



Boánn's Banks

Sustainable Agriculture Along the Broad River

June 8, 2002

This Week at Market

- Mesclun Salad Mix
- Mixed Mustards (“Purple Wave” and “Osaka Purple”)
- Chinese Cabbage “China Choy”
- Lambs’ Quarters
- Edible Broccoli flowers
- Turnip Roots, “Gold Ball”
- Radishes, “French Breakfast”, “Cherry Belle”, “White Icicle”
- Carrot “Red Core Chantenay”
- Rutabaga “Joan”
- Kohlrabi “Dyna”

ROASTED KOHLRABI WITH WHOLE GARLIC CLOVES

- 3 medium kohlrabi bulbs (about 1 ½ pounds with the stalks and leaves)
- 10 large whole garlic cloves, peeled
- 2 tablespoons extra-virgin olive oil
- salt



Illustration: Stephen K-M. Tim

1. Preheat the oven to 450 degrees.
2. Peel the kohlrabi with a paring knife, removing the green skin and outer 1/8 inch or so of the flesh (Optional). Cut the bulbs into 3/4 inch dice. Toss the kohlrabi, garlic cloves, and oil together on a large rimmed baking sheet.
3. Roast, turning the kohlrabi and garlic two or three times, until well browned, 30 to 35 minutes. Season with salt to taste and serve immediately.

Serves 4 as a side dish

Hello! Nature showed us again this week who’s boss. Early in the week, working outside was tough. The thermometer on our back porch read 108 degrees; our cats lay like puddles around the house. Then Tuesday night the sky opened, and we got more rain in an hour than the gauges could measure. Another inch fell the next night. So now it’s hot and wet, just what the growing plants like.

The sunflowers (“Russian Mammoth”) grew over a foot in two days. The tomatoes are growing faster than I can stake them. The beans are spreading new leaves as quickly as they can. What were only patches of dirt last week are now beds of young growth, and their fruit will be here at market before you know it.

We had another population increase at the farm this week. Several weeks ago, one of our hens became very insistent about sitting atop a pile of eggs, and

after the dog attack, we didn’t resist her. She did nothing but sit on her pile (none of them actually laid by her) for twenty-one days, and her patience was rewarded Tuesday evening. Some are still hatching as we write this, so we don’t know how many she’ll have in the end. Usually we order our chicks from the hatchery, so we’re looking forward to watching the hen teach her babies about life on the farm.

We have nine hens laying right now, producing eggs for our early supporters. More eggs will start trickling in from the young birds any day now, growing into a flood through July. If you’re interested fresh eggs at market, let us know and we’ll let you know when they’ll arrive.

Thanks for coming to market this week. Eat well!

-- Chris and Eric Wagoner
www.boannsbanks.com
706-245-9774

Featured Vegetable

This week’s featured vegetable looks like something off the set of a science fiction movie. Kohlrabi, *Brassica oleracea*, is another branch of the cabbage family. This group (head cabbage, broccoli, cauliflower, rabe, Brussels’ sprouts, Chinese cabbage, kohlrabi, and others) are actually the same species, but have been bred over the centuries into very differently looking plants. Kohlrabi (the name is a blend of the German words for “turnip” and “cabbage”) was bred for its stem instead of the leaves or flowers. This stem has turned into a bulb that looks like a turnip but actually grows above ground. The flavor is often compared to an apple. Elizabeth Schneider, in her classic *Uncommon Fruits and Vegetables*, describes kohlrabi as tasting "like the freshest, crunchiest broccoli stems, touched with a hint of radish and cucumber." Uncommon in much of the United States, this vegetable is used often in Slavic cooking, where many nutritional anthropologists believe it originated during Roman times.

The variety we grew this spring is called “Dyna” and is distinguished by its beautiful purple color and outstanding flavor. Both the bulb and the leaves are edible, and they are a good source for vitamins A & C as well as calcium, potassium, and fiber. The bulb can be eaten raw, boiled and mashed, roasted, or diced or sliced and sautéed. It also makes a wonderful soup. Marion Morash, the chef for the Victory Garden suggests leaving the skin on for better flavor. The leaves can be eaten raw, though you may find them chewy, or they can be steamed, boiled, or sautéed. Both the bulb and the leaves can be kept for a couple weeks in the crisper section of your refrigerator.