



Veggie Box Newsletter 19<sup>th</sup> February 2020

# Welcome to

## Live Well Community Supported Agriculture

Hi Everyone,

We have had a great start to our partnership with Cabe from Down the Road Farm. We are now able to offer our local community organically grown fresh produce, from both his farm in Lapoinya, and our garden at the New Life Church in Wynyard.

Our garden is certified organic and Cabe grows organically using biodynamic techniques. Quality is one of our main priorities, and we work on the basis that the healthier our soils are, the better the quality of our vegetables. They also taste better, and keep longer than conventionally bought produce.

We are very grateful for our pioneering customers who have signed up to get a box each week, not knowing what they will receive. Everyone has loved the surprise, particularly getting something not provided commercially. We will be highlighting one vegetable from your box each newsletter, including recipes for you to try. This week's star vegetable is Kohlrabi.

Our Live Well Veggie Boxes come in three convenient sizes, and can be collected from Live Well Tasmania Community Centre at 28 Saunders Street, Wynyard each Wednesday between 3pm and 4pm. Alternatively, local delivery is available for an additional \$5.00.



## Working Share

Is it difficult for you to afford a weekly veggie box? Or would you like to get out in the fresh air, get a bit of exercise and commune with nature? Would you like to learn some more about growing quality vegetables? If any of these apply to you, you might be interested in a 'Working Share'. There are lots of different activities happening on Caleb's farm every week; if you help out you can get a veggie box in return. Contact Robin for further information.

*'Community supported agriculture is a connection between a nearby farmer and the people who eat the food that the farmer produces.'*

Robyn Van En & Elizabeth Henderson

*'...my kids loved unpacking the box and picking out treats for the school lunchbox. And how nice to know how it is grown and where it is grown, right here!'*

Alice

## TRY BEFORE YOU BUY

We have some items that can help you serve tasty and interesting meals, or help with preserving. Sometimes it helps to try kitchen items out before you go the expense of buying them and then finding you don't use them often enough to justify buying them.

Currently we have the following:

A spiralizer

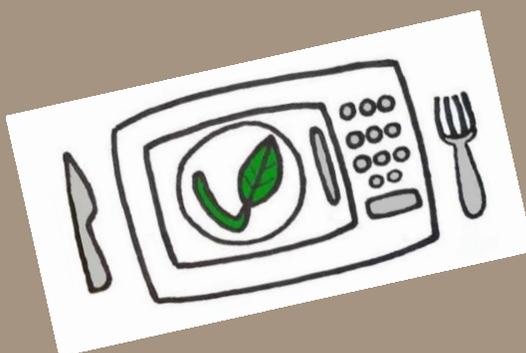
A slicer

A food dehydrator

A vitamiser

A pressure cooker

You can borrow them for a week at a time. If you want to borrow them for the longer term you can 'pay' for them via CENTS – Community Exchange Network Tasmania. See the website [www.cent.net.au](http://www.cent.net.au).



### ABOUT KALE CHIPS...

I had been cooking kale chips in the oven, but Lynn kindly alerted me to preparing them in the microwave; I am now converted! Red Russian Kale was ok prepared in the oven, but Curly Kale cooks much more unevenly. It is, however, perfect when done in the microwave.

Robin

Instructions:

- Arrange kale pieces on microwave-safe plate so they do not overlap.
- Drizzle olive oil over the kale pieces.
- Season with sea salt or your favourite seasoning e.g. curry powder, cumin.
- Cook each plateful of kale in the microwave oven until crispy, generally 3 minutes per batch. If they are not super crisp continue to microwave in 30 second increments until the kale is crispy

## Kohl Rabi!

*Brassica oleracea*



*If you've ever passed by kohlrabi at the farmer's market, you may have mistaken it for a radish, a giant brussel sprout, or even a rutabaga. Sometimes referred to as a German turnip, kohlrabi comes from the Brassica oleracea family, which includes broccoli, cauliflower, kale, collard greens, and brussel sprouts. It's a cool-weather crop that's at its best from early autumn through spring. This vitamin C-rich vegetable is at its best when it has fresh, unblemished leaves and a bulb that isn't cracked or overgrown. The fresh leaves, as well as the bulb, are completely edible.*

Storage:

Once you bring it home, cut off the kohlrabi leaves, wrap them in a damp paper towel, and place them in a container. The leaves can be refrigerated for three to four days; the bulb for several weeks.

Preparation:

Although kohlrabi doesn't need to be peeled, the outer layer can taste tough so feel free to peel it with a heavy duty vegetable peeler or a sharp paring knife.

Ideas for Cooking:

Like other cruciferous vegetables, kohlrabi can be roasted in the oven, sliced into raw matchsticks for a crisp salad or slaw, or baked into salty kohlrabi chips.

