

Week 9  
A Week

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**TUESDAY  
SHARES**

Purslane or Malabar Spinach

Baby or Fingerling Potatoes

Jalapeño Pepper and Hot Pepper

Cucumber: Regular Green or  
the Korean Variety is Yellow/  
Brown (sweet flavor)

Swiss Chard

Beets with Edible Greens

Cabbage OR Kohlrabi

A little bit of this: As the first harvests start and the last harvest ends of certain crops, we may not have enough of any one thing to go around, so some goodies may not make this list before they are tucked into your bag!

Herb Bouquet: Mint, Parsley, Basil  
Flowers: Calendula and Borage

**HOPES FOR NEXT WEEK**

**NO GUARANTEES, BUT WE HOPE TO HAVE  
CUCUMBERS, TOMATOES, BEANS, AND  
BEETS IN YOUR SHARE NEXT WEEK.**

## Farmer's Field Notes

One great reason to be part of a CSA is it forces you to think of meals in a different way. Sure, you can go to the store and get nearly any ingredient (even if it is not in season and is tasteless), but your share helps you realize that things that grow together, go together! Please learn new ways with food each week to gain a better understanding of what fresh and local truly means. While most of your bag includes the recognizable, I think it is my job to get you to try a few new things. This week, a you will receive either Purslane or Malabar spinach. Malabar Spinach (Basella alba or rubra) is actually not spinach at all. It's barely even related! When it's raw Malabar spinach has very fleshy, thick leaves that are juicy and crisp with tastes of citrus and pepper (it reminds me of Swiss Chard). When cooked,

though, Malabar spinach does look and taste a lot more like regular spinach. It doesn't wilt as fast, though, and it holds up better in soups and stir-fries. It's a popular green in Asian, Indian, and even African cuisine – although in Africa they tend to eat the tender vining shoots more than the leaves themselves.

Purslane is widely used in Mediterranean, central American, central European and Asian countries! This succulent and cooling plant is great in the heat of the summer. Purslane provides vitamins A and C, minerals such as iron, calcium, potassium, phosphorous, and more omega-3 fatty acids and a ton more melatonin than most other leafy vegetables greens. It is also known for a variety of medicinal properties as a remedy for arthritis and

inflammation. Wash it carefully because Purslane grows low to ground. It has a juicy, chewy texture, with a mild sweet-and-sour flavor. You can eat purslane raw or boiled. If you'd like to remove the sour taste, boil the leaves before eating. Simmer for 10 minutes and eat it cooked. Bread and deep fry. Pickle it. Make it into a pesto. Purslane, like okra, thickens soup. Purslane can be substituted for spinach in lasagnas or tossed inside a quesadilla. I like to make potato salad with purslane...the possibilities to include one of the most nutritious plants on the planet to our diets are endless!

Be brave. Try new things. Live a little. On second thought, live a lot!

~ Dayna

## Sauté of Snap Green Beans, Onions, New Potatoes and Bacon

1-2 lbs. fresh green beans, cleaned and snapped  
12 small new red potatoes, cleaned and if large cut in half  
3 slices thick bacon  
1 Vidalia onion, rough cut or slice  
Sea salt and fresh grated pepper, to taste  
1/2 tsp. onion powder

Cut bacon into pieces and place in a Dutch oven to cook; remove bacon when crisp and set aside. Depending on how much grease is left in pan, remove extra grease and add onions; sauté onions 4-5 minutes.

Adapted from: <http://www.mastercook.com/app/Recipe/WebRecipeDetails?recipeId=3437391>

## Lemony Cucumber Couscous Salad

1½ to 2 cups Israeli couscous  
 2 medium cucumbers  
 ¼ bunch parsley  
 1 medium lemon  
 2 Tbsp olive oil  
 ¼ tsp garlic powder  
 ¼ tsp salt  
 freshly cracked pepper to taste  
 3 oz. crumbled feta cheese

Bring a medium pot of water to a rolling boil. Add the couscous and let boil for 5-7 minutes, or until the couscous is tender. Drain couscous and rinse briefly with cool water to cool off the couscous, allow to drain while you prepare the rest of the salad. Cut the cucumber into

quarter rounds and place them in a large bowl. Roughly chop the parsley and then add it to the bowl with the cucumber. Use a fine holed cheese grater or a zester to remove the thin layer of yellow zest from the lemon and add it the bowl with the other ingredients.

