

RED DOG FARM



In your share this week:

Carrots
Sunchokes
Kohlrabi
Celeriac
Kale Mix

Last Friday after work, Emily (foreground), Chandra (back) and I (not pictured), went for a paddle on Red Dog Lake. You can see the barn in the background in the picture above. It was such a peaceful way to spend the last hour of daylight.

The mallard ducks have greatly been enjoying the lake as well. There seem to be a hundred or so of them on the lake at a time. When they all take flight at once it creates a loud noise of flapping wings and splashing water, the very sound of excitement.

The hunters in Center Valley seem to greatly enjoy the ducks as well. Rupert Dandelion and I are VERY excited for hunting season to be over as of January 31st. Gunshots sound out all day long from first light to dusk, keeping Rupert cowering under the bed for most of the day and me cringing with the loud noise.

I really enjoy the ducks. I especially get a kick out of their nighttime antics. I can often hear them all night quacking to one another in what I imagine to be agreed contentedness.

For those of you who balked at last weeks' giant beet in your share, I forgot to mention that beets store very well. Just throw it in the back of your fridge until you want to use it. I don't put them in plastic. And it doesn't matter if you've cut it in half or grated some of it off. I just keep working off a beet until I'm done with it. One often sits in my fridge for over a month and is still good!

The kohlrabi in this week's share is noticeably sweet, but also disappointedly not crisp-textured. I recommend either cooking it or grating it into salads. This is not the time of year to eat kohlrabi out of hand like an apple, or raw in slices. Save that for the early summer when the funny vegetable is at its finest.

This week in your box you will find the CSA brochure for 2010. I will be emailing out more information about changes in this year's program in the next week, so keep an eye out in your in-boxes.

I have totally revamped the CSA program for 2010. If in the past you've dismissed summer CSA as not for you, take a look at the brochure and maybe you will find the some of what was prohibitive in the past is now more enticing. I also added a new program called Dog Bones. It's basically a farmer's market CSA option.

RECIPES

Stir-Fried Kohlrabi from *The Goodness of Potatoes and Root Vegetables*

www.mariquita.com

3 kohlrabi, peeled
3 medium carrots
4 tablespoons peanut or safflower oil
3 cloves garlic, peeled and thinly sliced
1 inch piece gingerroot, peeled and thinly sliced
3 green onions, sliced
1-2 fresh chili peppers, sliced, optional
salt
4 tablespoons oyster sauce (optional)
3 teaspoons sesame oil & soy sauce, each

Slice kohlrabi and carrots into thin ovals. Heat oil in large heavy skillet; when it begins to smoke, toss in garlic and ginger. Stir once then add kohlrabi and carrots; toss and cook 2 minutes. Add green onions and chilies; stir-fry 1 minute, then pour in ½ cup water. Cover, reduce heat and cook 5 minutes. Remove cover and toss in a little salt and the sesame and soy, and oyster if using. Serve with rice.

Kohlrabi Puree

www.foodiefarmgirl.blogspot.com

4 kohlrabi bulbs, peeled
2 Tablespoons extra-virgin olive oil
1 large onion, chopped
3 cloves garlic, minced
4 ounces mushrooms quartered
3 Tablespoons cream (or milk, chicken stock, olive oil, or water)
salt and pepper to taste

1. Trim the kohlrabi bulbs, peeling them if the skins seem tough. Rinse the leaves (discarding any that are yellow) pat them dry, and coarsely chop. Set aside. Cut the bulbs into 1-inch chunks.
2. Bring a saucepan of lightly salted water to a boil, and add the kohlrabi chunks. Reduce the heat and simmer until tender, about 15 minutes.
3. Meanwhile, heat the olive oil in a skillet. Add the onion and sauté over medium-low heat until softened, about 5 minutes. Add the garlic and cook, stirring, another 1 to 2 minutes. Do not let garlic brown.
4. Add the mushrooms and the reserved kohlrabi leaves to the skillet. Cover, and cook 5 minutes. Then uncover, and cook, stirring, until all the liquid has evaporated, 3 minutes. Set the skillet aside.

5. Drain the kohlrabi chunks and place them in the bowl of a food processor. Add the mushroom mixture and all the remaining ingredients. Purée until smooth.
6. Transfer the purée to a saucepan and reheat over low heat, stirring, 2 minutes.

Potato-Celery Root Cakes

from Deborah Madison, www.mariquita.com

1 pound potatoes, peeled
1 pound celery root, peeled
3-4 Tablespoons oil
Salt & Pepper

Grate the potatoes and celeriac, mix together. In a heavy skillet heat half the oil over med. heat. Add half the potatoes-celery root mixture, making a layer about 1/2 inch thick. Season, then cover with the other half of the mixture. Press down on the cake and neaten the edges. Reduce heat to low and cook until the bottom is golden, about 10-15 minutes. Turn the cake out onto a plate, add the remaining oil, slide the cake back into the pan and cook the other side until golden.

Celery Root with Onion and Lemons

www.recipezaar.com

- 1 celery root, peeled (approx 2 cups of prepared root)
- 1 cup onion, chopped
- 1 tablespoon fresh lemon juice
- cooking spray

1. Peel the root so you have only the white flesh, cut it into pieces approximately 1/8" thick and bite size.
2. Immerse prepared celeriac in boiling water and boil 5 minutes, drain (keep the water to use in a soup recipe).
3. Spray a fry pan (large enough to hold the veggies in a single layer) and heat it, Add celeriac & Onions.
4. Rotate the veggies but allow the onions and celeriac to brown approximately 10 minutes.
5. Sprinkle lemon over the veggies.
6. Serve as a side dish vegetable.