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**The staff at Olden Produce looks forward to developing long lasting relationships with all the families we serve. You are always welcome to visit us at our farm and see for yourself the value of knowing where your food comes from.**



*The Only Way To Get Produce Fresher is if You Grow It Yourself!*

## News From The Farm

This past week and the beginning of this week on the farm we have gotten some much needed rain. Everything is starting to green up and really take off. Unfortunately so are the weeds.

This year is really strange in that watermelon are ripening before cantaloupe and heirloom tomato varieties are starting to ripen before the early season varieties are. Not sure what to make of this but we will roll with what ever happens.

will be working together to keep our chipmunk population in check. In less than a day they have already successfully eliminated 4 chipmunks so I think we are off to a good start and they are only 8 weeks old. Unfortunately, Melbourne is not at all excited about them. Hopefully in a little time they will warm up to each other but for now, Melbourne lives in the house and the kittens live in the barn. Pictures to come as soon as I can get the 2 of them together.

Your dedicated farmers,

Dick and Tracy



**This Week's Box Contains:**

- Sweet Corn
- Carrots
- Green Onions
- Beans (Green and Yellow)
- Cucumbers
- Summer Squash
- Turnips/Kohlrabi *(Some people are going to get kohlrabi and others will get turnips. Do not worry if you do not get something this week because by the end of the season everyone will have at least tried everything that we were successfully able to grow.)*

**VIEWS *and* BREWS**

Talk. Listen. Learn. Enjoy.

Fox Valley Agriculture Now and in the Future

**August 6, 2009**

*Details Inside, pg. 5-6*

We have some new additions to the farm. We were given 2 kittens. These 2

## CSA Roots

[www.macsac.org](http://www.macsac.org)

While relatively new in name, CSA harks back to a time when people knew where their food

came from, ate in harmony with their local seasons, and enjoyed a balanced and nutritional diet of basic, natural foods. Community sup-

ported agriculture began in the early 1960's in Germany, Switzerland, and Japan as a response to concerns about food *(continued on page 4)*

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## Melbourne's Caper of the Week

### Mind Games Dogs Play With Humans – Pt. 2

<http://www.joke-archives.com>

- When out for a walk, alternate between choking and coughing every time a strange human walks by.
- Make your own rules. Don't always bring back the stick when playing fetch with the

humans. Make them go and chase it once in a while.

- Hide from your humans. When your humans come home, don't greet them at the door. Instead, hide from them, and make them think something terrible has happened to you. (Don't reappear until one of your humans is panic-stricken and close to tears).
- When your human calls you to

come back in, always take your time. Walk as slowly as possible back to the door.

- Wake up twenty minutes before the alarm clock is set to go off and make the humans take you out for your morning pee. As soon as you get back inside, fall asleep. (Humans can rarely fall back asleep after going outside, this will drive them nuts!)

## Kohlrabi Strives for a Comeback

[www.vegaradise.com](http://www.vegaradise.com)

Kohlrabi, once the favored vegetable of European nobles and peasants alike, has fallen off the veggie pop charts. Oh, yes, you can find kohlrabi in the produce department of many supermarkets, but when the checker lifts the bunch out of the grocery cart, notice the look of puzzlement on his or her face. What follows is a flurry of activity at the cash register. First, the checker holds up the innocent vegetable and shouts to the closest checker, "What is this stuff?" Next, follows a rifling through the little book that lists the code numbers. Then as the checker pushes the poor kohlrabi toward the bagger, there's an exchange of puzzled expressions.

Some people have mistakenly labeled kohlrabi a cross between a cabbage and a turnip. This is understandable since both are members of the brassica family, but they are not of the same spe-

cies.

We can only guess that other more pungently flavored vegetables like broccoli, cauliflower, and asparagus have simply upstaged the kohlrabi whose flavor is mild and delicately sweet, its texture, crisp and moist. Though the flavor of kohlrabi is unassertive, delicate hints of cabbage and broccoli come to the foreground

For those unfamiliar with this jewel of a vegetable, its appearance somewhat resembles a hot air balloon. Picture the turnip-shaped globe as the passenger section; its multiple stems that sprout from all parts of its globular form resemble the many vertical ropes, and the deep green leaves at the top represent the



parachute. Kohlrabi is often mistakenly referred to as a root vegetable, but in fact it grows just above ground, forming a unique, turnip-shaped swelling at the base of the stem.

