

BALSAM FARMS

2019 CSA – Week 1

June 6 – June 8

FARM STAND

OPEN 7 days 9 – 6PM

4th of July to Labor Day 9 – 7PM

MONTAUK MARKET

662 Montauk Highway

OPEN 7 days 9 – 7PM

CSA PICK-UP DAYS + TIMES

Thursday 2 – 6PM

Friday and Saturday 12 – 4PM

CSA questions:

info@balsamfarms.com

1 bag of arugula

1 bag of baby kale

1 bunch of baby leeks

1 bunch of garlic chives

1 bunch of fennel

1 bunch of candy striped beets

1 piece of purple kohlrabi

1 pack of nasturtium flowers

optional bonus:

1 bag of collard greens

1 piece of green kohlrabi

1 head of lettuce

Recipe

Vegan Cream of Kohlrabi

Ingredients

2 tbsp. preferred neutral, high heat, cooking oil

1 medium yellow onion, chopped

1 tsp. minced garlic

1 kohlrabi bulb (about 1 pound), peeled and cut into 1/2 -inch dice

2 C. vegetable stock + 2 c. water

¾ C. raw cashews

4 bay leaves, ½ tsp. dried thyme, ¼ tsp. black pepper, ½ tsp. salt

1 ½ C. fresh Lion's Mane mushroom, trimmed, cut into bite-size, and sautéed (golden, crisp)

Heat oil in a large pot over medium-high heat, sauté onions until tender (roughly 8 min.). Add garlic and cook until just fragrant. Add kohlrabi and cook for 2 minutes. Add stock, water, cashews, bay leaves, thyme, black pepper, and salt. Bring to boil, reduce heat to low and simmer for 20-25 minutes until kohlrabi is tender. Remove bay leaves. Purée to smooth (ideally, using immersion blender). Garnish with mushrooms, olive oil, and black pepper.

www.balsamfarms.com