

Kettle Pond Farm Summer CSA

Week 4: July 2 & 5, 2012



Greetings: Welcome to week 4 of the Summer CSA season! July has arrived and the summer is in full swing. We have been harvesting great numbers of squash and peas and we hope that you are enjoying them! Harvests of cucumbers, beans, and beets are right around the corner.

This week, however, everyone gets to take home the enchanting kohlrabi. Kohlrabi literally means "cabbage turnip". Some say it tastes like broccoli stems, while others think it tastes like cabbage. Either way, it is a juicy and delicious treat. I prefer to cut it up and eat it raw, but it also makes a great slaw and can be braised, sautéed, steamed or grilled. Don't forget that you can use the greens just like you would use kale.

One veggie that isn't quitting is the mighty cabbage. We planted a lot of it, and it's going to be around for the next few weeks. If you haven't had grilled cabbage, it's delicious. Just cut the cabbage in wedges, use olive oil, salt and pepper and put it on the grill until it gets a tad (or more) charred. Then enjoy!

*Kohlrabi - Peas - Scallion
Lettuce Heads - Red or Green Cabbage - Chard
Summer Squashes - Thai Basil*

Thai basil: "What is this purple stuff and what do I do with it?" by Sophia the Intern

Of our three basil varieties, the kind that seems to mystify people the most is the strangely sweet-smelling, purple kind: Thai basil. While it is beautiful, it is not familiar, and over the past couple of weeks you, our CSA members, have often preferred to take sprigs of Genovese (sweet) or sacred basil instead. This week we are only offering Thai basil, so now is a great opportunity to try something new in the kitchen! But what? Here are a few ideas.

-Thai basil can be cooked for longer amounts of time and for longer amounts of time than sweet basil, and can add a twist to an ordinary dish like chicken soup.

-Add Thai basil to salad along with some peach or orange chunks!

-We've been recommending stir fries for every veggie from kale to bok choy, and hey presto, Thai basil is great for a stir fry with zest! From this week's share, throw in snap or snow peas and kohlrabi, and don't forget to add cayenne pepper and plenty of garlic.

-If you're up for a challenge, many recipes for curry incorporate Thai basil...

...and if you enjoy the Vietnamese noodle soup, pho, Thai basil can be served with green onions, hot peppers, and bean sprouts on a plate by its side and sprinkled in as desired. A very simple pho-like soup for this purpose can be made by cooking rice noodles with beef broth and adding a sprinkle of lime juice.

Then there's the old "look in the fridge and see what may work" method. Good luck all! :D

Kohlrabi Slaw

Recipe by Diana Rattray

2 medium kohlrabi, peeled and shredded
2 small carrots, shredded
1 tbl shredded onion
1/3 cup white vinegar
1/3 cup granulated sugar
4 tbl extra virgin olive oil
1/2 tsp salt
1/4 tsp celery seeds
1/8 tsp ground pepper

Combine the shredded kohlrabi with the shredded carrots and onion in a bowl. Combine the remaining ingredients and blend well. Pour over the shredded vegetables and toss to coat well. Cover and refrigerate for at least 2 hours. Serves 4-6

Recipe Time!

Grilled Cabbage Wedges with Spicy Lime Dressing

<http://www.thekitchn.com/recipe-grilled-cabbage-wedges-157671>

Juice of 3 limes (about 1/4 cup)
1/4 cup extra virgin olive oil
1 teaspoon fish sauce (*optional - leave out for a vegetarian or vegan dish*)
2 garlic cloves, roughly chopped
1/4 cup cilantro leaves
1/2 teaspoon salt
1/2 teaspoon cayenne
1/4 teaspoon sugar
Lime wedges, to serve
1 head green cabbage
Grapeseed or canola oil

Heat a gas or charcoal grill. Whiz the limes, olive oil, fish sauce, garlic, cilantro, salt, cayenne and sugar in a small chopper or blender until the sauce is pale orange and the garlic is pulverized. Set aside.

Remove the loosest, toughest outer leaves from the cabbage, and cut into 8 evenly-sized wedges. Do not remove the stalk or inner core. Lightly brush the wedges with grapeseed or canola oil.

Place the wedges on the grill and cover. Cook for 5 to 7 minutes, or until the edges of each layer are blackened and the cabbage is beginning to soften. Flip each wedge over, cover the grill, and cook for an additional 5 to 7 minutes on the other side. Remove the cabbage when it is beginning to wilt, but is still firm in the middle. (This will also be somewhat a matter of taste; I like it fairly crispy still, but you may prefer it more well-done.) If necessary, turn the heat down or move the wedges to a cooler part of the grill so they don't burn. But don't be afraid of those blackened edges; you want a lot of grill and char marks on the cabbage to give it smoky flavor.

Take the cabbage off the grill and arrange the wedges on a plate. Pour the dressing over top and serve immediate, with wedges of lime to garnish.

Snow Pea, Thai Basil, And Chicken Stir-Fry

<http://www.bigoven.com/recipe/128456/snow-pea-thai-basil-and-chicken-stir-fry>

2 Garlic cloves; crushed
2 Small red chillies: roughly sliced
1 1/2 C Thai basil leaves
600g Chicken filets; trimmed
250g Snow peas trimmed
6 Green onions; thinly sliced
Steamed rice; to serve
1/3 C chicken stock
1/4 C peanut oil

Combine chicken, 2 tbs oil, chillies and garlic in a medium bowl. Cover and refrigerate for 10 minutes. Heat a wok over high heat. Add 1 tsp oil and heat until hot. Add half the chicken and stir-fry for 2-3 minutes or until chicken is cooked. Remove and repeat using 1 tsp oil and remaining chicken. Set chicken aside. Add remaining 2 tsp oil, green onions and snow peas to wok and stir-fry for 1 minute. Stir in stock, cover and cook for 1 minute or until snow peas are bright green. Add chicken and Thai basil leaves and stir-fry for 1 minute. Serve immediately with steamed rice.