



Squash



Leeks



Kohlrabi



Carrots



Corn



Cucumber



Beets



Onions



Blueberries



Green Beans

COME SAY HELLO!

Wednesday

Farmstand @ 592 Chase Rd
Noon - 6pm

Thursday

Falmouth Farmers' Market
Noon - 6pm
Farmstand @ 592 Chase Rd
Noon - 6pm

Friday

Dartmouth Farmers Market
1pm - 6pm
Farmstand @ 592 Chase Rd
Noon - 6pm

Saturday

Provincetown Farmers' Market
9am - 3pm
Farmstand @ 592 Chase Rd
Noon - 6pm

Sunday

SoWa Open Market
10am - 4pm
Farmstand @ 592 Chase Rd
Noon - 6pm

Half Share: Squash, Leeks, Corn, Carrots, Kohlrabi, Cucumber

Vegetable of the Week

Kohlrabi

Part bulb, part bundle of greens, kohlrabi may seem like one of the more intimidating items in your CSA this week, but we're here to help! Part of the brassica family, kohlrabi is packed with vitamin C and potassium. The taste and texture of kohlrabi are similar to those of a broccoli stem or cabbage heart, but milder and sweeter. Kohlrabi can be eaten raw

or cooked. If you choose to go the raw route, it tastes very similar to a radish and can be tossed in a salad, incorporated into a slaw, or eaten by itself with a little drizzle of olive oil and sea salt! If you want to cook your kohlrabi it is great sauteed, roasted, or steamed just make sure you remove the outer layer of the bulb before cooking. The outside layer is rather fibrous and unpleasant. It won't break down after being cooked. Use a sharp knife to remove the skin, as it's often too thick for a traditional vegetable peeler.