

*The sun is shining!*



***In your share:***

Lettuce Mix  
Beets & Greens  
Turnips  
Summer Squash  
Head Lettuce  
Spring Onions  
Garlic Scapes  
A bunch of Greens  
Radishes or  
Kohlrabi

***In the PYO:***

Dill  
Cilantro  
Oregano  
Thyme  
Sage  
Lovage  
Mint  
Chives  
Nasturtiums  
Calendula  
Corn Cockle  
Lupine  
Yarrow  
Gaillardia  
Wild Flowers

Welcome to week five! The sun has turned all the rain into a beautiful share for you all today. While things are going well here, the blueberries have arrived across the street at Butler's Orchard. We will pick some to add to your share next week, but don't miss the experience of picking your own! You'll find fliers on the sign in table if you'd like more information.

We also want to remind you about our event on Saturday. We've invited everyone out this Saturday morning at 11 am for a walk through the PYO and the wildflower patch, and we'll have a similar stroll for those of you who pick up on Wednesdays on July 1<sup>st</sup> at 2:15pm, beginning with a story. Hope you can join us!

The flowers in the upper PYO are popping, so don't miss them on your way to the wildflowers. Take home a beautiful bouquet to enjoy this week!

## Summer Squash and Kohlrabi

Well, its official. The summer squash are here in full force! Members of the Cucurbitaceae family (which also includes gourds, melons and cucumbers), summer squash are entirely edible- flesh, seeds, skin, and even the flower. You will see various zucchinis (Black Beauty, Romanesca), yellow crook neck and patty pan as the season progresses. Summer squash of all varieties are excellent simply sautéed, grilled, grated on salads, or used as a puree in soups and breads. They are also easy to freeze- just wash, slice, blanche, then cool it in ice water before bagging and freezing.

Also up for the taking, Kohlrabi! Unlocking the mystery of this slightly strange looking vegetable, it is helpful to know that its name is a compound of the two German words 'kohl' (cabbage) and 'rabi' (turnip). Cabbage-turnip ends up being a fairly accurate description of this relative of broccoli, which can be enjoyed cooked or raw and has a crunchy texture with a mild flavor. Remove the leaves, which can be eaten once cooked, and trim off the outer skin before slicing the kohlrabi stem/bulb. If you are feeling adventurous, give the Kohlrabi Curry a try.

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### ***Kohlrabi with Parmesan***

2 large or 3 medium kohlrabi, stalks and leaves removed  
2 Tbs unsalted butter or olive oil, or combination  
150 gms grated Parmesan cheese  
salt and pepper to taste  
1 Tbs minced parsley

Peel kohlrabi to remove fibrous outer layer. Shred with grater or foodprocessor. Heat a medium skillet to medium heat. Add butter and/or oil. When fat is hot, add kohlrabi. Cook, stirring frequently, until vegetable is tender, about 8 minutes. Sprinkle with salt and pepper. Stir. Toss with cheese. Cook until cheese melts, about 1 minute. Garnish with parsley. Serve hot. Serves 4.

### ***Kohlrabi Curry***

- \* 2 kohlrabi, peeled, quartered and sliced
- \* 1/2 onion, chopped
- \* 2 garlic cloves, chopped
- \* 1 T fresh chopped ginger
- \* 3-4 chilis or Cayenne pepper to taste

(optional)

- \* Garlic scapes, cut into 1-inch pieces
- \* 2 cups chard, washed and chopped
- \* 1 can coconut milk
- \* 2 T red (or green) curry paste
- \* 2-3 T peanut butter (chunky preferred)
- \* Scallions or Spring Onions (for garnish)
- \* Salt

1. In a medium sized pot, Sauté the onion, garlic, ginger and chilis in a neutral oil (canola, safflower) over medium high heat until browned

2. Add the kohlrabi, scapes and chard and continue to cook for another 3-5 minutes, until the chard wilts and the kohlrabi softens up a little; season with salt

3. Add the curry paste and coconut milk, then fill the coconut milk can about 1/2 way with water, swish it around to get any remaining coconut milk, and add to the pot. Stir until the curry paste is dissolved. After the mixture boils, lower heat to a simmer and stir in the peanut butter until dissolved.

4. Cook for about 10 minutes. Taste and season as necessary with salt. Garnish with sliced scallions and serve over rice.

### ***Baked Summer Squash***

makes 6 servings

1 1/2 - 2 pounds summer squash (such as zucchini, pattypan squash, yellow crookneck squash)  
1/4 cup olive oil  
1/3 cup bread crumbs  
1/3 cup grated Parmesan cheese  
1/2 teaspoon salt  
1/2 teaspoon pepper  
1/4 cup chopped mixed fresh herbs such as basil, thyme, parsley and oregano

Preheat oven to 350° F. Remove stem ends and slice squash cross-wise in 1/4"-thick rounds. Toss with olive oil.

In a small bowl, combine bread crumbs, Parmesan, salt and pepper. Arrange half the squash rounds in bottom of a 9" by 12" rectangular baking dish, or similar. Sprinkle with half the bread crumb mixture. Arrange remaining squash on top and sprinkle remaining bread crumb mixture.

Cover baking dish with foil and bake in oven for 30 minutes. Remove foil and bake another five minutes.

Top with chopped herbs and serve.