Farm Works

NEWSLETTER

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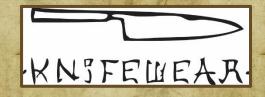

This Week on the Farm...

❖ Built approximately 50 beds!
❖ Transplanted peppers!
❖ Seeded brassicas and herbs!
❖ Set up the irrigation system!
❖ Laid out row cover to protect seedlings from pests!

AND MUCH, MUCH MORE!

Introducing...

Farm Crew 2015

Nick McLaughlin... Farmer

Sarah L.G.............. Coordinator and Peer Social Support

Jesse Mooney .... Farm Hand

Hannah Gilbert .... Farm Hand

Kevin Belisle .... Farm Hand

Marc Thompson .... Farm Hand

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RECIPE!

KOHLRABI CARROT FRITTERS
WITH AVOCADO CREAM SAUCE

INGREDIENTS
- ✓ 2 kohlrabi
- ✓ 1 carrot
- ✓ 1 egg
- ✓ ¼ teaspoon kosher salt
- ✓ ¼ teaspoon cayenne
- ✓ ½ cup grapeseed or vegetable oil
- ✓ ½ avocado
- ✓ ¼ cup plain yogurt
- ✓ ½ lemon
- ✓ ¼ teaspoon kosher salt

DIRECTIONS

Cut the leaves off the kohlrabi and peel the bulb. Peel 1 carrot. Shred the vegetables in a food processor. Squeeze the shredded vegetables in a tea cloth to remove moisture, then add to a medium bowl with 1 egg, ¼ teaspoon kosher salt, and ¼ teaspoon cayenne. Mix to combine.

Place ½ cup oil in a large skillet (enough for ¼-inch depth). Heat the oil over medium high heat, then place small patties of the fritter mixture into the oil. Fry on one side until browned, then fry on the other side. Remove and place on a plate lined with a paper towel to drain excess oil.

In a small bowl, mix ½ avocado, ¼ cup plain yogurt, juice from ½ lemon, and ¼ teaspoon kosher salt to make the avocado cream (or blend the ingredients together in a food processor).

Serve fritters with avocado cream and sliced green onions.

Featured Produce
Kohlrabi
Purple and White Vienna

Kohlrabi is a mild-flavoured vegetable similar to a broccoli stem or cabbage. Its bulbs grow on top of the ground and are best harvested when they are 2.5 – 3" in diameter. Kohlrabi is fantastic raw, in stir-fries, soups and stews. Purple Vienna has a purplish coloured skin with white flesh and White Vienna has a greenish coloured skin with white flesh.

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