the second millennium BCE. Leeks were prized by the ancient Greeks and Romans and were especially revered for their beneficial effect upon the throat. They are one of the national emblems of Wales. Leeks are a good source of vitamin C, B6, and K, and contain manganese, iron, folate and antioxidant polyphenols which protect blood vessels.



## Storage and Cleaning Tips

**Corn** – Is best eaten as soon as possible—the sugars rapidly turn to starch—but can be stored unhusked in the refrigerator for 2-3 days.

**Kale** – Give it a quick rinse under running water. Shake excess water from the leaves then wrap in paper or kitchen towels and store in a plastic bag in the crisper drawer.

**Kohlrabi** – Remove leaf stems and refrigerate in a plastic bag for 4-5 days.

**Leeks** – Trim off the dark green leaves and stored unwashed with roots intact, in the refrigerator, for one to two weeks. Wrapping them loosely in a plastic bag will help them to retain moisture. They can harbor sand and dirt within their many layers so slice them in half length-wise, open up the layers, and use plenty of water to clean them.

**Melon** - Our melons are picked vine-ripe, or nearly so, so their shelf life is shorter than store-bought. Store uncut in a cool dry place, out of the sun for a few days. If cut or fully ripe - with a perfumy sweet, melony scent- store in the refrigerator.

**Peppers** – Store in the crisper drawer in a plastic bag. Whole uncut peppers will last longer if kept dry.

**Romanesco/Broccoli** – As with all organic produce that isn't sprayed for bugs, be especially careful about washing your romanesco to flush any out of nooks and crannies by soaking the head in cold, salted water for about half an hour. Shake off excess moisture and store in a loose perforated plastic bag in the fridge for about a week.

### Tips for Using Kale

Kale's hardy leaves make it a good candidate for a variety of preparations. Unlike other leafy greens, it holds up well for a day or two after it's been cooked or tossed in a salad.

#### Try this:

- Make a simple salad with a bunch of thinly sliced kale, red pepper, onion, dried fruit, and your favorite salad dressing.
- Season it with red pepper flakes and robust olive oils.
- Pair it with potatoes, beans, rice, or bread crumbs.
- Make it a topping for pizza.
- Toss it with some hot pasta, pine nuts, feta cheese and a little olive oil.
- Sauté it alone or with other greens, minced garlic, and a splash of wine, vinegar or lemon juice.
- Add it to potato salad or scrambled eggs.
- Cook it with some sautéed onions and bacon.
- Top cooked kale with some chopped, fresh tomatoes.

### Kale and Pepper Frittata

1 Tbsp oil  
1 leek, thinly sliced  
2 cups chopped kale  
1/2 cup diced sweet or bell pepper  
6 large eggs, whisked  
1 ounce goat cheese  
Salt & pepper

1. Preheat broiler. In a 10-inch ovenproof skillet, heat oil over medium heat. Add peppers and leek and cook, stirring, until soft, about 3-4 minutes. Add kale and cook until wilted. Season with salt and pepper.
2. Pour eggs over vegetables and cook over medium-low. As egg mixture sets, run a spatula around the edge of the skillet, lifting egg mixture so the uncooked portion flows underneath. Continue cooking and lifting until egg mixture is almost set but still glossy and moist.
3. Sprinkle egg mixture with goat cheese. Broil 4 to 5 inches from the heat for 1 to 2 minutes or until eggs are set. Cut into wedges to serve.

### Melon Soup

1 melon (honeydew or cantaloupe), about 4 cups  
2 cups chopped cucumber  
2—3 tbsp honey (to taste)  
Juice of 2 lemons or 3 limes  
unsweetened apple or white grape juice  
½ bunch basil, finely chopped  
A handful of mint leaves

1. Peel the melon and cucumber, remove all the seeds and chop into small chunks. Place the pieces in a blender with the honey and lemon juice.
2. Blend until it forms a purée, adding a little juice if it seems too thick.
3. Chill until cold, then serve with a sprinkling of basil and mint leaves.

### Perfectly Cooked Corn, Two Ways

Sweet corn can be eaten raw, right off the cob. Corn is easily overcooked so here are two fool-proof methods.

**Boiling** is one of the easiest ways to cook corn. Bring a large pot of unsalted water to a boil. Remove husks and silk from corn. Drop corn cobs in the boiling water. Once the water returns to a boil, cook for 4 minutes and remove the corn. If you prefer softer kernels, then continue cooking for 1-2 minutes but no more than 8 minutes total.

**Grilling** corn is very quick. Preheat the grill to medium high heat. Remove the outer layers of corn husk. Gently peel back the remaining husk and remove the silk (doesn't have to be perfectly clean). Replace the husk and put the corn on the grill for 5 minutes. Turn the corn and grill for an additional 5 minutes.

### Pickled Kohlrabi

2 Kohlrabi  
1 cup vinegar (white, rice, or apple cider)  
1 cup water  
3 cloves of garlic, smashed  
4-5 chili peppers  
Pinch of salt  
1-2 heaping tbsp sugar

1. Peel the kohlrabi, cut in half and then cut into thin half moon disks. Put in a bowl and cover about 3/4 of the bowl with vinegar, then with water to the top of the kohlrabi. Add garlic, chilies, a pinch of salt and sugar.
2. Stir to combine ingredients. Cover and let sit for up to three days. Will keep in the fridge for up to three weeks in a sealed container.

#### Optional additions to the brine:

- 1/2 tsp mustard seeds
- A few slices of ginger
- Fresh dill or dill seeds
- 1 tsp black peppercorns

### Viennese Braised Kohlrabi

1 bunch kohlrabi, trimmed, peeled and cut into ¼ inch matchsticks  
1/3 – 1/2 cup sour cream  
½ tsp paprika  
½ tsp flour  
2 tbsp unsalted butter  
2 tbsp finely minced scallions  
2 tbsp broth (chicken or vegetable)  
Salt & pepper

1. Steam kohlrabi above salted water for 3-4 minutes or until just tender. Reserve liquid.
2. Whisk together sour cream, paprika, and flour in a small bowl until well blended. Set aside.
3. Melt butter in a heavy skillet over medium-low heat. Add the scallions and cook for 1 minute. Add kohlrabi and broth and cook until reduced to a glaze. Stir in sour cream mixture and cook for 2 minutes more. Season with salt and pepper and serve hot.

### Kohlrabi Carrot Soup

3 cups kohlrabi, peeled and diced  
2 cups carrots, diced  
1 leek, white and light green parts sliced thin  
1 1/2 cups potato, diced  
Oil (olive or vegetable)  
4 cups of broth (chicken or vegetable)  
1 cup milk or heavy cream (optional)  
Salt & pepper

1. Peel and dice the kohlrabi, carrots, and potato. Slice leek in half lengthwise, rinse to remove all the dirt, and slice the white and light green parts thinly.
2. Heat oil over medium-high heat. Add all the vegetables and cook 5-7 minutes.
3. Add broth and simmer until the vegetables are soft (about 30 minutes). For a smooth texture, purée in an electric blender. Add milk/heavy cream, if using, or add a little hot water to thin the soup if necessary. Season with salt and pepper to taste.

#### Try these additions:

- 2 tsp grated, fresh ginger
- Use one cup of white wine in place of one cup of broth
- Top with grated parmesan cheese
- Fresh herbs such as parsley, chives, or cilantro