

June 4, 2004

This week's share:

- Tango, Rouge d'Hiver, or Four Seasons Lettuce*
- Purple OR white Kohlrabi*
- Altaglobe Radishes*
- Onions
- Komatsuna*
- Broccoli OR Cauliflower*
- Redbor Kale OR Bright Lights Swiss Chard*
- Herbs: parsley, flowering sage, or flowering thyme

*=items from the hoopouses (i.e. "WOW! That grew in Michigan this early in the spring??")

Announcements: Same announcements as last week:

1. Share Balances Due by June 17, 2004. You should have received a receipt in the mail by now for your deposit or payment in full. You should also have received a confirmation letter which includes your balance due, if any. Unless we've made alternate arrangements, all balances are due by June 17, 2004 (third Thursday in June). Make checks out to MSU. Either hand-deliver to us at pick-up, or

mail to me at Michelle Ferrarese, MSU Dept. of Horticulture, A288 Plant and Soil Science Building, East Lansing MI 48824. If you split a share, we request that you make out one check for the total balance – it makes our record-keeping

simpler. If your receipt and/or confirmation letter has still not arrived, please email or call me at 355-5191 ext. 342.

2. Volunteers Wanted:

Now's your chance to pitch in at your farm: Weekends, the plants in the hoopouses need watering. We'd like to train a pool of volunteers to learn how to open and water on weekends, so we can either schedule you into our regular weekend shift rotation, or call on you in a pinch if we need a substitute. It takes about two hours total to open and water, but you can learn how to do it in about half an hour. Please email (ferrares@msu.edu) or call (355-5191 ex. 342) to set up a visit to learn the ropes.

3. Carpooling? Any more takers? Email if interested in carpooling to the farm. (See last week's newsletter for details)

Kohlrabi?

It's the thing that looks like a little spaceship with leaves. Kohlrabi is yet another member of the mustard, or Brassica, family (which includes cabbage, broccoli, cauliflower, kale, Brussels sprouts, mustards, turnips, etc.) The part normally eaten is the swollen bulb of stem near the base, though you can of course use the greens just like kale or collards (steam, stirfry, boil, or raw). I think the bulb tastes like the inside of a broccoli stalk, the juicy part inside the fibrous stem (taste test: try peeling a broccoli stalk and tasting the inside along with kohlrabi), though the texture is more like a turnip or apple. You can use kohlrabi in any recipe that calls for chopped broccoli or turnips, or just enjoy sliced raw pieces with salt and beer, like the Germans do.

Remember Komatsuna?

Or, as one member commented last week, "I couldn't remember the name; we kept calling it Kama Sutra..." Check the newsletter from a few weeks ago for a description and recipe ideas for this one.

Herbs: Sage, Thyme, Parsley

Herbs deserve more attention – try using the sage flowers as an edible garnish on mujadara, a Lebanese lentil-and-onion dish, in which you've sautéed or caramelized the onions in sage-infused butter first.... (you'll have to look that one up; I just thought of it and don't have a recipe handy). Use fresh thyme with flowers on salads, eggs, meat, whatever you like. Parsley is nutritious and delicious enough to make a salad of it, with onions, lemon juice, olive oil, and when they're in season, tomatoes. Even just a little parsley is good in lettuce salads.

Kale/Chard:

As we've said so many times, you can steam, stir-fry, enjoy raw, or anything else you want to do with greens! Kale takes a little more marinating and/or cooking time than chard, to mellow out the hearty texture and flavor, though these leaves were grown in the hoopouses, and are more tender than kale grown in the field, so you may just want to chop them up into a salad – Balsamic vinegar is delicious with kale or chard.

That's it for this week; more recipes next week! Keeping the rainclouds at bay for at least another week, Michelle