

## SWEET POTATO

### INGREDIENTS:

2 lbs. sweet potatoes, scrubbed  
1 in. knob of ginger, peeled, thinly sliced, optional  
6 Tbs butter  
salt and freshly milled pepper  
1/4 C maple syrup  
1/2 C apple juice or water

### DIRECTIONS:

Boil the potatoes until tender but still slightly firm when pierced with a knife. Drain. When cool enough to handle, remove the skins. Cut them lengthwise into slices about 1/2-1 inch thick. Preheat the oven to 375 F. Butter a large, shallow casserole and make a layer of potatoes. Scatter a few ginger slices over them, dot with butter, season with salt and pepper, and drizzle some of the syrup on top. Repeat until all the potatoes are used. Dot the last layer with butter and pour in the juice. Cover with aluminum foil and bake for 1 hour. If the oven is being used for other things and is set at a lower temperature, simply bake them longer.

*Source: CSA Share Member Peggy Reichard.*

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### UPCOMING EVENTS

*(complete details at [www.accokeek.org](http://www.accokeek.org))*

#### LEADERSHIP SALUTE

National Harbor, Sunset Room  
137 National Plaza, National Harbor MD 20745  
6:30 pm - Cocktails and hors d' oeuvres  
7:00 pm - Dinner and Program  
Catered by Susan Gage Catering  
Tickets are \$125 per person, *Business Attire*

Please plan to join us for the 2009 Leadership Salute dinner, as we present the National Conservation Leadership Award to the Honorable Thomas V. Mike Miller, Jr., President of the Senate of Maryland.

#### MRS. BOLTON'S SPINNING FROLIC

Saturday, November 7, 2009, 10:00 a.m. to 4:00 p.m.  
National Colonial Farm, Rain or Shine  
Admission Free

Mrs. Bolton will be hosting a spinning frolic to get her wool processed before the winter season begins. Come see Mrs. Bolton and her friends as they card and spin... 18th century style! Watch as Mrs. Parker (Mrs. Bolton's sister) prepares a mid day meal for their colonial friends. The yarn produced during the frolic will be used by the Stitch 'N Time Textile Club to create woolen clothing items. For more information about the Stitch 'n Time Textile Club and to become a volunteer email the Volunteer Coordinator at [volunteers@accokeek.org](mailto:volunteers@accokeek.org).

For more information please call 301.283.2113, or email us at [accound@accokeek.org](mailto:accound@accokeek.org).

# FIELD NOTES

Volume 14, Number 26 November 2, 2009

### What the heck is that?!

If it's not a large white radish (Daikon radish, which we also use as a cover crop), then it is probably Kohlrabi. Purple and spaceship-like? Yes, it is kohlrabi. Kohlrabi is of the same species as cabbage, cauliflower, broccoli, kale, collards, and Brussels sprouts – all from *B. oleracea* – it is just bred for its enlarged stem. It is not technically a root crop, rather you might call it a stem tuber. It can be eaten raw or cooked, and you can eat the greens, too. Store kohlrabi at around 34 F and 95% humidity for a few weeks at most, or top the leaves and store it that way for 2-3 months.

Kohlrabi is eaten throughout North America, Europe, and Asia (Kashmiris eat it 3-4 times a week) and is grown in both temperate climates like ours, and also in tropical areas, during cool, winter months. I was surprised to learn that it's actually an "old" crop here in the U.S., having been brought over by immigrants and taken west to the plains. It's been grown in home gardens for generations, as it is hardy, nutritious, grows relatively quickly, and is often easier to grow than staple crops like potatoes. This week's recipes come to us from the grandmother of Cathie Zimmerman.

### Cat

That list of cat names is long and filled with great quality names. Because this is not actually a democracy but a Cat-tatorship, three names have been offered with great humility to her highness, from

### THIS WEEK'S HARVEST

Broccoli  
Butternut Squash  
Cabbage  
Cilantro  
Daikon Radish  
Kale  
Kohlrabi  
Peppers  
Purple Top Turnips  
Salad Greens  
Sweet Potatoes

which *she* will choose. She will indicate favor by granting attention to those addressing her in supplication. She is choosing between Sprout (short for Brussels Sprout), Mizuna, and Mia. Her decree will be declared to all.

