



SUNSHINE IN A BOX



SOLAR FRESH

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This week I have been working on tidying up the farm as the field day fast approaches this weekend. It is always nice to welcome CSA members out and it helps motivate me to tie up some loose ends and tackle certain projects like installing trellises for tomatoes and cucumbers. Even though the weeds are plentiful, I am excited to have everyone out and hope you can make it Saturday!

Summer vegetables are still slow going but I'm feeling encouraged by the plant health and hopeful that everything will catch up soon.

In the next couple of weeks I will hopefully get some fall beet and carrot plantings going once I am able to prep some beds from some spring crops that have been harvested. I also need to make room for fall cabbage, broccoli and a few other plantings.

Solar Fresh Field Day 2019!

Where: 1370 Eckert Ave SE

When: Saturday July 13th
11:00am-2:00pm

Who: CSA members and their families!

RSVP to Sarah
@solarfreshproduce@gmail.com

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Week 5 Produce

Summer is here, summer veggies will be coming soon.

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Week 5 Produce

Basil: My favorite herb to grow and eat. Basil stores best in a warmer spot in the fridge or even on the counter in a glass of water. To garnish foods, stack basil leaves and roll together and slice into ribbons. Basil can also be dried for use later—set oven at the lowest temperature and dehydrate in the oven until dry and dark green. Store in a ziplock bag (don't forget to label it). You can also chew on fresh basil leaves after a meal to freshen your breath and settle your stomach.

Baby Green Top Beets: Baby roots can be used but don't overlook the greens (they are similar to swiss chard). Try using the recipe below to combine with other greens like lambs quarter.

Lambs Quarter: This wild edible is nutritious and tangy. Add to fresh salads, use for juicing, or cook along with beet greens or alone.

Mixed Greens: Borage flowers for courage.

Dill: The flavor of dill pairs well with kohlrabi and beet green dishes. Finely chop to sprinkle on salads with basil for a fresh herb flavor. Try the quick pickle recipe below.

Kohlrabi: A bumper crop of kohlrabi this spring! Remove tops and discard or store to use similar to kale. Peel the tough outer skin. From here you can slice to eat raw or cook. Try the pickled kohlrabi recipe below.



Recipes

Quick Pickled Kohlrabi and Garlic Scapes

For the brine:

1 cup water
1 cup white or apple cider vinegar
1 tablespoon salt
1 teaspoon sugar
1 teaspoon coriander seed

1 teaspoon mustard seed
1 tablespoon fresh dill sprigs

Kohlrabi
Garlic Scapes

To make the brine: Combine all ingredients except dill in a heavy pot and cook until simmering. Add dill at the end just before pouring brine over vegetables

To prepare the kohlrabi: Peel and slice the kohlrabi in quarters. Slice quarters about ¼ inch thick. You can either leave as kohlrabi chips or slice into matchsticks.

Pack raw garlic scapes and kohlrabi in alternating layers in a canning jar or other container, leaving garlic scapes whole and curling them around. Once the container is packed, pour hot brine over vegetables. Transfer to the refrigerator and allow to cool with the lid off. Once the brine is cool, screw lid on tightly. Pickles will store for several weeks.

Spicy Garlic Greens

1 bunch of beet greens
1 bunch of other cooking greens (kohlrabi tops or lambs quarter would work for this)
1 tablespoon olive oil

4 garlic scapes, minced in a food processor or with a knife
¼ tsp crushed chili pepper flakes
Salt and pepper
Lemon wedges to garnish

Bring to a boil a large pot of salted water. Add the greens and cook, uncovered, until tender (beet greens will take slightly longer than lambs quarter). Drain and blanch immediately in ice water for several minutes until cold. This will stop the cooking process. Drain well and coarsely chop.

Heat the olive oil in a large skillet over a medium heat. Add the garlic scapes and pepper flakes. Cook for about a minute, then stir in the greens and sauté them lightly until heated through. Serve with lemon wedges. (Cornell, 2014)

References

Cornell, L. (2014). *Super Greens*. New York: Regency House Publishing Limited.