



what's "cropping" up!

**orange p2 This week's picks**

**pink p3 Letters, cookbooks**

**green p5 All about kohlrabi**



## Meet GFF farmer Marvin Hershberger

**M**arvin Hershberger was born and raised on the 22-acre farm in Middlefield where he now grows heirloom tomatoes and other produce for Geauga Family Farms.

The farm belonged to his dad before him, and was once part of his grandfather's 100-acre farm. It has changed from his dad's day, when hay was the main crop, and from his grandfather's day as well, when it was a dairy farm.

Marvin lives and works on the farm alongside his wife, Iva Mae, and their 11 kids. It's not unusual to see many of the kids out in the fields beside their dad, picking or planting. Those of you who pick up at the warehouse have most likely met Roseanna, Marvin's daughter. She orders and organizes all the produce and gets it ready to be shipped to the pickup locations three days a week.

Marvin has been growing produce since 2005. He worked construction fulltime before that, and still does in the winter.

Springtime is his favorite time of year. "It always has been," he said. "The winter is over and new things start coming in. And I can start working with the soil again."

He farms about 11 acres of the 22-acre farm. The rolling hills and fields are planted in all sorts of vegetables, and greenhouses dot the property. The remaining acreage is taken up by pastures for his four horses, and chickens and beef cattle also roam the land.

Marvin talked about why he decided farming would be his calling in life.

"I wanted to be home with the children, with

my family," he said. "That was the biggest thing. I like to hear the birds singing and I like being out with nature, just being out rather



*Visitors to Hershberger Organic won't recognize it from this shot, taken last winter.*

than in."

He likes to grow tomatoes and peppers best, and has a fine crop of heirloom tomatoes coming on soon, including Brandywines and Green Zebras, as well as several varieties of cherry tomatoes.

"I'm trying different types this year," he said.

When asked what the most rewarding thing about farming for him was, Marvin chuckled.

"It's not money, that I know! I like to give people good food to eat. That's part of my reason for doing it. I know they're not getting a bunch of chemicalized junk," he said.

Visit Marvin's farm Tuesday, June 22, from 6:30-8 p.m. Hershberger Organic is located at 15549 Patch Road in Middlefield. From Burton, follow Route 168 (Tavern Road) south to Patch Road. Turn left on Patch. The farm is a half-mile down on the right. 

## This week's picks

Coming this week to your CSA box could be some or all of the following:

Lettuce, peas, kale, kohlrabi, zucchini, tomatoes, strawberries, cauliflower, onions, green beans, beets, yellow squash, broccoli and, last but not least, collards.

*Shares later in the week may include different items.* Remember, farming isn't an exact science.

Also, Family and Single shares also won't include the same items so if you don't have one or more of these items, it's either because we didn't have enough of that item to go around, or because you have a Single share and the item in question was included in the Family share only.

Below are a few recipes using this week's vegetables. 

### Cauliflower Gratin

1 (3-pound) head cauliflower, cut into large florets

Kosher salt

4 tablespoons (1/2 stick) unsalted butter, divided

3 tablespoons all-purpose flour

2 cups hot milk

1/2 teaspoon freshly ground black pepper

1/4 teaspoon grated nutmeg

3/4 cup freshly grated Gruyere, divided

1/2 cup freshly grated Parmesan

1/4 cup fresh bread crumbs

Preheat the oven to 375 degrees.

Cook the cauliflower florets in a large pot of boiling salted water for 5 to 6 minutes, until tender but still firm. Drain.

Meanwhile, melt 2 tablespoons of the butter in a



medium saucepan over low heat. Add the flour, stirring constantly with a wooden spoon for 2 minutes. Pour the hot milk into the butter-flour mixture and stir until it comes to a boil. Boil, whisking constantly, for 1 minute, or until thickened. Off the heat, add 1 teaspoon of salt, the pepper, nutmeg, 1/2 cup of

the Gruyere, and the Parmesan.

Pour 1/3 of the sauce on the bottom of an 8 by 11 by 2-inch baking dish. Place the drained cauliflower on top and then spread the rest of the sauce evenly on top. Combine the bread crumbs with the remaining 1/4 cup of Gruyere and sprinkle on top. Melt the remaining 2 tablespoons of butter and drizzle over the gratin. Sprinkle with salt and pepper. Bake for 25 to 30 minutes, until the top is browned. Serve hot or at room temperature.

*From The Food Network, Barefoot Contessa*

### Asian Green Beans (Vegan)

1 pound green beans, trimmed

1 1/2 cups water

1 tbsp vegetable oil

1/4 cup vegetable broth

2 tbsp soy sauce

2 tsp rice wine or dry sherry

1 tbsp sugar

3 cloves garlic, minced

Heat the water in a wok or a large saucepan. Carefully add the beans and steam until tender but crisp, about 8 minutes. Drain and set aside.

In a small bowl, combine the vegetable broth, soy sauce, rice wine and the sugar, stirring to dissolve the sugar.

