

Hi Everyone,

After the nearly 4 inches of rain we got the weekend before, we were really glad that all the predictions of wild weather did not come true here last week. The plants are all in excellent condition, things are growing at a nice pace, and the menu continues to grow week by week. We can't remember another June that has had such pleasant working weather. The workers are thrilled, although the tomato plants could use a bit more heat. We're sure it is coming soon!

Farm Notes is attached. Be sure to give it a read!

Happy eating!

In The Bag **Week 3: June 18, 2013** **Featuring 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: kohlrabi or Hakurei turnips, cabbage, lettuce, squash, beets, fennel, parsley

Regular: chard, garlic curls, radicchio, lettuce, Scarlet Queen turnips, squash, fennel, parsley, arugula

Robust: chard, kohlrabi, garlic curls, cabbage, radicchio, lettuce, squash, beets, fennel, parsley, arugula

If you have trouble figuring out what you brought home, go ahead and 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.

Beets are the two-meals-in-one vegetable: You can eat the beautiful roots AND you can sauté up those leafy greens. They belong to the same family as chard and spinach. Beets are fantastic boiled or roasted and then put over a salad, or grilled (wrap whole beet in foil, drizzle with olive oil, and stick them on the grill for about an hour) as a side dish. Beet greens are a bit earthier in flavor than chard or spinach, but still in the same vein. You can sauté them up with a little olive oil and garlic and serve them over some ravioli. The sweet ricotta balances the earthy really nicely. Beets are high in folate, manganese, potassium, vitamin C, and iron.

Cabbage, in the Brassica family, seems to have a bad reputation. No one knows what to

do with cabbage (aside from corned beef and cabbage or sauerkraut, that is). With such a longstanding history as a staple throughout the world, there is plenty to do with this gem. Its sweetness is enhanced by quick-cooking methods like stir frying or light steaming. It can also be cooked longer in soups and stews and give a richness to the broth. It keeps very well in the refrigerator or the root cellar and is an excellent source of vitamins K and C, and high in dietary fiber, manganese, folate, and vitamin B6. Scientists have also found that a certain component of the cruciferous vegetable family, sulforaphane, helps stimulate enzymes that guard against the development of cancerous tumors (Greens Glorious Greens, Johnna Albi and Catherine Walther, page 59).

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.

Hakurei Turnips are a small, white, gourmet variety of turnips, 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. Remember to eat the greens!

Kohlrabi, a stout member of the cabbage family, has a flavor reminiscent of broccoli stems or cabbage hearts, but slightly sweeter. It can be eaten raw, as a nice slaw, a crunchy and juicy addition to your salad, or sliced thin on sandwiches. It is a purple or green bulb--almost space ship in shape--with tall, collard-like leaves. Be sure to peel your kohlrabi—the outer skin is very tough.

Radicchio is a leaf chicory, also known as Italian chicory, that grows in a head like lettuce. It has bright magenta and white leaves and tends to be both sweet and bitter. It dresses up a salad nicely, is excellent grilled and then brushed with a bit of olive oil and salt or a favorite vinaigrette. It is fantastic alongside other grilled vegetables and polenta, or poultry.

Scarlet Queen turnips have a bright, dark pink exterior and stark white interior. They're bigger than the Hakurei and have a stronger, more towards a classic turnip flavor. They're also great raw or cooked. Turnip greens are one of the most nutritious greens you can eat. They're a bitter green--remember last week's phytonutrient lecture--sometimes with a peppery kick and are best cooked to tone down their assertiveness. Turnip greens are super high in calcium, and an excellent source of many vitamins, including K, A, C, E B6, folate, manganese, fiber and copper, and full of cancer-fighting phytonutrients. The turnip root is also rich in phytonutrients as well as a very good source of vitamins C, E, K, B2, B6, B9, and magnesium and potassium.

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.

Featuring Fennel

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

If you're looking for recipe ideas, check out our [website](#)! Type the vegetable name into the search box. We're constantly adding new goodies as we find them!

[Grilled Fennel with Balsamic](#)

[Fennel and Raisin Salad with Walnut Croutons](#)

[Celery and Fennel Gratin](#)

[Shaved Fennel Salad](#)

[Cumin-Fennel Rubbed Salmon with Fennel-Parsley Salad](#)

[Lemon and Fennel Risotto](#)

[Grated Fennel Relish](#) (for the canners among you)