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Greetings Inglewood ,

CSA Newsletter, Spring, Week 5

- Italian Basil
- Cutting Celery
- Champion Collards
- Winner Kohlrabi
- Head Lettuce
- Mustard Sprouts
- Tye Spinach

Summer Squash + Zucchini Mix

I'm not one to dwell too much on the farm's failures or be too self-congratulatory when something around here goes well, but hot damn, these kohlrabi and collards are healthy. The ones that spend the least time in the ground from planting to bulbing up are always the tenderest and sweet, and these kohlrabi are right where you want 'em. If the kale chips in week 2 were your first rite of CSA passage then kohlrabi week is the second gate on your travels to the organic vegetable promised land. Don't worry, we brought a recipe.

Everything's still a bit leafy at this point but I'm enjoying it as long as I can. Word on the street is that it's gonna be kinda hot and humid outside soon and none of this stuff will be with us too much longer. This week's box sorta bridges the gap between spring and summer. Some spring roots and some summer fruits. Everyone's getting a small mix of summer squash and zucchini. If you're lucky enough to get a star-shaped one or two, know that it's called a patty pan and use it the same way you would the long slender ones.

Vegetable of the Week: Cutting Celery + Kohlrabi

This week's a twofor. First up, the cutting celery.

Celery's grown one of three ways: for the roots (celeriac), the stalks (what we call "celery") or the leaves (cutting celery). In other parts of the world, leaf celery is favored over stalk celery for it's bolder flavor. If you were to ask Farmer Fabrizio for 'celery' at a market in the Mediterranean he'd probably hand you a bunch of cutting celery. It'll wilt quickly if left to the elements so if you don't get to it right away wrap it up in a paper towel and Ziploc bag it in the fridge. When you're ready to use it, try it in soups, stocks or as a salad topping.

Kohlrabi's sorta cabbage, broccoli, cauliflower and kale's little weirdo sibling. I remember somebody telling me that it was first cultivated by some monks on some mountain, somewhere, but a quick Google search hasn't turned up anything to substantiate that, so I'll stick to the facts. You can eat it raw or cooked. The leaves can be used like kale or collards or any other cooking green (sautéed, braised, juiced...) and the flesh of the bulb can be sliced over a fresh salad or cut up and sautéed in garlic and oil. I imagine that a kohlrabi is what might happen if a potato and an apple shacked up. You can take it sweet or you can go savory. The only part I wouldn't eat is the skin of the bulb and the base of the leaves. The skin won't really soften much when you cook it.

Recipes:

Hopefully everyone in your house has already had their bout with whatever it is that comes around every spring and knocks us all out of commission for a few days, but in case they haven't, this soup's a simple, easy way to get a lotta good veggies into an upset stomach.

'Get Well' Spring Vegetable Soup

6 cups chicken, beef or vegetable stock
 5 tbsp. tomato paste
 3 zucchini or summer squash, washed and quartered
 1 ½ cups fresh or frozen (just not canned) green beans
 1 ½ cups cutting celery
 4 tbsp. parsley
 1 tsp. paprika
 Salt + pepper
 Herbs, to taste (oregano, thyme, rosemary, whatever you like)

- 1) Combine stock and tomato paste, whisk and simmer 5 minutes
- 2) Add vegetables, simmer ~10 minutes
- 3) Once veggies are tender, stir in herbs and season to taste.
- 4) Serve the soup as is or let it cool and blend it up in a food processor/blender to give it a smooth texture.

Once that belly's all healed up go ahead and add some dairy back into that diet. I'm talking some heavy, Julia Child dairy - crème fraiche...

Kohlrabi Turnip Gratin

2 medium-sized kohlrabi bulbs, sliced
 1 bag/bunch turnip roots, sliced
 1 cup crème fraiche
 ½ cup white wine
 1 tbsp. Dijon mustard
 Handful bacon bits, fried to crisp (optional)(encouraged)
 Salt + Pepper

- 1) Pre-heat oven to 200 degrees.
- 2) Simmer crème fraiche and wine in large sauté pan for 2-4 minutes. Season with salt + pepper and add mustard.
- 3) Add vegetables and cook ~5 minutes. Add some of the bacon, if using.
- 4) Transfer to baking/gratin dish and bake 20-30 minutes, until brown and bubbling.
- 5) Top with bacon.

Collard Greens

Chopped collard greens
 Minced Garlic
 Butter/ Pecan Oil

- 1) Sauté minced garlic and chopped collards in butter/ pecan oil.
- 2) Salt + Pepper to taste.

Have a great week!

Upcoming Farm Events:

[Inglewood Mother's Day Dinner](#), Sunday, May 11th 5:00pm

[CSA Member Workshop 1: Fermenting With Matt & Trayce](#), Tuesday, May 13th 6:30pm

[CSA Member Workshop 2: Pick Your Own Strawberries](#), Tuesday, May 20th 6:30pm

[CSA Member Workshop 3: Cooking With Chris and Jacque](#), Tuesday, May 27th 6:30pm

[CSA Member Workshop 4: Canning With Arlene](#), Tuesday, June 3rd 6:30pm

CSA Member Bash, Saturday, June 7th 6:00pm

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