

Hi there,

I had a member question about how we choose our featured veggie and why some folks don't receive that veggie on the week it is featured. Sometime I forget that you don't know our inner workings and systems! Here's the answer I gave so all of you can understand how we do things.

The veggies we choose to feature are ones you will see a lot of throughout the season or in the coming weeks. We try not to burn people out on one veggie, so we have a constant rotation going of who gets what each week that alternates share sizes, day of delivery, and on-farm pick up vs. delivery. We try to make certain everyone gets everything at least once, but that no one gets the same things all the time.

That said, sometimes there are items like lettuce that you will see each week until the season is over because the season is short and abundant, and because we actually have enough to fill 540 shares each week.

I hope that clarifies things for anyone who was wondering! Any more questions out there?

Happy eating!
becky

IN THE BAG
Potomac Vegetable Farms
Week 4: June 24, 2014
Featuring Kohlrabi and Fennel

Here is a list of what you may find in your bag this week. Things change from day to day, so sometimes what's on our list is not exactly what you get. Don't be alarmed!

Mini: squash, garlic curls, cucumbers, onions, kohlrabi, fennel, kale, lettuce, chard

Regular: squash, garlic curls, cucumbers, onions, kohlrabi, fennel, kale, lettuce, leeks, Thai basil, pea shoots

Robust: squash, garlic curls, cucumbers, onions, kohlrabi, fennel, kale, lettuce, leeks, chard, Thai basil, cooking celery, pea shoots

Everything should be stored in the fridge--even your onions. Check out this great post by blogger Food In Jars about storing produce without plastic: <http://foodinjars.com/2014/05/storing-fresh-produce-without-plastic-bags->

[giveaway/](#).

If you have trouble figuring out what you brought home, refer to our [ID That Veggie](#) section of the website. We try to keep it updated with what's available to you.

Want to reference a past week's newsletter? Take a look at the [newsletter archive](#).

Chard is a leafy green belonging to the same family as beets and spinach. The flavor is of a robust, slightly salty spinach. To cook, slice up the stems, throw them in the sauté pan first, and then add the leaves. Chard is ridiculously good for you, high in vitamins and minerals like vitamin K, vitamin A, vitamin C, magnesium, manganese, potassium, iron, vitamin E, dietary fiber, calcium, vitamin B2, vitamin B6, protein, vitamin B1, zinc, folate, and niacin. Use it as a side dish, sauté with mushrooms, have it instead of spinach on pizza, mix it in with your eggs... the possibilities are endless.

Cooking Celery has a strong celery flavor and is a bit more fibrous than stalk celery. It is great chopped and cooked. Use it to start your soups and stews in the mirepoix (50% carrots, 25% onions, 25% celery). Chop it up fine and use it as an herb. Chop it and freeze it to use all winter. It's fantastic!

Garlic curls (or “scapes”) are the tender flower stalks that grow out of the middle of hardneck garlic before the garlic bulb below is fully grown. We break them off so that the plant can devote its growing energy to the storage bulb and not to making flowers and seeds. The garlic curl season is about three weeks long, so if you like the pesto recipe we attached, you could freeze some in ice cube trays, and store the cubes in a freezer bag to enjoy later in the season. They are delicious as an ingredient in scrambled eggs (just slice into small bits and sauté them first) or any stir fry or quiche. They are also very tasty when grilled or roasted whole.

Kale, a broad, leafy, robust-stemmed green, is a form of cabbage and in the Brassica family. It is used worldwide, and can be sautéed, stewed, steamed, frozen, or even used raw in green smoothies or when young and tender in salads. Kale is a super food, high in antioxidants, vitamins K and C, calcium, beta carotene, and iron. Use it in any recipe that calls for leafy greens.

Leeks are in the same family as onions and garlic. Chop and eat the white onion-like base and the light green stalk. Leeks have a mild, oniony flavor, less bitter than a scallion and sometimes with a hint of sweetness. They're wonderful with eggs, in a risotto, with potatoes, or with fish and chicken.

Lettuce: It is full-on lettuce season. Leaf lettuces (not iceberg) are an [excellent](#)

[source](#) of vitamins A, K, C, and B-complex, beta carotene, and folate. They also contain good amounts of iron, calcium, potassium, and magnesium. Regular inclusion of lettuce in salads is known to prevent osteoporosis, iron-deficiency anemia, and believed to protect from cardiovascular diseases, ARMD, Alzheimer's disease, and cancers.