Cut the lemon in half and squeeze the juice into a small bowl (you should get 2-3 tablespoons of juice). Add the olive oil, garlic powder, salt, and some pepper. Stir and then pour the dressing over the cucumber, parsley, and lemon zest.

Add the couscous and crumbled feta to the bowl. Gently stir to combine all of the ingredients. Taste and salt and pepper as needed. Serve immediately or chill until ready to eat.

Notes: If you are substituting regular couscous for Israeli couscous, be aware that the cooking instructions are different.

Taken from: <http://www.budgetbytes.com/2013/06/lemony-cucumber-couscous-salad/>

## Kohlrabi, Beet, Apple Salad w/ Parsley and Lime

1 medium kohlrabi, peeled and finely shredded  
 1/2 medium beet, peeled and finely shredded  
 1 red apple- skin on + finely shredded  
 handful parsley, chopped  
 the juice of 1 lime  
 2 Tbsp. extra virgin olive oil  
 fine sea salt, to taste

Combine everything in a large bowl, season well with fine sea salt and serve immediately.

Other add-ins that would be nice; toasted pumpkin, sesame or sunflower seeds, crumbled feta, finely chopped chives or spring onion, finely chopped chili, mint leaves, currants, toasted walnuts.

(Feel free to use shredded cabbage, carrots, fennel, or any other summer crisp veggie in place of, or in addition to, the kohlrabi in this salad).

Adapted From: <http://www.mydarlinglemonthyme.com/2013/10/kohlrabi-beetroot-apple-salad-with.html>

## Ikranian Potato Salad with Purslane (or Malabar Spinach!)

3 medium Yukon Gold potatoes, peeled and sliced 1/3 inch thick  
 1/2 cup extra-virgin olive oil  
 3 Tbsp red wine vinegar  
 1 lb plum tomatoes, chopped  
 1/4 lb Purslane or arugula, torn  
 1 cucumber—peeled, halved, seeded and cut into half-moons  
 1 medium red onion, thinly sliced  
 1 jalapeño, seeded & minced  
 1/2 cup chopped parsley  
 1/2 cup chopped mint

Bring a medium saucepan of salted water to a boil. Add the potatoes and cook until tender, about 12 minutes. Drain and let cool.

In a small bowl, combine the olive oil and vinegar and season with salt. Break the potato slices into quarters and spread on the bottom of a large, shallow bowl. Season with salt and drizzle with 3 tablespoons of the dressing. Layer the tomatoes over the potatoes, followed by the Purslane, cucumber, onion, jalapeño, parsley and mint. Just before serving, pour the remaining dressing over the salad and toss well.

You can substitute Malabar Spinach, watercress, spinach, or even arugula for the Purslane.

Top with some edible flower petals for added flair!

Kohlrabi is a versatile vegetable when it comes to how to prepare. We usually eat them raw—peeled, sliced and added to a salad or used for serving with a dip. You can also steam, boil, bake, grill, or roast them. Just peel away the outside thick skin first. Add them to soups or stews. Grate them and toss with grated carrots or apples.

Boil them and mash them with potatoes or other root vegetables. Stir-fry them with other vegetables, or julienne them and fry them like potatoes. Look for Indian recipes using kohlrabi as they are often used in Indian cuisine.

The leaves are also perfectly edible, and can be cooked up like kale.

Taken From: <http://www.simplyrecipes.com/kohlrabi/#ixzz4GCGVDfK3>