Kohlrabi possesses many attributes worth notice:

- Low in calories, only 19 for a half cup raw, sliced
- High in dietary fiber, 2.5 grams for one-half cup
- Potassium content peaks at 245 grams for one-half cup
- Vitamin content for that same one-half cup includes 25 I.U. vitamin A, 43.4 mg. vitamin C, 11.3 mcg folic acid, and 16.8 mg. calcium.

Of kohlrabi's two varieties the purple globe is sweeter and tastier than the apple-green. Both have a pale green, almost ivory colored, flesh inside. While the entire vegetable is edible raw or cooked,  
*(continued on page3)*

# Kohlrabi Strives for a Comeback *(continued from page 2)*

the small, young kohlrabi, about 1 1/2" to 2" in diameter, is ideal for its flavor and texture.

Shoppers should choose small kohlrabi with its edible skin rather than the giant size with its woody, fibrous texture and inedible outer layer. The larger globes definitely need to be peeled. Kohlrabi is available year round with its peak season and sweetest flavor in spring through early summer.

If airplanes were the common mode of travel from the Roman era up to the present, kohlrabi would have collected enough frequent flyer miles to travel the world several times over. Kohlrabi's beginnings are a little uncertain, but it existed in the 1st century AD since Pliny the Elder briefly mentions a Corinthian turnip, a vegetable that closely resembles kohlrabi's growing habits. Apicius, who wrote the oldest known cookbook on cooking and dining in imperial Rome, mentions the kohlrabi in his preparations.

Charlemagne, who was crowned Emperor of the Holy Roman Empire in 800 AD, ordered kohlrabi to be grown in the lands under his reign. We connect Charlemagne with the French empire, but actually his home was in Aix-la-Chapelle which is now Aachen located in the Western portion of Germany. This fact accounts for kohlrabi's German name which means cabbage turnip.

Kohlrabi found its way into Northern India in the 1600's where the Hindus considered it an important staple of their diet along with rice and greens. More recently, this unassuming vegetable is found in the cuisines of Israel, China and

Africa.

While kohlrabi was in common use throughout Italy, France and Germany from Charlemagne's era up to the present, Americans have never given it much notice. Here, people in the South were the only ones to enjoy kohlrabi along with their greens.

## **TIPS**

Select small kohlrabi no larger than 2 1/2" in diameter, with the greens still attached. The greens should be deep green all over with no yellowing. Although kohlrabi stores well, up to one month refrigerated, yellow leaves indicate that the vegetable is not fresh.

## **RAW**

Remove stems by pulling or cutting them off the kohlrabi globe. Stems and leaves can be chopped and included in a tossed salad. Their flavor is mild and takes well to salad dressing. If the kohlrabi is small, there is no need to peel it, however you may want to cut off the tough base end. If you've purchased large kohlrabi, peel it and slice off the tough woody base before slicing or dicing.

Slice or cut into julienne and include on a relish tray with dips.

Coarsely grate kohlrabi into a tossed salad. Because it is mild, succulent and porous, it absorbs the flavor of a mild or pungent salad dressing quite well.

Dice kohlrabi and combine with your favorite vegetables and dressing for a chopped salad with delightful crispness.

Slice kohlrabi, wrap in plastic, and pack in your brown bag lunch for a crunchy snack.

Chop and include as one of the ingredients in a raw soup.



[www.garden.org/images](http://www.garden.org/images)

## **STEAMED**

Slice kohlrabi or cut into bite-sized pieces and put into a saucepan with 1/2" of water. Add a dash of salt, cover and bring to a boil over high heat. Turn heat down to low and steam for 5 to 7 minutes. Leaves can be steamed lightly just as you would do spinach.

## **BARBECUED**

Slice or chop kohlrabi and toss in a bowl with a little extra virgin olive oil. Sprinkle with a dash of salt, and wrap in aluminum foil (shiny side inside). Place on the grill and cook for about 10 to 12 minutes.

**STIR FRIED** Dice or chop into bite-size pieces and stir fry 5 to 7 minutes in a little extra virgin olive oil with a clove or two of minced garlic and a dash of salt.