Wipe the excess water from the wok or saucepan, add the oil and heat over medium-high heat. Add the garlic and stir-fry for one minute. Add the beans and sauce, and cook for two minutes, stirring often.

### Chinese Green Onion Pancakes

3 Cups all-purpose flour

1 Cup hot water

1/2 bunch green onions (chopped)

2 Tbsp sesame seeds (optional)

2 tsp Salt

Black pepper to taste

Oil for Shallow Frying

Mix the flour and salt in a large mixing bowl. Add the hot water 2 Tbsp at a time while mixing the flour with a wooden spatula. Mix well until a ball of dough

forms. Knead briefly until smooth. Cover and allow to rest for an hour. Take a lime sized ball and roll into 4 inch circle.

Spread some green onion pieces and sprinkle with sesame seeds. Roll into a jelly roll.

Flatten it and roll again to a 3 inch circle.

Heat 1/4 inch of oil in a shallow frying pan.

When the oil is hot, place the rolled pancake and cook until brown spots appear on both sides. If you need a crispy pancake, leave it

until it is browned well.

Drain well and serve hot.



## Letters from our members

**W**e have received numerous e-mails from our members and wanted to share their comments. We love hearing from you. Feel free to share your comments, recipes and suggestions anytime.

*My son, John Griffin, and I have purchased a family share this year under his name. I pickup at Sage's (and am careful about my proper share). I would appreciate it if you could put my email address on your list for the newsletter and for any updates on pickup changes at Sage's since I am the pickup designee. We are so enjoying our produce and being surprised by the box contents. We make a huge effort to use up every bit of it's wonderful contents. I have never done greens before and am now a great fan. Thanks for your very hard work and that of everyone involved – we are glad you do what you do.*

*Sincerely, Ronda Griffin, Sage's*

*Let me just say the produce has been wonderful! I feel soooo healthy!*

*Alice Hinkel, St. Noel*

*It all has been shockingly delicious so far and I look forward to the deliveries and the news letter. Kudos for the strawberry jam that I just tried today, as well as the gorgeous beets and the broccoli of a few weeks ago.*

*Sincere appreciation,*

*Karen Gerken, Eagle Creek*

*I'm loving the CSA so far. The folks at First Church Congregational are fast, friendly and very efficient over there and I've had no problems. It's a good thing.*

*Cheryl Rice, First Church Congregational*

*I am overflowing with lovely greens...*

*Lisa Stewart, Lake Health, TriPoint*



## Public radio a great source for locavores

**D**on't want to wait for our newsletter to begin experimenting in your kitchen with your fresh veggies in this week's share? The local National Public Radio stations, WCPN and WKSU, are great sources for not only news, but news you can use about eating local.

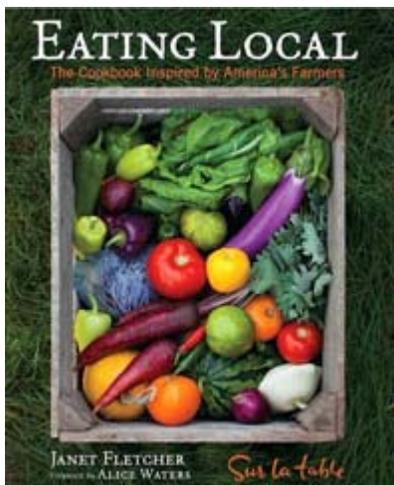
Listening in a Sunday or two ago to the Weekend Edition, I heard T. Susan Chang's story, "To Market, To Market: 10 Top Summer Cookbooks." Here's an excerpt. For the full story, visit <http://www.npr.org/templates/story/story.php?storyId=127062738>.



**Eating Local: The Cookbook** By Sur La Table and Janet Fletcher, \$35

This one is the book you give as a gift to your locavore friends when they invite you to the beach house for a week. Like most Sur La Table books, it's a feast for the eyes: lushly photographed, and somehow both elegant and earthy. Haven't got any friends with a beach house? Yeah, me neither, actually.

Fortunately, *Eating Local* cooks as good as it looks. Most of these recipes use strong seasonings (lemon zest, caraway



seed) in smart little combinations you wouldn't have thought of yourself (at least not on a hot summer day when you're sweating in some parking lot next to the farmers market). Grilled Cauliflower Steaks with Tahini Sauce and Summer Squash Carpaccio with Arugula, Pecorino, and Almonds are good examples of the kind of fancy-looking food that actually isn't all that hard to make that you find in this book.