Store lettuce and salad greens in a plastic bag, not tightly closed, in the crisper drawer. Try to wash them just before using. We recommend soaking lettuce in a sink of cold water. The dirt will sink while the leaves rise to the top. For heads of lettuce, twist or cut off the stem and separate the leaves before washing. Fill the sink or a large bowl with cold water. Plunge in the leaves and swish them around. Lift the leaves out of the water to a colander and check the bottom of the sink or bowl. If there is any sand or grit, discard the water and repeat the process.

Swiss Chard is a leafy green belonging to the same family as beets and spinach. The flavor is of a robust, slightly salty spinach. To cook, slice up the stems, throw them in the sauté pan first, and then add the leaves. Chard is ridiculously good for you, high in vitamins and minerals like vitamin K, vitamin A, vitamin C, magnesium, manganese, potassium, iron, vitamin E, dietary fiber, calcium, vitamin B2, vitamin B6, protein, vitamin B1, zinc, folate, and niacin. Use it as a side dish, sauté with mushrooms, have it instead of spinach on pizza, mix it in with your eggs... the possibilities are endless.

Thai basil has a bit more assertive mint or licorice flavor than the standard basil you're used to eating. Give it a try in a curry, add it to a light soup to give it a zip, give your tomato mozzarella salad a little oomph, or sauté it with beef, chicken, shrimp, or tofu to add an unexpected flavor.

Featuring: Kohlrabi and Fennel

Kohlrabi is a member of the cruciferous (cabbage) family. The tops are edible -- they are very cabbage like--and can be cooked in the manner of any tough green. The bulb has an incredibly crisp texture, similar to a water chestnut, and a flavor reminiscent of broccoli stems or cabbage hearts, but slightly sweeter. It can be braised, boiled, stuffed, sliced, scalloped, steamed, julienned, roasted, and sautéed. You can grate it into slaw, toss it into salads, slip it into soups and stews, snack on it raw with dip, and stir-fry it. You can even wrap it in foil and grill it. Be sure to peel your kohlrabi—the outer skin is very tough.

Kohlrabi bulbs will keep in your refrigerator's veggie drawer for several weeks. Note that the bulbs tend to become woodier the longer you store them. Remove the leaves before storing and store them separately, as they lack the staying power of the bulb.

Kohlrabi, like many of its Brassica brethren, [are pretty darn good for you](#). It is very high in vitamin C and fiber, and is a good source of vitamin B6 and potassium. It's also fairly high in minerals, including copper and manganese. There seems to be a significant link between cruciferous vegetables and cancer

prevention. Several of the phytochemicals found in the Brassica family have been found to inhibit cancer growth. Frequent consumption of the vegetables has also been found to prevent some cancers, including oral cancer, esophageal cancer, breast cancer, bladder cancer and kidney cancer.

Fennel is commonly associated with Mediterranean cooking. It is a highly aromatic and flavorful herb with both culinary and medicinal uses. Both the bulbs and the feathery fronds can be eaten raw and cooked. The leaves are delicately flavoured and similar in shape to those of dill. The bulb is a crisp vegetable that can be sautéed, stewed, braised, grilled, or eaten raw. The leaves used in soups and fish sauce and sometimes eaten raw as salad. Fennel has a slightly sweet, crunchy, anise or licorice flavor, with the bulbs more strongly flavored than the fronds.

It's high in vitamin C, fiber, potassium, and manganese. Like many of its fellow spices, fennel contains its own unique combination of phytonutrients—including the flavonoids rutin, quercetin, and various kaempferol glycosides—that give it strong antioxidant activity. The most fascinating phytonutrient compound in fennel, however, may be anethole—the primary component of its volatile oil. In animal studies, the anethole in fennel has repeatedly been shown to reduce inflammation and to help prevent the occurrence of cancer. (Source: WHFoods.com)

Recipes

Spicy Kohlrabi Noodles: <http://www.potomacvegetablefarms.com/recipe/spicy-kohlrabi-noodles/>

Kohlrabi with White

Sauce: <http://www.potomacvegetablefarms.com/recipe/kohlrabi-in-white-sauce-stielmus/>

Kohlrabi Home Fries: <http://www.potomacvegetablefarms.com/recipe/kohlrabi-home-fries/>

Kohlrabi Chips: <http://www.potomacvegetablefarms.com/recipe/kohlrabi-chips/>

Easy Asian Kohlrabi Slaw Recipe with Carrots and Beets:

<http://www.potomacvegetablefarms.com/recipe/easy-asian-kohlrabi-slaw-recipe-with-carrots-and-beets/>

