



## Cal Poly Organic Farm Community Supported Agriculture Newsletter

### Important Schedule Reminder:

**Next week (week of January 21<sup>st</sup>), all CSA members will pick up WEDNESDAY 23 JANUARY, regular time and place.**

There are two reasons for the change: Martin Luther King, Jr. day is observed on Monday, and the EcoFarm conference in Pacific Grove is held Wednesday to Saturday of that week. We would like to thank to all who donated to help send the staff this year!

**\*\*There are no other planned schedule changes for winter season. The Cal Poly Organic Farm observes holidays when the rest of the Cal Poly campus does. For more details, please visit [calpoly.edu](http://calpoly.edu) and choose "Calenders" from the drop down menu on the right.**

### More about EcoFarm:

The Ecological Farming Association is dedicated to the development of ecologically-based food systems, both domestically and throughout the world by educating farmers, the agriculture industry, and other stewards of the land about practical and economically viable techniques of ecological agriculture, informing consumers and policy makers about ecological food production and its connection to the health of people and communities, and promoting alliances between individuals and organizations who share our vision of a transformed global food system. For more information about the conference visit [www.eco-farm.org](http://www.eco-farm.org).

### Week 15 Produce

*January 13 – January 19*

*Full Shares expect 10-12 items*

*Small Shares expect 8-10 items*

*From the following list:*

- Satsuma Mandarins\* (Cal Poly Fruit Science)** - Use as a colorful, sweet accent in green salads.
- Beets: Chioggia, Golden, or Bull's Blood** - Healthy sauté beet greens with other braising greens such as chard and mustard greens.
- Red Carrots** - Shredded raw carrots and chopped carrot greens make great additions to salads.
- Bunching Onions** - Combine chopped onions, tomatoes, avocado and jalapeno for an all-in-one guacamole salsa dip.
- Parsley: curly or flat leaf** - Use parsley in soups and tomato sauces.
- Cilantro** – Gives a kick to soups or salads.
- Radishes** – Crudites!
- Arugula** - A tasty addition to other salad greens.
- Braising Greens** – Dress raw greens in a hot dressing.
- Butternut Squash** - Steam cubes and then dress with olive oil, tamari, ginger and pumpkin seeds.
- Celery** - Enjoy the delicious tradition of eating peanut butter on celery stalks.
- Kohlrabi: green or purple** - Cut into julienne and include on a relish tray with dips.
- Red Russian Kale** - Combine chopped kale, pine nuts and feta cheese with whole grain pasta drizzled with olive oil.
- Colored Cauliflower** - Sauté with garlic, minced ginger and tamari.

\*Grown sustainably, but not necessarily organically  
**Unless otherwise noted, all your vegetables are certified organic.**

[www.calpolyorgfarm.com](http://www.calpolyorgfarm.com)

### This week's veggie tip:

Organic growers have several measures to protect their crops from pests, such as crop rotation and beneficial insects. In winter, however, few of these beneficial bugs stick around to prey on pests. If some of these pests find their way into your harvest share, try soaking your veggies in salt water or vinegar water then rinse well.

## VEGETABLE OF THE WEEK: Kohlrabi (*Brassica oleracea* variety *caulo-rapa*)

Kohlrabi can be an intimidating vegetable if you haven't encountered it before. With an appearance compared to Sputnik, the taste and texture of this member of the cabbage family are similar to those of a broccoli stem, but milder and sweeter. This aboveground enlarged stem may be white, green or purple in color.

A relatively new vegetable, kohlrabi was unknown a mere 500 years ago. The first description was by a European botanist in 1554. By the end of the 16th century it was known in Germany, England, Italy, Spain, Tripoli, and the eastern Mediterranean. The name comes from the German *kohl*, meaning cabbage, and *rabi*, or turnip. Although records of its use go back to 1806 in the United States, kohlrabi is still not a commonly used vegetable here.