### Week 27

This week marks our last 2009 SHARE. Not a bad season twenty-six boxes makes! This one has indeed been a season of challenges and opportunities. They all are, and it is especially one of good, fresh, local food, a strong and supportive community, and memorable moments eating and growing vegetables. In addition to strong fall crops, we have also continued our work with cover crops and growing techniques, engaged a broader beginning farmer audience through a series of monthly visits and networking opportunities, and gained a greater appreciation for our site, and what she has to offer. Water-holding capacity is clearly one of these things!

This is an excellent community to be a part of. Thank you all for the support and loyalty you show to the farm and our program. All of us who worked here this year look forward to SHARE days. Thank you, especially, to those of you who have given your time to the farm this year: Joanna Wilson and Tom Ellwanger, Marc Cruz, Betsy Reid, and

Nan Fremont, Sam Carts, as well as the monthly group of volunteers from the larger community.

I have conflicting feelings about the end of a season. Our bodies are thankful for rest, and maybe a little healing, and with the demands of the season behind, we have space for our minds and feet to move more leisurely and laterally. At the same time, we enjoy the company and meaning of plant-cultivate-harvest, of being directly engaged with nature, and of share pick-ups. It is hard to let a season go. It's like the end of a swim season or the day after the World Series. There is a little hole in life, and a moment of small grief this time of year.

Then we look again and it is full. Work continues in winter! Albeit at a different pace and with different tools, as we continue to develop curriculum for beginning farmers and workshops for the larger community (check out our course listings!), work on our tools and equipment, and plan and look forward to our coming seasons. There is much to reflect on, assimilate, and revise, and we always hope to better our farm and our work. And as always, your thoughts and comments are valued, and I hope you will share them with us.

Be great,  
Mike

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### KOHLRABI AU GRATIN

#### INGREDIENTS:

Cheese Sauce (With Salt, Garlic, Pepper to Taste)  
Kohlrabi  
1/2 C dried breadcrumbs  
1 Tbs melted butter  
Salt

#### DIRECTIONS:

Prepare cheese sauce. Slice kohlrabi, add to cheese sauce (salt, garlic and pepper to taste). Pour into casserole dish. Mix 1/2 C dried breadcrumbs, 1 Tbs butter (melted) and salt. Sprinkle over vegetable/cheese mix. Bake uncovered at 325 F for 15-20 minutes.

### BAKED CINNAMON KOHLRABI

#### INGREDIENTS:

6 medium kohlrabi bulbs, peeled	1 large sweet onion, chopped
1 tsp ground cinnamon	1 Tbs sunflower oil
1/2 C breadcrumbs	1 Tbs arrowroot
2 Tbs cold water	salt and pepper
fresh parsley sprigs, to garnish	

**DIRECTIONS:** Bring water to a boil in a large saucepan. Immerse kohlrabi & boil until they are crisp-tender when pierced w/a fork, about 20 min. Drain & cool. Trim 1/4 in. from the root end of the kohlrabis. Scoop out pulp from the opposite end, leaving 1/4 in. thick shells. Dice the pulp & set aside. Place shells in a lightly oiled baking dish. Preheat oven to 350 degrees. In a separate bowl, toss diced pulp, onion, cinnamon, oil & breadcrumbs. Press mixture into shells. Bake uncovered until the onions are limp & caramelized, about 20 min. Transfer to a warmed serving platter & keep warm. Reserve the liquid. In a separate bowl, mix the arrowroot w/ the water, stirring until completely dissolved. Set aside. Pour reserved liquid into a small saucepan & bring to a boil. Remove from the heat & slowly add the arrowroot, stirring constantly. Add more water as may be necessary so that you have a sauce-like consistency. Season to taste. Spoon sauce around the stuffed kohlrabis, garnish with parsley & serve immediately. Serves 6.