



Group B Week 2

We had rain every day this week. Not too much for most things, but the strawberries don't like rain when they are ripening so unfortunately, they didn't make it. Everything else is superb though! We stuffed the box this week with deliciousness :) Please enjoy ~

What's in the box?

Kohlrabi, Fennel, Head Lettuce, Napa Cabbage, Radishes, Asparagus, Carrots, Chard, Snow Peas or Snap Peas, Rhubarb, Mini Onions, Scallions, Garlic Scapes.

Baby Bulb Fennel - bag and store in refrigerator. Smells like licorice, the leaf can be used as a garnish or added to salad dressing, replace for dill in most recipes nice addition to desserts. Can also make an ice tea. Steep in just boiled water for 5 minutes and add ice. Bulb can be grated into stir fry and salads. Nutritionally high in vitamins A and calcium, potassium and iron; low in calories. We only put one of each Fennel and Kohlrabi. For those sharing there will be more in the future so you can flip a coin for who gets what ;)

Purple and/or Green Kohlrabi with green tops. Store leaves and globe separately. Use greens within 5 days, globes will last for over a month. Bag Leaves, store all in refrigerator. High in vitamins A and C and minerals potassium and calcium. Use greens like kale or chard, can remove rib if you want. Peel globe and add to salad, stir fry, blanch, steam, mash, or even stuff! They are very fun, yummy and versatile!

Asparagus - This is the last Asparagus harvest. Nutritionally, raw asparagus ranks high in vitamins A, B-complex, and C and rich in minerals potassium and zinc. Cooking asparagus loses some of the nutrition but still delicious. So, cook lightly. Suggestions - raw sliced in a salad, stir-fried with greens, or roasted: 425 for 10 mins. Mix olive oil, salt and pepper with the asparagus then place on cookie sheet. Stand upright in a $\frac{1}{2}$ " of water in a cup in your fridge for maximum shelf life.

Rhubarb - This is the last Rhubarb harvest. bag and store in refrigerator high in vitamins A and C and many minerals, particularly calcium. Blood purifier and digestive aid.

Dice into salads, hot or cold cereal raw for tart flavor (I LOVE Rhubarb).

Chop Rhubarb, sweeten with sugar or honey and bake 30 min at 375.

Simple Sauce: Chop Stems into 1" chunks, cook in small amount of water with sweetener of your choice to taste. When fibrous stalks become stringy and mushy, done. Can be frozen raw as well.

Radishes - Radishes - bag and store in refrigerator. Root - traces of potassium, phosphorous, magnesium and iron. Leaf - excellent source of vitamins A, C and the B's. blood cleansers and digestive aids. Add to mixed salad or grate and add your favorite salad dressing. Stir fry or steam, as well. Short shelf life. Use within 3-4 days.

Scallions aka Green Onions - no bag in refrigerator. Onions strengthen the bodies health. Great with every meal. Some people are sensitive to raw onions (as am I) but they are delicious and easily digested cooked till translucent. Tops can also be used.

Green Garlic - no bag in refrigerator. Green Garlic is a fresh, mild, young garlic plant. Use like scallions or garlic in any recipe. Garlic strengthens the bodies health. The raw bulbs are the most potent as medicine.

Head Lettuce - bag and store in refrigerator. Have you ever tried Lettuce Soup? If you have a hard time falling asleep at night you may want to try some. It is amazing! Basically, wilt the lettuce in a simple broth. Broth - Finely chopped Scallion and Green Garlic, heat 1 T of oil (ghee, vegetable, or seed oil) add scallions and garlic saute till turning translucent then add 1 cup water and 1 packed cup of chopped lettuce. Bring to boil and then cool with an icecube (if you want). 1 Serving size. You will be amazed. Otherwise enjoy a crisp, fresh salad.

Snap Peas or Snow Peas- store in refrigerator. Excellent source of vitamins A,C, K and the B's. High in minerals iron, potassium, and phosphorous. High- protein, carbohydrate and fiber. Eat raw whole or chopped in salad or plain. Cook for under 2 min's in stir fry. Enjoy within a few days. Both are very similar in how to cook. Both are good raw but snap peas are more tender in salads.

Bunched Carrots - Greens can be used like parsley, high in Vitamin A and beta carotene, fiber, calcium, potassium and other trace minerals. Best raw! Separate greens for storage. Greens can be dried - hung upside down out of sunlight for later use. Carrots store in bag in refrigerator.

Rainbow Chard- store in bag in refrigerator, best to use within 4 days. High in chlorophyll, vitamins A, E and C, raw or slightly cooked. In salads, steamed or boiled for

under 10 minutes.

Napa Cabbage - bag and store. Thick juicy stalks and bright green leaves. small amounts of vitamins A and C along with fiber and very few calories. Remove outer leaves only before use because they protect the moisture and quality. Will store for more than 2 weeks. Has a Romaine Lettuce look but different. Can be added to salad and used as romaine but great in stir fry.

Hearty Summer Salad.

Chop Fennel, Kohlrabi, a few carrots, a few radishes, and a 2-3 inch piece of rhubarb into thin slices. Place chopped lettuce or finely chopped Napa Cabbage first on the plates than add the slices on top. Make a quick salad dressing with 1 part balsamic vinegar (or any favorite vinegar) 1 part favorite oils (I mix toasted sesame oil and sunflower seed oil) 1 part tamari or soy sauce. For a little more spice shake in some pepper. Put in a container you can close up and shake. Then sprinkle on salad. Delicious!

Happy Eating ~