



Jubilee Farm  
Summer Session Week 3

The dry weather has surely buoyed our spirits as well as providing that long over due element required for photosynthesis . Farming teaches us grace; we're not always in control. Grocery stores set up strange expectations, strawberries in December from some far away land. Choosing to live from a CSA box helps bring our expectations of what food is available into alignment with the gifts and timing of our local lands. It teaches us the pleasure of longing, *waiting* to eat your way through the strawberry patch or making the first spinach salad of the year.



Terrie from **Summer in a Jar**  
[www.summerinajar.com](http://www.summerinajar.com)

### Spinach salad dressing

In a blender:

2 cups of fresh or *frozen* strawberries (Freeze some berries now in season to enjoy this dressing over cabbage slaw next winter!)

1/2 cup rice vinegar

1/2 cup canola oil

Sea salt or Kosher salt & fresh black pepper

For a change try adding 1 Tb of toasted sesame seed oil. It will add an Asian overtone.

If you haven't made it to your local strawberry patch, don't delay. The berries are big and juicy but oh, so fragile. **They won't wait long.**

### Celebrate the arrival of spinach & strawberries.

Gently wash the spinach several times making sure to remove any grit.

Use a salad spinner to remove most of the water. Gently wrap the spinach leaves in a clean, cotton tea towel. Roll it up and put it in a plastic bag. Chilled in the refrigerator it will hold for several days.

When you're ready to make a meal of your spinach, remove the tough stems and tear it into bite size pieces.

- Place a hefty pile of spinach on each dinner plate.
- Slice a few strawberries on the side.
- Add chicken chunks (cooked and cooled earlier)
- Generous pinches of a good quality gorgonzola or fresh goat cheese.
- Very thin slices of purple onion
- 1/2 of an avocado fanned out on the side

Just before serving drizzle the dressing over the prepared salad and give thanks!

## Is this your introduction to kohlrabi?

It's not new. It comes to us from eastern Europe and has been grown for centuries. We discovered it while my husbands' folks were living in Vienna in 1979. In early November Mom took us to the Naschtmarkt, a huge Saturday open air market with long history. We chose from myriad varieties of potatoes, cabbage, root crops, naturally fermented sauerkraut in a big wooden barrel and tons of kohlrabi. We ate it steamed for dinner but our favorite was peeled and sliced into thick fingers. What a great snack and so sweet. Thanks to the diversity of crops grown by our local farmers the Naschtmarkt now comes in a CSA box!

### How to handle Kohlrabi

Leaves that are green and fresh can be treated like any firm *braising green*. (see week one, available at [jubileefarm.org](http://jubileefarm.org))

- Remove the leaves from the bulb as soon as you receive your CSA box.
- Scrub the kohlrabi and store it in a plastic bag.
- Use a sharp paring knife to remove the peel
- Slice the ball into 1/2 inch discs
- Cut each disk into thick fingers.

This makes a great dipping tool for a lunch box. Enjoy it with hummus or tsatziki.

### Kohlrabi Quick Pickle

If you have a mandolin, julienne the kohlrabi for a terrific quick pickle .

In a non-reactive bowl:

- Julienne the kohlrabi and add a generous sprinkle of sea salt.
- Allow the kohlrabi to stand for about 1 hour
- Pour off any liquid
- Cover with rice vinegar.
- Marinate for a least 3 hours, but they'll have more flavor if you allow them to stand in the refrigerator for a few days.

**Summer in a Jar** teaches home food preservation and scratch cooking. If you're interested in taking a class, you can register on our website, [www.summerinajar.com](http://www.summerinajar.com). Not all classes are posted presently, so give us a call if you have a specific interest. 425.788.5696