

Hi all,

Please take a minute to support a film about CSA pioneers. [Find out how!](#) *The Last Crop* is a tribute to the Mains who, like you, have altered the status quo between farmer and food consumer through CSAs. It is a CALL TO ACTION to ensure that farmland will be affordable to our next generation of CSA farmers.

Last week, I roasted my acorn squash, cut side up and coated with olive oil, at 375 until fork tender. Then, I carmelized some onion and added to it hot italian sausage, sage, and turnip greens. I stuffed the squash with the sausage mix, topped with shredded cheese, and popped them back in the oven for 10 minutes. It was delicious! What are you doing with your shares these days?

Enjoy this week's fall weather!

Happy Eating!
becky

IN THE BAG
Potomac Vegetable Farms
Week 3A: October 6, 2013
Featuring Kohlrabi

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: butternut squash, bok choy, kohlrabi, peppers, red Mizuna mustard, arugula, eggplant, garlic

Regular: potatoes, sweet potatoes, bok choy, Hakurei turnips, peppers, spinach, red Mizuna, arugula, eggplant, garlic

Robust: butternut, sweet potatoes, bok choy, Hakurei turnips, radishes, peppers, spinach, red Mizuna, arugula, eggplant, garlic, beets

Garlic, potatoes, sweet potatoes, and butternut should go in a cool, dark place. Summer squash goes on your counter. Everything else should go in the fridge to keep it happy.

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](#).

Arugula is a zippy, peppery green in the cruciferous family of vegetables (also known as the Brassicas). It's popular in Italian cuisine, grows wild in Asia and the Mediterranean, and can be traced back to Roman times where it was used for its seeds and oils. It can be eaten raw in salads or cooked. Arugula has become a popular ingredient in salad mixes. If you find its flavor too pungent, try cooking it to tone down the taste. It is an excellent source of vitamins A and C, folic acid, calcium, magnesium, and manganese.

Bok choy is a Chinese cabbage with white stalks and round green leaves. The flavor is slightly sweeter than traditional cabbage, and you'll find it to be a bit more delicate and

juicy. It can be eaten raw, steamed, stir fried, braised, or used in soups. It is high in calcium and vitamins C and A.

Butternut Squash originates in or around Mexico. It is a type of winter squash with a sweet, nutty flavor similar to a pumpkin. In fact, it makes a delicious pumpkin pie. It can be roasted, grilled, pureed, and used for baking. The seeds can be toasted and eaten, and the skin can also be eaten when softened by cooking. It's high in vitamins A and C, fiber, manganese, magnesium, and potassium.

Hakurei Turnips are a small, white, gourmet variety of turnip, popular in Japan. They are tender and sweeter than most varieties so can be enjoyed raw. You may also use them in stir fries, soups or with other baked root veggies.

Mizuna is a Japanese mustard green with a mild mustardy, peppery flavor. They can be eaten raw in salads, lightly sautéed, steamed, or put in soups just before serving. They can also be used as a zippy replacement for spinach in almost any recipe. Mizuna is super high in vitamins A, K, and C, and high in folate and manganese. As with many greens, it's a super food with great antioxidant properties. I like them lightly sautéed on low heat with a touch of butter. So simple, but so good!

Sweet Potatoes are large, starchy, sweet tasting, tuberous root vegetables that are actually only distantly related to the potato family. They are in the Convolvulaceae family, whose other member, the morning glory, we fight in the fields as a very successful weed. They are high in complex carbohydrates, vitamins A, C and B6, manganese, dietary fiber, and potassium. They're also high in antioxidants. Sweet potatoes can be baked, roasted, pureed, and used in soups. Personally, I like them cubed, tossed with olive oil and chili powder, and roasted in the oven until just starting to crisp. Sweet and spicy... Yum!

Featuring: Kohlrabi

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.

Recipes

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/>

Celeriac and Kohlrabi Rösti: <http://www.potomacvegetablefarms.com/recipe/celeriac-and-kohlrabi-rosti/>