

## Small CSA Contents:

- 1 half gallon apple cider
- 0.5 lb leaf spinach
- 1 bunch swiss chard
- 1 bunch leeks
- 1 head broccoli
- 4 oz brie
- 1 head kohlrabi
- 2 ct winter squash
- Quarter peck pears (4-5)

## Vegan Substitutes

- Braising spinach (bunch)
- Mixed greens

## Large Add-Ons

- Traditional Small Bag plus the contents below
- 2 ct eggplant
- 1 lb ground Italian sausage
- 1 bunch braising spinach (bunch)
- 0.5 lb mixed greens

## Kohlrabi

Kohlrabi is closely related to cabbage and broccoli. Therefore, it can be used very similarly. It can be eaten raw or cooked. Below are some ideas.

Kohlrabi should be peeled to expose the tender inner flesh. Cut the leaves off and save them. You can cook them as well. You will want to blanch or steam them to soften the leaves up. You can eat them steamed. If you want, you may then fry them off as you would swiss chard or spinach with some bacon.

Once you have the inner flesh exposed, try coarsely grating the kohlrabi into a salad or cole slaw. You may also julienne them to use on a veggie tray with dip or just eat as a snack.

For cooking purposes, you may steam the kohlrabi much as you would cabbage or broccoli. Eat it steamed. Or, brush in olive oil and wrap in foil. Grill it for 15 minutes on high heat, unwrap, and finish on the grill for a couple minutes to add caramelization.

## Roasted Kohlrabi

Ingredients:

- 1 large kohlrabi
- 1 tablespoon olive oil
- 1 tablespoon garlic
- Salt and vinegar

Preheat your oven to 450 degrees. Remove the root end, leaves, and peel/slice off the thick outer

layer to expose the inner flesh. Dice the kohlrabi into approximately 0.5 inch pieces.

Toss the diced kohlrabi with olive oil, garlic, and salt. Add some coarsely chopped onion pieces if you like, half way thru roasting. Roast in a roasting pan (not cookie sheet) so that you may toss them over every now and then. You want to cook them until the bottom starts to stick then toss and repeat. It will take about 45 minutes to cook.

After you remove them from the oven, drizzle with balsamic vinegar and serve warm.

## Kohlrabi and Butter

In a thick bottomed skillet, cook diced kohlrabi with butter. As the kohlrabi starts to brown a bit (5 minutes or so), add some onions. Season with salt and pepper and cook until kohlrabi is tender, about 20 to 30 minutes depending on heat. Toss regularly.

For a creamy sauce, either hit the mixture with cream and toss until it thickens. If no cream is available, use reduced fat or whole milk. First, throw in some flour with the kohlrabi. About a tablespoon. This makes essentially a roux to thicken up the milk. Then toss in about a half cup to three quarters cup of milk. Stir until the milk thickens. Serve Kohlrabi with sauce warm.

## Parker's Kohlrabi Slaw

Peel the kohlrabi. Shred it and mix with small apple slices. About 2/3 kohlrabi to 1/3 apple. Toss with some cream, mustard, and a little vinegar. Add onion and parsley (if you like) and season with salt and pepper. Serve chilled.

## Parker's Kohlrabi Soup

Make a soup with your kohlrabi. Create a base of carrot, onion, and celery. You will need about a half cup of each, chopped, per bay leaf and per half teaspoon of thyme.

Sweat the veggies with some butter over very low heat in a covered pan. Be patient. Add peeled, sliced kohlrabi. Add chicken stock to make a soup. When the veggies are very soft, puree the soup in a blender or use a food mill. (Remove the bay leaf first). Season the soup with salt and pepper, and hit the soup with some cream if you want a thicker, creamier texture.

## Mulled Apple Cider

This recipe can be altered as you like. Some stores sell mulling spice packets. You can also do it with stuff from your pantry and cheesecloth.

Ingredients:

- Brown sugar
- Whole cloves
- Allspice
- Cinnamon sticks

In a pot or crock pot, heat the cider until it is steaming, not boiling.

Add brown sugar if you want a sweeter cider. I omit it.

In cheesecloth, wrap about a half teaspoon of cloves, a half teaspoon of allspice, and 2-3 cinnamon sticks depending on how much you like cinnamon. Tie it up tight and add it to the pot like a tea bag.

Let the mulling spices steep in the pot like a tea bag in a cup of water. The longer it steeps the stronger the spice.

Serve warm or, for an adult version, serve with your adult liquor of choice. Rum tends to be the preferred mixer.

## Bosc Pears

Your pears are a variety called Bosc. They are supposed to be dark & ugly. They will continue to ripen at room temp - they will get better with age!

## Allyson's Appalachian Apple Cake

So this past weekend on the farm tour everyone was raving about the apple cake that Allyson made for the dessert. We got this recipe out of a cookbook we picked up at the Tamarack travel center in Beckley WV. The book was titled Appalachian Home Cooking and is one of my favorites. This recipe is very easy and always rewarding.

Ingredients:

- 3 - 4 large apples, peeled, cored, and chopped (depending on size and juiciness, you will want to use 3, otherwise the middle takes too long to cook)
- 1 cup butter, softened, 2 cups sugar, 3 large eggs, 1-2 tsp vanilla, 2.5 cups flour, 1 tsp baking powder, 1 / 2 tsp baking soda, 1 / 2 tsp salt
- Top: brown sugar/ cinnamon to liking

1. Preheat oven to 350 degrees, grease and flour a 13" by 9" pan.
2. Cream butter and sugar in a mixer. When well mixed, mix in eggs one at a time. Add vanilla.
3. Sift together flour, baking soda, baking powder, and salt. STIR this into the butter mixture (no mixer).
4. Using a spatula (or hands - my preference because it can be difficult to get the apples mixed in well with a spatula) fold in the apples until well mixed.
5. Scrape batter into pan and sprinkle with cinnamon and brown sugar to liking. Bake approximately 45 minutes, or until top is brown and toothpick can be removed clean from the center.