



In this week's share



- Scallions
- Kale
- Kohlrabi
- Garlic Scapes
- Lettuce Heads
- Parsley
- Cucumbers
- Radishes

Meet our Farmers

Farmer Joan



Years Farming: 4 years

Favorite vegetable:
Asparagus. With hot butter.

Why You are so Smart

:-)

Dear 2014 CSA Shareholder,

You are a smart shopper. Food prices are always changing. We know that sometimes organic items might be cut out of your budget because they are just too pricey. Well, you thought ahead this summer. You got a CSA share from NCOF because you like saving money.

As you probably already know, you are paying about \$25 each week for 15 weeks of vegetables. Yes, it is a little bit of a light share in the beginning, but wait until the bounty of the summer shows its full bloom! If you were to buy all your organic veggies for the week, imagine what your bill would be. At the end of the summer, we'll send out a comprehensive share list that will show each week's value. I have a feeling that you'll be saving money.

So what should you do with all that extra money you'll be saving? You could put it in the kid's college fund, save for retirement, buy that yacht you're wife says you can't have, send your kids to the NCOF summer programs, or buy even more produce from our farm stand!

But you know what else makes you smart? By participating in our CSA program, you're also participating in our mission to provide productive open space, organic farm products, and hands-on education for all ages. And we think that's pretty great. Thanks for being part of what we do here!

Assistant Grower,
Becca Toms



Recipe of the Week

Kohlrabi is a member of the Brassica family. It was first cultivated in Germany.



On toast.

Favorite thing about farming:
Getting Dirty!

Ask me about
Working with individuals that have special needs on the farm. I love how it benefits them (as well as the joy it gives me!)

What's happening in the fields?

- Our **Summer Programs** have finally started which means that kids from ages 4-18 have taken over the farm; much to our joy of course! This is a great time of year for us to grow veggies (which they help us with), but also to encouraging the understanding of where food comes from and why organic farms are good ideas.



--Mulching. We do a lot of it. If you saw the large pile of leaves that we had at the end of last fall you would no longer recognize it! When plants are large enough, we use it to deter weeds, keep beds warm, retain moisture, and provide nutrients for the soil as it decomposes. But, we do it all by hand. Try it in your garden and you'll get a small taste of one of our weekly tasks.

Compared to its cousins cabbage and broccoli, it has a much milder and sweeter taste. This affords it a versatility in dishes, even if it looks like a veggie from a sci-fi movie! Rich in fiber, vitamin C, and other vitamins, kohlrabi is a healthy veggie to add to any dinner.



You can use a kohlrabi's leaves and stem! Cook the leaves just as you would collards or kale, and throw their stems in a variety of dishes. Because of kohlrabi's similarities with broccoli and cabbage, you can create a coleslaw by shredding the stem, throwing chunks of stem in a savory soup, or slicing it up and throw it in a stir fry.

To prepare, remove the woody outer layer of the stem using a knife.

(Peelers don't have enough umph.) This will give you access to the softer white inside. Cut this in accordance to what you are going to use it for, and you're ready to go. You can use the leaves as well--you can destem them, or, if you don't mind that extra fiber, chop them and all and stir fry them, or steam them with your favorite seasonings for a nice healthy greens dish!

To store, just place them in the fridge in the crisper, and they'll keep relatively well for days. To keep the leaves fresher for longer, leave them on the stem. Below is a favorite recipe at the Farm that highlights Kohlrabi's ability to adapted to different flavors. Enjoy!

Farmer Becca's Kohlrabi Gratin

I love this recipe because it's gluten free and we have nearly all the ingredients at the farm!--BT

Serves 6-8, Prep time: 25 minutes, cook time 30-45 minutes

5 good-sized kohlrabi
3 tablespoons extra-virgin olive oil
1 medium or large onion, finely chopped
2 large garlic cloves, minced
Salt and freshly ground pepper to taste
1/3 cup chopped fresh dill
1/4 cup chopped fresh Italian parsley
3 large eggs, beaten
5 ounces feta cheese, crumbled
3 oz. Asiago cheese, shredded

Preheat the oven to 375 degrees F. Peel the kohlrabi, making sure to remove the fibrous layer right under the skin. Grate using a hand grater, or a food processor fitted with the grater attachment if you're lucky to have one!



- - Since our summer programs are here, lots of kids are running about! Please keeps this in mind as you drive through the farm and park. Pick ups are usually around 12 and 4 PM, so if you want to avoid the bustle, be forewarned!

Now Showing in the NCOF Art Gallery



Paintings by long-time NCOF community member Lynn Wenger.

CSA Contacts

Gotta question about your share, or pick up, or anything else?

Please email it to:

Casey Townsend
casey@natickfarm.org

Stay Connected



Heat 1 tablespoon of olive oil in a large, heavy skillet over medium heat and add the onion. Cook, stirring often, until tender. Add a generous pinch of salt, stir, and add the garlic. Cook, stirring, until fragrant, about 30 seconds, and stir in the kohlrabi. Add another tablespoon of olive oil if necessary. Cook, stirring often, until the mixture is very tender and beginning to color, about 10 minutes. If there is a lot of liquid in the pan from the kohlrabi, turn up the heat and cook, stirring, until it boils off. Add salt and pepper to taste. Stir in the dill and parsley, and set aside.



Brush a 8x8 inch-deep pan with olive oil. Beat the eggs in a large bowl, and stir in the crumbled feta. Stir in kohlrabi mixture and combine well. Fill the oiled pan with the kohlrabi mixture.

Bake for about 10-15 minutes until the edges begin to set. Sprinkle the Asiago Cheese on the top and put it back in the oven. Take out when the cheese is starting to crisp a little and turn a light brown. Yum!

Gotta great Kohlrabi recipe of your own? [Share it](#) with us!

Photo of the Week



Have you taken a great photo at NCOF? [Share it](#) with us!



Natick Community Organic Farm

117 Eliot Street (Rte. 16), Natick, MA 01760 Main Number: 508.655.2204

www.natickfarm.org

[Forward email](#)