Kohlrabi either comes in a bright green or reddish-purple colour; while they look different, they have the same pale-yellow flesh, and taste the same. Although kohlrabi resembles a root vegetable, the globe is actually a swollen part of the stem of the plant and grows above ground.

# Recipes

## CRISPY APPLE & KOHL RABI SALAD

### Ingredients:

- 2 kohlrabi, cut into matchsticks
- 1 large apple, cut into matchsticks
- 1/3 cup grated cheese (optional)
- 1/4 cup fresh tarragon leaves
- 3 tablespoons toasted sunflower seeds
- Lemon zest to taste
- 1 to 2 tbsps olive oil, to taste
- 1 to 2 tbsp lemon juice, to taste
- Flaky sea salt & freshly ground black pepper, to taste

### Instructions:

1. In a large serving bowl, combine the kohlrabi and apple matchsticks. Add the cheese if using, and the tarragon leaves and sunflower seeds. Shave lemon zest liberally over the bowl.
2. Drizzle in 1 tbsp olive oil and 1 tbsp lemon juice, then sprinkle lightly with salt and black pepper. Use your hands to gently toss the salad, then add another drizzle of olive oil and lemon juice if the salad seems dry. Finish with another light sprinkle of salt and pepper and serve immediately.

### PUTTING A FACE TO A NAME:

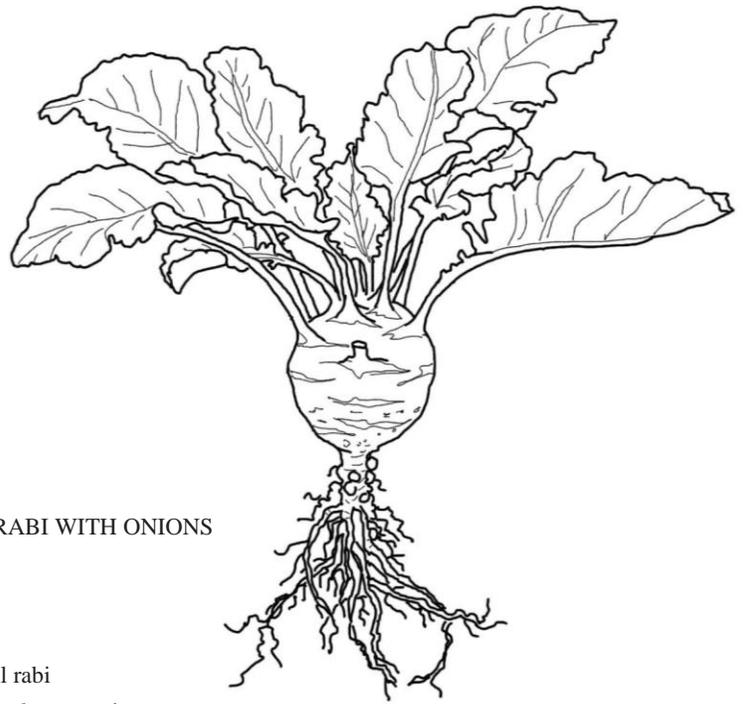
Robin, your contact for the boxes, with Cabe, who grows most of your vegetables, at the launch of the veggie boxes at the Live Well Die Well Mini Expo, at the Wynyard Showgrounds last year.

Please note that Live Well prefers payment for boxes via Electronic Funds Transfer:

Acc. name: Live Well Tasmania

BSB: 632001

Acc. no: 100169042 ... thank you.



## SAUTEED KOHL RABI WITH ONIONS AND CREAM

### Ingredients:

- Cubes of peeled kohlrabi
- Thinly sliced white or brown onion
- Unsalted butter
- Finely shredded kohlrabi leaves
- Cream
- Salt & pepper
- Grated nutmeg

### Instructions:

Cook kohlrabi and onion in butter over a medium-high heat until almost tender. Stir in kohlrabi leaves, and cook until wilted. Add a generous splash of cream, and cook for a few seconds to reduce. Season with salt, pepper, and nutmeg. Serve with chicken, pork chops, or steak.



## Did you know?

Community Sustained Agriculture is a relatively new socio-economic model of food production, sales and distribution. It is thought to have originated simultaneously in Germany, Switzerland and Japan in the 1960's. In Japan a group of women concerned about the increase in food imports and the corresponding decrease in the farming population initiated a direct growing and purchasing relationship between their group and local farms. In Japan this system is called 'teikei' – translated to 'putting the farmer's face on food'. In Europe many of the CSA style farms were inspired by the economic ideas of Rudolf Steiner.

From 'Community Supported Agriculture, the Australian Organic Food Directory' [organicfooddirectory.com.au](http://organicfooddirectory.com.au)

