

Dear Member,

Extremes once again, but this time it has been all hot weather. Today the humidity has lifted and it is a beautiful summer day. Wish they would all follow in this manner with a day a week of rain. Perfect weather patterns just are not reality and I'm sure we will have sweltering hot and dry days again this summer.

Last year a member requested more cabbage. We planted more cabbage this year and we have all colors, shapes and textures. This week there is Ruby Red Perfection Cabbage in your share. Also new this week is the Kohlrabi. There are white and purple Kohlrabi and they both taste much the same. I think that it is really good sliced and steamed with a bit of sour cream and dill. The Roma Beans are the last of the green beans for this season. They are a larger bean. You will also receive the first of the slicing tomatoes. Enjoy. Pete and Deb

Vegetable Shares Include: Fennel-1 head Slicing tomato-1 Red Cabbage-1 head Kohlrabi-1 bunch
Roma Beans-1 pound or 1 quart basket Summer Onions-1 bunch Sun Gold Cherry Tomatoes-1 basket
Black Bell Eggplant-1 Peppers: Green Bell-2, Biscayne-2, Lilac-4 Dill-1 bunch
Optional Fruit Share Regional: Apricots, Nectarines and Peaches

KOHLRABI

- **Storing:** Remove the leaves before storing. Store the kohlrabi bulbs in a perforated plastic bag in the crisper. They will keep for able 5 days or more.
- **Preparing:** Kohlrabi may seem a bit daunting at first glance. However, you'll quickly see that preparing kohlrabi globes or bulbs is fairly easy. First, trim the stems and leaves from the globe. The edible part is the pure white globe inside the outer "leafy" skin that must be removed before or after the kohlrabi is cooked. Slice and steam. Add fresh tarragon, butter, salt and pepper.
- **Suggestions:** Young Kohlrabi can be served slightly blanched and sliced as part of a crudite platter. Chilled, roasted or braised, kohlrabi serves as an interesting accompaniment to roasted meats. Thinly sliced or chopped, kohlrabi adds an interesting turnip-like flavor to soups and stews. Like cauliflower, kohlrabi combines well with cream and various cheese sauces.

FENNEL

- **Preparation** -Most fennel bulbs are sold with the stalk still attached, so they will need to be removed before preparation. After removing the stalks, slice off the top and bottom of the fennel bulb. The outermost layer of the bulb should also be removed if the bulb is large or if its skin is bruised or split. Next, slice the trimmed bulb in half lengthwise, and cut the halves into wedges for braising, or thin crescents for salads. The halves can also be diced as you would an onion or celery stalk. Don't throw away the stalks or leaves. Chefs use the stalks in soups and stews to add flavor and use the feathery leaves as an herb, similar to parsley. The leaves are particularly good with fish baked in parchment. You can also wet the fronds and stalks and throw them on the grill in lieu of wood chips. In addition to fish, they add excellent flavor to poultry, pork, and lamb.

Oven-Fried Eggplant

1 medium eggplant (about 1 lb.) 3 tablespoons mayonnaise 3 tablespoons water 6 tbsp. grated parmesan cheese
1/4 cup Italian-seasoned bread crumbs

Cut skin off of the eggplant and slice in 3/8 to 1/2 inch slices. Put in ice water for 15-20 minutes. Blend mayonnaise and water together. Mix parmesan cheese and seasoned bread crumbs. Take the eggplant out of ice water and blot dry. Dip in mayo, then in bread crumbs. Arrange eggplant in a single layer on a nonstick baking pan. Bake in a preheated oven 475° F. for 5 minutes, turn over and bake for 3-4 minutes longer or until eggplant is golden and crisp on the inside and tender inside.

GREEN BEANS BRAISED WITH TOMATOES AND BASIL

2 tablespoons extra-virgin olive oil 1 large plum tomatoes, finely chopped (about 1 cup)
1 cup finely chopped white onion 1 cup (packed) fresh basil leaves
2 garlic cloves, minced 1/3 cup water
1 pounds green beans, trimmed

Heat oil in large nonstick skillet over medium heat. Add onion and garlic and sauté until onion softens slightly, about 5 minutes. Add green beans, tomatoes, basil leaves, and 1/2 cup water. Cook until beans are crisp-tender, stirring and tossing occasionally, about 10 minutes. Season to taste with salt and pepper. Transfer to bowl and serve.