

Kohlrabi is one of my favorite vegetables. It may be green or purple with shoots and leaves coming off the bulb at the bottom. It looks like a wee Martian landed in the garden.

It's a member of the cabbage family and tastes a bit like a broccoli stem - mild. Both the bulb and leaves are edible in a variety of ways.

When preparing it, cut off the leaves and stems to use separately from the bulb - two meals out of one of the little veggies! With the bulb: peel it, as the skin can be tough. I do this first as it's easier to handle that way. If you are going to roast it or use it in soups, stews or stir fries, quarter it and remove the core.

I love it roasted, usually with other root vegetables or eggplant, and tossed with olive oil, salt and pepper. Simple and quite tasty. I also chunk it into soups and stews the way I would a potato. You can find a number of recipes online for cooking with kohlrabi.

You can also use the bulb in salads, which was my first experience with this veggie. The market man at Gunderman farms gave me a recipe for kohlrabi slaw, and I was hooked. I noticed a recent recipe in a blog (The Kitchen) that used the julienned slices in a fritter. I'll be trying that tonight!

The green leaves can be cooked as any other greens might be. You can mix and match in a dish with kale, collards, Swiss chard, spinach - or with my new favorite, broccoli greens. Remove the tough stems before cooking.

I like kohlrabi so much that I planted it in my garden last year. It was the beautiful purple variety, and just as it matured, some wild varmint dug it all up and absconded with it! I never got to taste my home-grown kohlrabi!

Next time the CSA share offers kohlrabi, I hope all our adventurous eaters will step up and try it! It will become a favorite of anyone who does!

--Kathy Ballanfant (Dedicated Plant It Forward Farm Share Member and Volunteer)



# RECIPES

These are the most bountiful vegetables this week: Salad Mix, Kale, Swiss Chard, Parsley, Beets, Cabbage, and Carrots.

## Orecchiette with sausage, chard, and parsnips

- Salt and pepper
- 3/4 pound orecchiette
- 1 tablespoon olive oil
- 3/4 pound sweet Italian sausage, casings removed
- 1 pound parsnips, peeled and cut into 1/4-inch rounds (halved if large)
- 1 bunch Swiss chard, tough stems and ribs removed, thinly sliced
- 1/2 cup grated Parmesan (2 ounces), plus more for serving



In a large pot of boiling salted water, cook pasta according to package instructions. Reserve 1 cup pasta water, then drain pasta and return to pot.

In a large skillet, heat oil over medium-high. Add sausage and cook, breaking meat up with a wooden spoon, until browned, 3 minutes. With a slotted spoon, transfer sausage to pot. Add parsnips to skillet and sauté until softened and browned, 5 minutes. Add chard and cook until wilted, 2 minutes. Transfer mixture to pot and toss. Add Parmesan and enough pasta water to create a light sauce that coats pasta; season with salt and pepper. Serve with additional Parmesan.

More at:

<http://www.marthastewart.com/933505/orecchiette-sausage-chard-and-parsnips#Swiss%20Chard%20Recipes/274967/swiss-chard-recipes/@center/276955/seasonal-produce-recipe-guide|933505>

## Chef John's Chicken Kiev

- 2 cloves garlic, minced
- 1 pinch salt
- 2 tablespoons chopped fresh flat-leaf parsley
- 6 tablespoons unsalted butter
- 4 (8 ounce) skinless, boneless chicken breast halves, pounded to 1/4-inch thickness
- salt and pepper to taste
- 1 cup all-purpose flour
- 2 teaspoons salt
- 2 eggs, beaten
- 2 cups panko bread crumbs
- 1 pinch cayenne pepper
- 2 cups vegetable oil for frying, or as needed



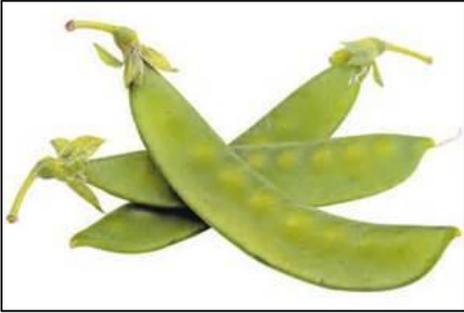
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Grind garlic and a pinch of salt together in a mortar and pestle until garlic is completely smashed. Add parsley and mix until completely incorporated. Pound butter into garlic mixture with pestle until parsley and garlic are fully incorporated into the butter. Wrap the butter mixture in plastic wrap and refrigerate until cold, at least 15 minutes.

1. Season chicken breasts with salt and pepper. Place 1/4 the butter mixture in the center of wider end of each chicken breast. Fold the narrower end of each chicken breast up over the butter to form a tight pocket around the butter. Gather the sides of each chicken breast to the center to form a round ball. The top of the chicken will be smooth and the bottom will be gathered. Tightly wrap each chicken breast ball in plastic wrap, put wrapped breasts on a plate, and chill in the freezer until the gathered bottoms hold together and are slightly firm, about 30 minutes.
2. Whisk flour and 2 teaspoons salt together in a shallow bowl. Whisk eggs together in another shallow bowl. Pour panko bread crumbs into another bowl.
3. Remove chicken breast balls from plastic wrap. Gently press each chicken breast ball into flour mixture to coat and shake off any excess flour. Dip into beaten eggs, then press into bread crumbs. Place breaded chicken onto a plate, cover with plastic wrap, and return to the freezer to chill until firm, about 15 minutes.
4. Heat oil in a deep-fryer or large saucepan to 350 degrees F (175 degrees C). Preheat oven to 400 degrees F (200 degrees C). Line a baking sheet with aluminum foil.
5. Working in batches, cook chicken, gathered-side down, in hot oil and until lightly golden on both sides, about 1 minute per side. Transfer to prepared baking sheet. Sprinkle salt and cayenne pepper over the top.
6. Bake in the preheated oven until you can hear the butter start to sizzle on the baking sheet, 15 to 17 minutes. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C). Let rest for 5 minutes before serving.