# Talkin' Turnip

www.motherearthnews.com

By Sara Pacher

The Turnip has, with good reason, been a staple of the human diet for millenniums. Evidence found near Beijing, China, indicates pre-historic cave dwellers wrapped turnip ice; in ferns or wild onions and steamed them in wet leaves placed on t stones in the fire. Cave paint created several thousand years later heap Aurignac, France, show turnips being boiled in clay pots.

Our Cro-Magnon ancestors apparently foraged these plants from the wild, but by 3500 B.C., Sumerians in the valley of the Euphrates were cultivating the vegetable. In later, centuries; Greeks and Romans turned turnip cook-



ing into a culinary art form, and forums were held to discuss the best ways to -prepare the vegetable. Some epicures liked diem pickled; others preserved the roots in myrtle berries, honey and vinegar. One Roman method involved steaming turnips successively with cumin, rue and benzoin (a fragrant, balsamic resin). After being cooked for several hours, the vegetable was then mashed and simmered in honey, vinegar, gravy, boiled grapes and a little oil. Ancients might have considered this complicated dish delicious, but I see no reason to disguise the deliciously pungent taste of turnips.

In fact, a favorite Saturday night supper of my south Georgia childhood consisted of cornbread crumbled into "potlikker"-in this case, the leftover liquid from cooking turnip greens. To me, it's

worth putting in a turnip patch just to enjoy this down-home dish whenever I like, though turnips (*Brassica rapa*) and rutabagas (*Brassica napobrassica*) reward a grower in other ways.

First of all, they're very nutritious. A serving of turnip tops steamed in a little water, while containing only 20 calories, gives you 184 milligrams of calcium and 6,300 units of vitamin A, along with significant amounts of phosphorus, iron, thiamin, riboflavin and niacin, as well as 69 milligrams of vitamin C. (The only vegetable containing more vitamin C is parsley.) Rutabaga greens, at 35 calories a serving, offer a little less of most of these nutrients, but add 167 milligrams of potassium. Eaten raw-and the tender leaves of both these vegetables are a tasty addition to salads-they are even better for you. The roots, while not quite as nutritious, still have the same vitamin content as potatoes and are richer in vitamin C.

## CSA Roots (continued from page 1)

safety and the urbanization of agricultural land. Groups of consumers and farmers in Europe formed cooperative partnerships to fund farming and pay the full costs of ecologically sound, socially equitable agriculture.

In 1965, mothers in Japan concerned about the rise of imported food and the loss of arable land started the first CSA projects, called "teikei." Japan now has more than 600 producer-consumer groups that supply food to more than 22 million people.

The largest cooperative network in Japan is called the Seikatsu Club. Local chapters of this club can involve thousands of people and support up to 15 farms. While distinct from CSA or teikei, Seikatsu members speak of "seeing the farmer's face on their vegetables."

Community supported agriculture began in the United States on two east coast farms in 1986. Since that time, community

supported farms have been organized throughout North America, mainly in the Northeast, the Pacific

coast, the Upper-Midwest, and Canada. North America now has an estimated 1,000 community supported farms. In Wisconsin, the first CSA projects

began near Milwaukee and the Twin Cities in 1988.



### Sautéed Kohlrabi

2-3 kohlrabi 1 T fresh herbs (thyme, chives,

4 T butter or light oil 1 t salt

1 medium onion, diced

Grate kohlrabi, place in colander and sprinkle with salt. Let stand 30 minutes to drain. Heat butter over medium heat, add onions and sauté for a few minutes. Stir in kohlrabi, reduce heat to low, cover and cook for 10 minutes. Increase heat to medium and cook 2 more minutes. Remove from heat and stir in fresh herbs. Makes 2-4 servings.

MACSAC Cookbook

Kohlrabi is very low in Saturated Fat and Cholesterol. It's also a good source of Thiamin, Folate, Magnesium and Phosphorus, and a very good source of Dietary Fiber, Vitamin C, Vitamin B6, Potassium, Copper and Manganese.

Turnips are very low in Saturated Fat and Cholesterol. They're also a good source of Vitamin B6, Folate, Calcium, Potassium and Copper, and a very good source of Dietary Fiber, Vitamin C and Manganese.

