



The Daisy News

Crazy Daisy CSA Farm

July 21, 2015

We have a great basket for you tomorrow! Cucumbers, kohlrabi, lettuce and radishes will be at the core, but we will add some neat stuff, like zucchini, or green beans, carrots, or beets.

Be sure to peel the kohlrabi really well. Besides the outer green skin, there is a ring of fibrous flesh that needs to be removed to get at the sweet crispy heart. This week's recipe features it, and we have some monster ones, so enjoy!

This Week's Basket May Contain:

Lettuce
Radishes
Green beans
Kohlrabi
Cucumbers
Zucchini

In the Extra's Rack:

Bok choy
Tatsoi
Kale
Swiss chard

Pickling cucumbers

Roasted Kohlrabi

Servings: 4

A great 'base' recipe that can be modified to include just about anything in the fridge, try it with carrots, potatoes, even radishes!

Ingredients:

4 cups kohlrabi, peeled
1 tablespoon olive oil
1 clove garlic, minced
salt and pepper to taste
1/3 cup grated Parmesan cheese

Directions:

Preheat an oven to 450 degrees F.

Peel the kohlrabi, making sure to remove all the fibrous outer peel. Cut the kohlrabi into 1/4 inch thick slices, then cut each of the slices in half. Combine olive oil, garlic, salt and pepper in a large bowl. Toss kohlrabi slices in the olive oil mixture to coat. Spread kohlrabi in a single layer on a baking sheet.

Bake in the preheated oven until browned, 15 to 20 minutes, stirring occasionally in order to brown evenly. Remove from oven and sprinkle with Parmesan cheese. Return to the oven to allow the Parmesan cheese to brown, about 5 minutes. Serve immediately.

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