



Community Cultivator



Newsletter of the Foggy River Farm CSA, Week 8

Little Livestock Guardian

If you come out to the farm for this week's pick up, you are likely to meet our newest member of the farm. After suffering two sheep losses (probably to coyotes) over the course of a couple days, we decided it was time to get a livestock guardian dog. If you're not familiar with these creatures, they're great big dogs (think 150+ pounds) that have been bred over centuries to watch over livestock and protect them from predators. They are even known to help mother sheep clean off newly born lambs. The breeds in this category include Great Pyrenees, Maremas, and Anatolian Shepherds. We decided to go with an Anatolian Shepherd because we have heard that they can be more easily socialized to be comfortable with both livestock *and* humans.

So this is how Homer the Anatolian Shepherd puppy came to Foggy River Farm. He's almost 12 weeks old, already weighs about as much as Kea—our full-grown Australian shepherd—and he loves to meet new people. So...we'll have him down at the barn during pick-up time so he can soak up as much human interaction as possible. And you all can soak up as much adorable puppy time as possible too!

We'll see you soon. We've enjoyed seeing some of you at the farmers market over the past couple weeks!

Your Foggy Farmers,

Emmett, Lynda

Amy & Amy

What's In Your Box:

- **Carrots (Nantes)** *Second round of carrots...these are slender, tender ones. True baby carrots—much different than the lathed “baby carrots” you might find in a bag in the supermarket.*
- **Beets (Detroit Red)** *Boil ‘em, roast ‘em, grate ‘em raw into salad.*
- **Spring Peas (Oregon Giant Snow)** *Last peas of the season. We have not harvested the sugar snap peas this week, but you are welcome to harvest some yourselves! U-pick peas are open this week; as you look at the central gate to the fenced veggie field, the peas are along the right-hand fence. Please stick to the outside of the fence, but feel free to reach you hands as far through the fence as you can to get every last pea you can. Next week we will invite the gleaners from “Farm to Pantry” to come out and take the last peas before we pull them out.*
- **Chard (Bright Lights)** *This tender, colorful green is a favorite at the market. We like sautéing it quickly for a healthy side dish.*
- **Kohlrabi** *I like the description from Simplyrecipes.com: “These little sputnik-shaped vegetables come in green or purple, can be eaten raw or cooked, and taste a lot like broccoli stems. The word kohlrabi is German for cabbage turnip (kohl as in cole-slaw, and rübe for turnip) though kohlrabi is more related to cabbage and cauliflower than to root vegetables. We usually eat them raw, just peeled, sliced and added to a salad, but they are also delicious cooked and are often used in Indian cuisine.” The Foggy River favorite way to eat kohlrabi is just peeled and sliced, as a crispy snack. (3 kohlrabi slaw recipes included)*
- **Fennel** *This aromatic bulb is crisp and flavorful. A treat for all you black-licorice lovers. It can be thinly sliced and added to a green salad for some extra flavor, or roasted in larger chunks. (Recipe included)*
- **Lemon Balm** *Used medicinally by the ancient Greeks, lemon balm has been called “heart’s delight” and “elixir of life.” The London Dispensary wrote in 1696 that “Balm, given every morning, will renew youth, strengthen the brain and relieve languishing nature.” Steep this fresh herb to make a pleasant, fragrant tea which has been said to be good for colds, headaches and relieving stress. Place the leaves in a tea ball and steep it in hot water.*
- **Winter Squash (assorted)** *Soon we’ll take a break from the winter squash, until this year’s crop comes in during the fall. But if you miss those butternuts or spaghetti squash, you can always ask us for more—we’ve still got surplus from winter storage.*
- **Green Onions (Various)** *Excellent for flavoring other dishes, green onions can be chopped from the base (just cut the roots off) to the tip of the leaves after you remove any yellow or brown portion of the leaves. Check out our recipe for delicious scallion pancakes (to die for!). If you don’t need fresh onions right away, you can chop off the greens and let the bulbs sit on the county to dry and save for later.*
- **Garlic** *These garlic heads are close to being fully mature. If you let it sit out on your counter, it will soon finish drying down to form a fully dry garlic head.*

Foggy River Recipes

Fennel, Pear & Persimmon Salad with Vinaigrette

Use this simple salad to showcase fresh, crisp fennel bulbs. Adapted from [From the Earth to the Table](#) by John Ash. [Note: fennel is also nice in tomato-based soups. See the fennel description above for ideas.]

Ingredients

3 cups mixed greens

2 ripe pears, peeled, cored, and cut into wedges

2 firm Fuyu persimmons, peeled and thinly sliced (optional—maybe try this in the fall when persimmons are in season locally)

1 fennel bulb, thinly sliced vertically

½ cup pecan halves, lightly toasted

Vinaigrette of choice

Divide the greens among plates. Arrange pears, (persimmons), and fennel on and around the greens. Sprinkle with pecan halves. Drizzle some of the vinaigrette over all.

Kohl(rabi)slaw #1 - Wasabi Slaw

Here are several kohlrabi-slaw recipes to choose from. This first one is from <http://www.grouprecipes.com/>.

Ingredients

¼ cup unseasoned rice or cider vinegar shopping list

3 tsp wasabi powder

2 tsp sugar

2 tbsp water

1 tbsp soy sauce

1 lb (2-3 bulbs) kohlrabi, unpeeled and shredded

12 oz (about 1/2 medium) daikon radish, peeled and shredded (optional)

1 small carrot, shredded

1 large scallion or green onion, thinly sliced

Mix together vinegar, wasabi powder, sugar, salt, and soy sauce in a large bowl. Add the vegetables, toss to coat. Chill 1 hour before serving.

Kohl(rabi)slaw #2 - Kohlrabi Carrot Slaw

This one is very simple, from <http://www.recipetips.com>.

Ingredients

2 pounds untrimmed kohlrabi, or 1 pound trimmed

1 carrot

2 tablespoons vinegar

1 tablespoon sugar, or to taste

salt

Peel kohlrabi bulbs to remove the fibrous skin. Coarsely grate the bulbs. Peel and grate the carrot. Toss grated vegetables with vinegar and sugar. Add salt to taste and serve.

Kohl(rabi)slaw #3 - Creamy Apple Slaw

If you have some cabbage left from last week, you could try this one, from <http://sidewalkshoes.blogspot.com>

Makes 5 cups

Dressing

1/3 cup heavy cream

1/4 cup apple cider vinegar

2 tablespoons olive oil

2 tablespoons sugar

2 teaspoons Dijon mustard

1/2 t kosher salt

Slaw

3 small kohlrabi, peeled and shredded

2 small baby cabbages, shredded

2 Granny Smith Apples, grated

1/4 cup chopped fresh parsley

Whisk together the cream, vinegar, olive oil, sugar, mustard and salt in a large bowl.

Using a food processor, shred cabbage and kohlrabi (you want to end up with about 4 cups). Still using the food processor, shred the apples. Empty the contents into the bowl, add the parsley and toss to coat. Chill before serving.