Kohlrabi Salad: <http://www.potomacvegetablefarms.com/recipe/kohlrabi-salad/>

Creamy Kohlrabi Carrot Soup:

<http://www.potomacvegetablefarms.com/recipe/creamy-kohlrabi-carrot-soup/>

Kohlrabi Gratin with Shallots and Garlic:

<http://www.potomacvegetablefarms.com/recipe/kohlrabi-gratin-with-shallots-and-garlic/>

Roasted Fennel and Israeli Couscous

Salad: <http://www.potomacvegetablefarms.com/recipe/roasted-fennel-and-israeli-couscous-salad/>

Giant Lemon Fennel Beans:

<http://www.potomacvegetablefarms.com/recipe/giant-lemon-fennel-beans/>
Fennel Frond Pesto: <http://www.potomacvegetablefarms.com/recipe/fennel-frond-pesto/>
Grilled Fennel with Balsamic: <http://www.potomacvegetablefarms.com/recipe/grilled-fennel-with-balsamic/>
Fennel and Raisin Salad with Walnut Croutons: <http://www.potomacvegetablefarms.com/recipe/fennel-and-raisin-salad-with-walnut-cROUTONS/>
Celery and Fennel Gratin: <http://www.potomacvegetablefarms.com/recipe/celery-and-fennel-gratin/>
Shaved Fennel Salad: <http://www.potomacvegetablefarms.com/recipe/shaved-fennel-salad/>
Cumin-Fennel Rubbed Salmon with Fennel-Parsley Salad: <http://www.potomacvegetablefarms.com/recipe/cumin-fennel-rubbed-salmon-with-fennel-parsley-salad/>
Lemon and Fennel Risotto: <http://www.potomacvegetablefarms.com/recipe/lemon-and-fennel-risotto/>

Preserving Kohlrabi

Freeze it.

Essentially, blanch it for 3 minutes, drain, and pack in freezer containers. Freezing will maintain the quality of the texture and flavor. Use it in casseroles and soups later.

Pickle it.

Shredded Kohlrabi Quick Pickle:

<http://www.serious-eats.com/recipes/2011/11/shredded-kohlrabi-quick-pickle-recipe.html>

Quick Kohlrabi Pickles: <http://hungrytigress.com/2012/07/quick-kohlrabi-pickles/>

Quick Purple Kohlrabi Pickles:

<http://www.modernbeet.com/archives/138/comment-page-1>

Pickled Kohlrabi (dill, canned): <http://www.grit.com/departments/pickled-kohlrabi-recipe-zm0z12maznem.aspx>

Honey Pickled Kohlrabi: <http://www.rebeccawood.com/recipes/fermented-foods/honey-pickled-kohlrabi/>

Ferment it.

Sauerruben (turnip slaw): <http://theslowcook.blogspot.com/2007/12/dark-days-making-sauerruben.html>

Lacto-fermented Kohlrabi Kraut: <http://www.culturesforhealth.com/lacto-fermented-kohlrabi-kraut-recipe>

Lacto-fermented Kohlrabi Pickles with Dill and Mustard:

<http://www.culturesforhealth.com/lacto-fermented-kohlrabi-pickles-dill-mustard>

Fermented Dilly Kohlrabi Chips:

<http://growitcookitcanit.com/2012/07/02/fermented-kohlrabi-chips/>

Kimchi: <http://hungrytigress.com/2011/07/kimchi-primer/>

Preserving Fennel

Freeze it: <http://www.preservingyourharvest.com/FreezingFennel.html>

Dry the fronds: <http://food52.com/blog/6027-fennel>

Pickle it:

Grated Fennel Relish: <http://www.potomacvegetablefarms.com/recipe/grated-fennel-relish/>

Pickled Fennel: <http://italiannotes.com/preserved-fennel/>

Pickled Fennel with a Hint of Vanilla:

<http://oddsandhens.com/2013/05/13/pickled-fennel-canning-recipe/>

Pickled Fennel with Orange: <http://two-taste-buds.blogspot.com/2012/07/pickled-fennel-with-orange.html>

Quick Pickled Fennel with Orange: <http://www.seriousseats.com/2012/02/in-a-pickle-quick-pickled-fennel-with-orange.html>

Make Marmalade: <http://www.tomatomountain.com/recipe-fennel-marmaladewhat-i-really-like-making-with-fennel-is-what-i-call>

Candied Fennel Stalks and Fennel Frond Salt:

<http://loalkitchenblog.com/2014/01/17/candied-fennel-stalks-fennel-frond-salt/>