# Veggie ID

Snow peas



<http://www.thekitchn.com/whats-the-difference-between-snow-peas-sugar-snap-peas-and-english-peas-ingredient-intelligence-205118>

Sugar Snap Peas



<http://www.thekitchn.com/whats-the-difference-between-snow-peas-sugar-snap-peas-and-english-peas-ingredient-intelligence-205118>

Tatsoi



Tatsoi is also known as a spinach mustard or rosette bok choy. It is a great addition to american and asian dishes such as stir fry's or salads.

<http://food52.com/blog/6220-tatsoi-is-the-new-spinach-haven-t-you-heard>

Turnips



Turnips are delicious! Add the root and the greens to soups. Roast the roots. Saute the greens.

<http://plant-it-forward.org/tag/turnips/>

Parsley



You can do a lot with parsley. Add it to salads, soups, pesto, etc. Check out this site:  
<http://www.simplyrecipes.com/recipes/ingredient/parsley/>

Dill



Dill (not to be confused with fennel)



Dill when it flowers. Beautiful and tasty!

Roasted Sweet Potatoes with dill recipe:  
[http://www.theyummylife.com/Roasted\\_Sweet\\_Potatoes](http://www.theyummylife.com/Roasted_Sweet_Potatoes)

Baked salmon with dill sauce:  
<http://www.marthastewart.com/1033633/roasted-salmon-kale-and-cabbage>

Bok Choy (Chinese cabbage)



Plant It Forward Farmers grow a couple different varieties. Some purple, some green.

This is a great recipe that calls for regular cabbage, but using bok choy is delicious:  
<http://www.marthastewart.com/1033633/roasted-salmon-kale-and-cabbage>

Collard Greens



Toscana Kale



Parsley



## French Sorrel



Use in salads or soups. Use French sorrel to make pesto. If you have some extra time, try the creamy French sorrel soup recipe below.

### French sorrel, squash, and mint salad

Combine arugula, French sorrel, mint, diced summer squash, and feta cheese. Dress with oil and vinegar.

### French Sorrel Soup

3 tablespoons unsalted butter  
½ cup chopped green onions, ramps or other wild onion  
4-6 cups (packed) of chopped sorrel  
Salt  
3 Tbsp. flour  
1 quart chicken stock or vegetable stock  
2 egg yolks  
½ cup cream (you have to use cream; anything lighter will make the soup watery)

Melt 3 tablespoons butter in a soup pot over medium heat. Add the green onions or ramps and turn the heat to medium-low. Cover the pot and cook gently for 10 minutes. While the onions are cooking, pour the stock into another pot and bring to a simmer. Turn the heat up, add the sorrel leaves and a healthy pinch of salt and stir well. When the sorrel is mostly wilted, turn the heat back to medium-low, cover and cook 10 minutes. Stir occasionally. Mix in the flour and cook over medium heat for 3 minutes. Whisk in the hot stock, stirring constantly. Bring this to a simmer. To finish the soup, whisk together the egg yolks and cream. Temper the mixture by ladling a little soup into the egg yolk and cream mixture, whisking continuously. Repeat this three times. (You are doing this to prevent the eggs from scrambling). Now start whisking the soup. Pour the hot egg-cream-soup mixture into the pot with the soup, whisking all the way. Let this cook — below a simmer — for 5 minutes. Do not let it boil or the soup will break. Serve at once.

### French sorrel and rosemary pesto

2 cups of sorrel (about ½ bunch)- stems removed  
¼ cup pine nuts  
¼ cup of rosemary  
2 cloves garlic  
⅓ cup Parmesan or Romano cheese  
¼ cup of olive oil

Combine all ingredients in a food processor until smooth and well blended. Use pesto on pasta or eat with Italian bread and wine.

## Swiss Chard



This is the most beautiful and one of the most nutritious greens! Swiss chard can be enjoyed as an ornamental plant or eaten!



## Swiss Chard with Red Lentils and Carrots

4 to 6 servings

1 Tbsp. olive oil

1 medium yellow onion, diced

2 cloves garlic, minced

1 cup vegetable stock

1 cup carrots, sliced, reserve a few slices for garnish

1 cup red lentils, cooked

1 cup brown lentils, cooked

2 cups brown rice, cooked

Sea salt to taste

Freshly ground black pepper to taste

¼ tsp. cayenne

2 cups Swiss chard, chopped and steamed

½ cup cherry tomatoes for garnish, sliced

Cook brown rice according to package directions. You will need 2/3 cups dry rice to yield 2 cups cooked. Cook lentils according to package directions. You will need ½ cup of each type of lentil to yield 1 cup cooked. Steam the Swiss chard on medium heat for about 10 minutes.

Heat the oil in a large saucepan over medium heat and sauté the onion and garlic until the onion is translucent. Add the vegetable stock, carrots, lentils, rice, salt, pepper, and cayenne, and simmer, covered for 10-15 minutes.

Place the lentil rice mixture into a mold (small bowl will work), invert onto plate forming a mound, and cover with Swiss chard. Garnish with carrots and tomatoes.