### Mashed Turnips with Cream and Crispy Shallots

1 1/2-2 pounds turnips, peeled and coarsely chopped

1/8 t grated nutmeg

3 T butter, divided

1-3 t minced flat leafed parsley

1 c thinly sliced shallots or red onion

Salt and pepper

1/2 c heavy cream

Place chopped turnips in large pot of cold water. Bring to boil and cook until tender, about 15 min. Drain well and puree or mash turnips. Heat 2 T of the butter in small skillet over medium heat, add shallots and cook, stirring often until shallots are tender and golden brown, about 15 min. Remove shallots from skillet and drain on paper towels. Combine the cream and remaining 1 T butter; bring to a simmer and stir into the pureed turnips. Season with nutmeg; add salt and pepper to taste. Place in a serving dish, garnish with shallots and parsley and serve immediately. Makes 6-8 servings.

MACSAC Cookbook

**Talk. Listen. Learn. Enjoy.**

Fox Valley Agriculture Now and in the Future  
Community conversation and Evening Farmer's Market

**August 6, 2009**

Doors open at 6:00; conversation starting at  
7:00 (farmer's market before and after)

City Center downtown Oshkosh

*(enter by Becket's restaurant)*

**VIEWS**

*and*

**BREWS**



# Olden Kids



What did the baby corn say to the mommy corn?

Where's Popcorn?

## Veggie Dip-Mobile

- hoagie bun
- cucumber
- carrot
- olives
- broccoli
- pretzel
- bowl
- plain nonfat yogurt
- light sour cream
- honey
- spicy brown mustard
- bowl
- knife
- cutting board
- plate
- measuring cup
- measuring spoon
- toothpicks

1. Cut a rectangle in top of hoagie bun. It's also called a sub roll, grinder, hero, sandwich roll - what do you call it? Peel off the rectangle and hollow out the bun.

2. Cut four slices of cucumber 1/4" thick. These are the wheels.

3. Cut two baby carrots in slices. Slide toothpicks through each half. Be careful not to poke your fingers!

4. Next, slide carrot halves through the center of each cucumber slice. The carrots are like the hubcaps.

5. Then attach the wheels to the bun.

6. Next, stick two olives to the front using toothpicks. These will be the headlights.

7. Then take a piece of celery and use that for the backseat.

8. Now you're going to make your dip. In a bowl, mix 1/4 cup nonfat plain yogurt, 1/4 cup light sour cream, 2 teaspoons honey, and 2 teaspoons of spicy brown mustard.

9. Then scoop the dip into the hollowed out part of the car.

10. Finish off your car with a pretzel for the steering wheel and a piece of broccoli for the driver.



# The Great Big Enormous Turnip

Reader 1:  
This folk tale is about cooperation.  
An old man planted a turnip seed.

## A Reader's Theater Selection

(based upon the folktale by Alexei Tolstoy)

[www.mrsmcgowan.com](http://www.mrsmcgowan.com)

Reader 2:  
The turnip grew big and sweet.  
It grew very big! The turnip was enormous!

Reader 3:  
The old man thought he just had to pull on the leaves to get it out. He tried to pick his turnip but it didn't come up.

Reader 4:  
He quickly called his wife.  
The old woman was in the living room with her cat, dog, and bird.

Reader 5:  
The old man pulled the turnip leaves and the old woman pulled him.  
But they couldn't pull it up.

Reader 6:  
The old woman called her granddaughter.  
The granddaughter was reading in a tree.

Reader 7:  
The old man, the old woman, and the granddaughter tried but could not pull the turnip up.

Reader 8:  
The granddaughter called the black dog.  
The dog was on the couch.

Reader 9:  
The old man, his wife, granddaughter, and the dog could not pull the turnip out.

Reader 10:  
The dog called the cat in the flower garden.  
Everyone pulled and the cat held on to the dog's tail.  
The turnip did not move.

Reader 11:  
The cat called the mouse.  
The mouse was in his mouse hole.  
It had a little doorway.

Reader 12: They all worked together and the turnip popped out -ZABOOM!  
They all fell splat!

Reader 13:  
They were so excited! Then they went to the kitchen with the turnip and ate it up

