



## A Place on Earth CSA Notes, June 9-12, 2021

### In your share this week:

Kale; Strawberries; Snap Peas; Garlic Scapes; Cilantro; Bok Choy; Mixed Greens; Head Lettuce; Turnips

**Rhubarb:** It's not on the list, but I received rhubarb in my share, and was delighted. If you don't want yours, please bring it to me, as I cut it into ½" lengths, and cook it with a few tablespoons of water, ¼ to ½ cup sugar per 2 cups cut rhubarb, watching carefully so it doesn't burn—maybe 5 minutes, until it “dissolves” into a sauce. Store in small jars in the freezer if you use it like jam, as I do. Or eat as a cooked fruit/condiment. Yum! If you don't want to eat it as a condiment or jam, it's fine to cut into ½" lengths and freeze on a cookie sheet, then store in a zippered freezer bag in the freezer for other recipes, such as the rhubarb cream pie.

, which was listed in one of the columns last year: [A-Place-on-Earth-CSA-Notes-060320.pdf](https://phyllisfitzgerald.com/A-Place-on-Earth-CSA-Notes-060320.pdf) ([phyllisfitzgerald.com](https://phyllisfitzgerald.com)) Here is another interesting dessert you can make with rhubarb:

### Sour Cream Rhubarb Squares

1/2 cup sugar  
2 cups all-purpose flour  
1 teaspoon baking soda  
1 teaspoon salt  
1 cup sour cream  
1/2 cup chopped walnuts  
1 tablespoon butter  
1 1/2 cups brown sugar  
1 teaspoon ground cinnamon  
1/2 cup shortening  
1 egg  
1 1/2 - 2 cups chopped rhubarb

1. Preheat oven to 350 degrees F. Grease and flour a 13" X 9" pan.
2. Mix sugar, nuts, melted butter, and cinnamon until crumbly. Set aside
3. In a separate bowl, mix egg, brown sugar, and shortening. Add flour, baking soda, and salt. Then add sour cream. Lastly, stir in the rhubarb.
4. Pour mixture into pan and sprinkle with the mixture you set aside in step 2.
5. Bake for 45-50 minutes, cut into squares, and serve warm or cold.

**Turnips:** Turnips seem to me to be much like radishes in flavor and texture. When very small, like the ones I received today in my share, they are quite good sliced and eaten raw or put in a salad. When they are larger, they may be stronger in flavor, and are particularly good in a soup or stew. When very young and small, no peeling is necessary, but when they get to be the size of a tennis ball, the peel is tough, and they should be peeled. Here are some things that might help you decide what to do with turnips:

- Small turnips may be made into a slaw, similar to coleslaw, and combined with carrots and onions for flavor, along with dressing of choice.
- Every time you make mashed potatoes, add one peeled and diced turnip, and the resulting potatoes will be much tastier.
- Peel, dice, and add to any soup, cooking thoroughly. They make the stock much better. Similarly, add them to stews, and to the vegetables that you cook with roast beef. Delicious!
- Potatoes and turnips may be cooked together, adding flavor to both.
- Turnip greens are one of the most tender greens, next to spinach, beet, and chard. You may also add turnip greens to any pot of greens that you cook. By themselves, you just barely wilt them after sauteing onion and/or garlic. Season with a little bouillon, such as chicken or ham bouillon or salt and butter.

### **Kale Chips**

I have been making kale chips for several years, and even young folks who wouldn't be caught dead eating greens tend to like them. Many people use kale chips as a healthy replacement for potato chips. I find that it tastes more like salted popcorn without all the butter. It's light and tasty, accompanies sandwiches well, and makes a great snack. Store for a few days in an airtight container at room temperature.

I recommend using the parchment paper if you have it. I didn't use any when making my first batch and it burned some of the chips. If you don't have parchment paper, you need to stir the chips every few minutes.

1 bunch kale

Salt

2-3 tablespoons olive oil.

2-3 tablespoons powdered Parmesan cheese or nutritional yeast, optional

### **Preparation:**

1. Heat oven to 350 degrees F. While oven warms, wash and dry kale and tear into bite-sized pieces.
2. Place kale in a bowl and add the oil. Mix well so that the kale is evenly covered. Sprinkle in powdered Parmesan or nutritional yeast, if using
3. Put a piece of parchment paper on a baking sheet and distribute the kale evenly. Sprinkle with salt to taste.
4. Bake for about 10-15 minutes, or until crispy.

**Did you lose a recipe from another year?** My friend Jan Eastburn has been putting these on my website, [www.phyllisfitzgerald.com](http://www.phyllisfitzgerald.com). Feel free to look for a recipe there, or send an e-mail to me at [phyllisfitzgerald@yahoo.com](mailto:phyllisfitzgerald@yahoo.com), and I'll forward it to you.

**Would you like to submit a recipe?** I'll be happy to share your favorite recipes for using CSA food. Just e-mail them and I'll include them in the notes.

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