



What to find in your share:

**Broccoli**  
**Kohlrabi**  
**Cabbage**  
**Beans**  
**Lettuce**  
**Tat Soi Greens**  
**Kale**  
**Radishes**  
**Swiss Chard**  
**Parsley**  
**Basil**  
**Cilantro**  
**Dill**  
**Par-Cel**  
**Beets**  
**Carrots**  
**Cucumbers**  
**Summer Squash**

**Mark Your Calendar!!**  
**CSA Farm Potluck,**  
**Saturday, August 18 from 12 – 4**

## Kohlrabi...Have you Bean There?

We're at the time of the season where we keep adding new items to the shares. This week we have one that many of you have likely never eaten or heard of, kohlrabi. Below you will find more information on this delicious crop. We also are excited to offer you fresh beans this week. We have a mix of several varieties of fresh string beans. We hope you are all enjoying the shares and are experimenting around with new foods. Remember to use the CSA Message Board online to post questions and recipes. Don't be shy!

**Kohlrabi.** Also referred to as "space cabbage," kohlrabi is German for "cabbage turnip." It originated in the 16<sup>th</sup> century in northern Europe. Kohlrabi has a sweet and mildly tangy taste. Kohlrabi, a member of the cabbage family, is loaded with nutrients. One cup of raw kohlrabi will give you nearly 100% of your daily Vitamin C, a large amount of fiber and it contains many anti-cancer compounds. Kohlrabi should be peeled and then steamed, stuffed, stir-fried, added to soups, baked, or enjoyed raw.

**Kohl Slaw-** from *Mother Earth News*  
Peel and cut 2 kohlrabi, 2 carrots, and 1 to 2 broccoli stems into thin strips, or shred with a grater. Toss the veggies with 1 tsp of salt and let them sit a few minutes. Rinse with water and pat dry. In a bowl, combine ¼ cup of mayo, 1 tbsp of rice vinegar, 1 tbsp of sugar, and a large pinch of dill, chopped. Add the veggies to the mix and chill before serving.  
**Kohlrabi Fries-** Peel and slice kohlrabi into matchstick-sized strips. Spread in a single layer on a baking sheet and drizzle with olive oil and salt and pepper. Bake at 400 for 20-30 minutes.

## News and Highlights

**Veggie Washing-** A quick way to rid your produce of any potential creepy crawlers is to soak it in salty water for about 5 or 10 minutes. There are many types of caterpillars that love to eat broccoli. We've done our best to keep the plants clean, but a quick soaking is always an option.

**Recycling-**We are now able to recycle your used ink cartridges and old cell phones. If your workplace does not currently recycle ink, we can get you postage paid envelopes to start a simple recycling program.

## **Children's Book Review** by Marcia Maynard

Salamander Rain, A Lake and Pond Journal

Salamander Rain, a Lake and Pond Journal by Kristen Joy Pratt-Serafini, is a picture book overflowing with illustrations and facts about a lake and a pond.

Klint, the main character, is a Planet Scout. For a year he explores a neighborhood pond and a lake near his grandmother's house. Klint's journal entries, starting in February and ending the following January, are included on each page of the book. He describes what he sees, hears, touches and learns while exploring nature.

Illustrations of wildlife border each page and definitions of animals are also included. Readers will learn about beavers, crayfish, blue herons, and of course, salamanders, to name a few.

Salamander Rain is a book you will read over and over, each time discovering something new in the illustrations and story. It's a book older elementary students should be able to read alone and one beginning readers will enjoy listening to.

Dawn Publishing Company has a line of books promoted as "Sharing nature with children." The publishers used to live on an organic farm and their appreciation of nature is apparent through their line of books.

For more information on Planet Scouts, go to [www.planetscouts.org](http://www.planetscouts.org)

To see more nature books, go to [www.dawnpub.com](http://www.dawnpub.com)

Salamander Rain, a lake and pond journal  
written and illustrated by Kristen Joy Pratt-Serafini  
ISBN1-58469-017-8 copyright 2000

### **New Items in the Share**



Winner White and Koliribi Kohlrabi

### **Extra Herbs...Try Making Pesto!**

Making pesto is a delicious and easy way to use extra herbs. You can use basil, cilantro, or even mint to make pesto. Use about 2 cups of your extra herb leaves with  $\frac{1}{4}$  C of grated Parmesan cheese,  $\frac{1}{2}$  C of olive oil, 3 tbsp of pine nuts or walnuts, and 3 minced garlic cloves. Add small portions of the leaves to a food processor until nicely chopped. Slowly add the nuts, Parmesan and garlic. Blend while slowly adding the olive oil. Scrape the sides and blend until all is a thick paste. You can keep the pesto fresh for about one week in the fridge or you can freeze it. Try freezing it in an ice cube container and then putting the cubes in a freezer bag. Enjoy with pasta or sandwiches.