### Storage

If the kohlrabi leaves are still attached to the bulb, trim them and store separately. If the leaves are in good shape - firm and green - they can be cooked but will need to be used within a couple of days. The bulbs should be stored, unwashed, in a plastic bag. They will hold for about a week in the refrigerator.

### Nutrition

Kohlrabi is a good source of vitamin C and potassium. It is low in both sodium and calories. One cup diced and cooked kohlrabi contains only 40 calories and 140% of the RDA for vitamin C.

### Preparation Tips

- Tender, young kohlrabi is delicious eaten raw. Peel the outer skin with a paring knife. Slice, dice, or grate, and add to salads. Use on raw vegetable platters or serve with a creamy dip. Substitute in recipes calling for radishes. Grated kohlrabi can be added to slaw, but lightly salt it first and let stand for several minutes. Squeeze to remove any excess water before adding dressing.
- Kohlrabi can also be steamed or boiled. For this preparation don't peel until after bulbs are cooked. Steam or boil until bulbs are tender, peel skin, and season with butter, salt, and pepper, a cheese sauce, or just enjoy plain.
- The leaves can be enjoyed as a cooked green. Wash the leaves and remove the ribs. Blanch in boiling water until just wilted, 3 to 5 minutes. Drain and squeeze excess water from leaves. Chop leaves, then sauté in a little olive oil or butter. Season with salt and pepper. Add a splash of vinegar or squeeze of fresh lemon juice.
- Kohlrabi leaves even make a nutritious pesto! Add some cilantro or fresh or dried basil to mix to give it that familiar pesto-taste.



### Kohlrabi with Cheese

4 kohlrabi  
water  
salt

2 tablespoons butter  
2 tablespoons all-purpose flour

1 cup milk  
1/4 cup grated mild Cheddar cheese  
1 tablespoon chopped fresh parsley  
1/8 teaspoon freshly ground nutmeg

1. Cut tops off and pare thick stems of kohlrabi. Slice stems and place in salted water to cover. Boil for about 20 minutes, or until just tender. Drain well.
2. Boil tender leaves separately until tender; drain. Chop leaves finely and combine with cooked stems.
3. Melt butter in small saucepan over low heat. Add flour and stir well until smooth and blended. Gradually add milk and cheese, stirring constantly, until cheese is melted and sauce is thick. Add cooked kohlrabi and cook until hot. Garnish with parsley and nutmeg.

## Kohlrabi Siam Chopped Salad

4 kohlrabis, about 2 to 2 1/2" in diameter  
3 green onions, chopped  
1/4 pound snow peas, chopped  
1 1/2 cups Napa cabbage, chopped  
1/2 red bell pepper, cut into fine julienne about 1" in length  
1/2 to 1 fresh pasilla pepper, diced or 1/8 teaspoon crushed pepper flakes  
1 or 2 cloves garlic, finely minced  
1/2" piece ginger, peeled and grated  
2 tablespoons toasted sesame seeds  
3 tablespoons organic canola oil  
2 teaspoon sesame oil  
juice of 1/2 lemon  
dash of rice vinegar  
salt and freshly ground pepper to taste  
Black sesame seeds  
2 tablespoons minced green onions



1. Combine all ingredients except black sesame seeds and green onions in a large bowl and toss well to distribute flavors.
2. Garnish top with black sesame seeds and minced green onions. Best if made several hours ahead to allow dressing to penetrate vegetables. Serve as a salad course or a side dish. *Serves 4.*

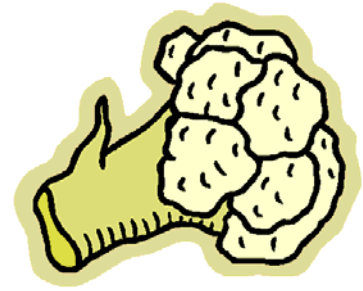
### A FEW WORDS ABOUT GREENS

This season is rich with a wealth of healthy, as well as tasty, greens, including this week's offerings of Cal Poly Organic braising greens, kale, arugula, and the "two-fors" of beets, turnips, radishes and kohlrabi with their attached green tops.

- When it comes to vitamins, minerals and disease-fighting chemicals, leafy greens are hard to beat. Greens offer fiber, vitamins C, A and K, folate, calcium, potassium and phytochemicals such as beta-carotene, lutein and zeaxanthin, which together may help guard against a number of chronic diseases.
- Greens must be washed carefully, with particular attention to hidden crevices since soil and grit can stubbornly cling to the underside of leaves. They should be drained well and dried quickly because excess water promotes leaf decay. The green tops attached to beets, turnips, radishes and kohlrabi should be trimmed off and stored separately.
- Greens should be stored lightly wrapped in damp paper towels inside a plastic bag that has a few air holes (to allow the vegetables to "breathe"). Keep moist (but not wet or they will rot) and cool in the lower part of the refrigerator in the high-humidity bin. Check toweling periodically and re-dampened as needed to prevent from drying out. Leafy greens are highly perishable and should be used within a few days of purchase.
- Greens "cook down" considerably - one pound of fresh greens will result in 1 1/2 - 2 cups of cooked greens. About 1/2 cup of cooked greens per serving is usually recommended. Two large bunches of greens will usually be enough for a side dish for four people.
- Greens work well in every kind of dish, from soups - both hot and chilled - and side dishes to main courses. They can be paired with a starchy vegetable like pasta or potatoes or, in the case of large leaves, wrapped around portions of fish or stuffed with meat fillings, like stuffed cabbage.
- Braising: Place the greens in a skillet and add broth until the greens are almost covered. Other flavorings can also be added along with the broth, such as onion, garlic or your favorite herbs. Cover the pan and cook at a simmer for 10 to 20 minutes until tender. Make a sauce to serve with the greens by boiling the cooking liquid left in the pan until most of the liquid evaporates.

## Roasted Cauliflower

2 pounds cauliflower florets  
1 cup chopped white onions  
3 cloves garlic, crushed  
2 tablespoons olive oil  
¼ teaspoon ground black pepper  
1 teaspoon chopped fresh thyme  
½ teaspoon salt



1. Toss cauliflower, onions, and garlic together in a large roasting pan. Drizzle the vegetables with the oil, season them with the pepper and thyme, and toss lightly to coat.
2. Roast the vegetables uncovered in a preheated 425°F oven for 25-35 minutes, stirring occasionally, until they turn golden brown. *Makes 8 servings.*

## Creamy Winter Squash Soup: Crema di Zucca

2 tablespoons unsalted butter, plus 2 tablespoons  
4 slices bread, preferably pane di casa  
2 cloves garlic, halved lengthwise  
2 pounds squash (Hubbard, butternut, or pumpkin), peeled and cut into 1/2-inch cubes  
salt and pepper  
pinch cinnamon  
1 lemon, juiced  
1 cup fresh bread crumbs  
3 cups milk

1. In a large skillet, heat 2 tablespoons butter over high heat until the butter foams and subsides. Add the bread, working in batches if necessary, and fry over high heat until golden and crispy. Rub each bread slice with the cut side of 1/2 a garlic clove, cut into very small pieces, and set aside.
2. In a medium stockpot, heat the remaining butter over medium-high heat. Add the squash, salt and pepper, to taste, cinnamon and lemon juice and cook over medium-high heat for 20 to 25 minutes, until the squash is very soft and broken down.
3. Add the breadcrumbs and milk and bring to a boil. Lower heat and cook over medium-low for 15 minutes, adjust the seasoning and serve immediately over bread pieces. *4 servings.*

## Cream of Celery Soup

2 cups finely sliced celery  
1/2 small onion, chopped  
3 tablespoons butter  
3 tablespoons flour  
3 cups milk  
1-teaspoon salt  
pepper  
chopped parsley



1. Cook celery and onion in one cup of water until tender.
2. Melt butter and blend in flour, and then add milk and cook, stirring until thickened. Add cooked celery with the liquid.
3. Heat gently, then season to taste. Top with sprinkle of parsley. *Makes about 4 cups.*