Of course, the nice thing about not actually being a farmer is that you don't have to knock yourself out every day for the sake of some fussy little brassica. For those afternoons when you're feeling very "let's not and say we did,"

*"Eat food. Not too much. Mostly plants."  
~Michael Pollan,  
from his book  
"In Defense of Food, An Eater's Manifesto"*

See **COOKBOOKS**..... Page 4

## COOKBOOKS...continued from Page 3

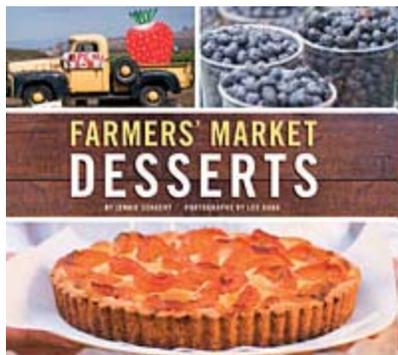
you could do worse than to lie around reading about the small farms that inspired the book, like Red Fire Farm with its yearly heirloom

tomato festival, and Full Belly Farm in California with its 360!-day harvest. (You just know they're painting their toenails on those 5 days off.)

**Farmer's Market Desserts,**  
by Jennie Schacht, \$24.95

Fresh fruits of the season — swarms of strawberries, piles of peaches, armies of apples. Do you really need a book just to help you use them up? I know I do. There's nothing sadder than a pint of berries going moldy in your fridge because you had every intention of making a tart, but couldn't get motivated to hunt down a recipe. I mean, it's summer — who wants to cook something extra, never mind turn on the oven?

But the recipes in *Farmer's Market Desserts*



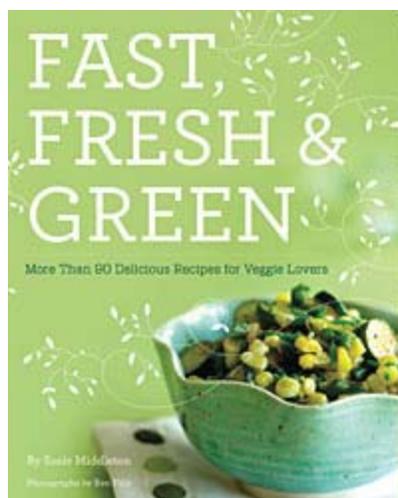
make a convincing case for planning ahead. Make a Black & Blue Buckle in high summer, when blueberries and blackberries are in season. And when apriums — the babies of the pluots-plumcot family — hit the market, you can tuck them into a pillowy Aprium Almond Tart. When your overripe fruit starts to go soft,

turn it into Berry Sauce for Lemon Verbena Buttermilk Ice Cream. Now your fridge is a haven for scrumptious leftovers, instead of an old-fruit penitentiary.

**Fast, Fresh and Green:  
More than 90 Delicious  
Recipes for Veggie Lovers,** by  
Susie Middleton, \$24.95

Among the many outstanding produce books you'll find this year, this one's the sleeper hit. With its understated cover and nondescript title, you could easily walk right past it on the bookshelf. Pretty much every recipe in this book subscribes to the format "X with Y and Z."

What Middleton does, with spectacular success, is take an ingredient and pair it with two, maybe three, complementary flavors. How many times have you found yourself cluelessly eyeing a heap of vegetables 10 minutes before dinner and hoping it tastes good sauteed with garlic? For those kinds of



situations, this book is a godsend.

Whether it's Warm Parmesan Fava Beans with Shallots and Mint or Sesame-Ginger Marinated Grilled Shiitakes, these recipes show that sometimes a few flavorful gestures — not all of them smelling of garlic — are all you need.

Not only is Middleton an exquisite matchmaker, but she's quick about it. The book is organized by technique:

"quick-roasting," "quick-braising," "no cooking," "two-stepping" (a fast blanch followed by a flash in the pan). You save time on cooking, and maybe you won't wake up with garlic breath quite so often, either.

## Tie a string around your finger... or your box

**J**ust a reminder: Please return your box to your pickup site each week. Boxes are expensive!

This not only helps the farmers cut costs,

thereby helping to keep the cost of your CSA share down, but also allows both you and us to do our part to help the environment. It's the **GREEN** thing to do!



# Everything you've always wanted to know about kohlrabi

**M**any people have asked us what in the world was that funny looking light-green veggie in their box. Here is some history, recipes and more on the kohlrabi from the Prairieland Prairieland CSA in Illinois.



**History:** Kohlrabi came to the United States from Europe. It's name literally means cabbage-turnip. Kohlrabi can be planted for both spring and fall harvest. It comes in white, actually green, and purple varieties.

**Storage:** Store kohlrabi with leaves on to maintain freshness. However, they can

be stored sans leaves if you are short on space. Either way, store kohlrabi in your refrigerator crisper. Since they are so bulky, it is usually easier to simply use them right away.

**Preparation:** For recipes, trim off root and top, peel until fibrous layer is removed. You also can use leaves.

Larger leaves may need to be boiled for a couple of minutes to remove any bitterness.

Kohlrabi can be eaten fresh in sliced, julienned, and grated form, in vegetable platters, salads, and slaws. Alternatively, the roots and greens can be cooked for stews, soups, and gratins.

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## Kohlrabi Gratin

- 4-6 kohlrabi with leaves
- 1 T butter or olive oil
- 1 clove garlic or 1/2 garlic scape thinly sliced
- 2 - 3 T sliced green or bulb onion
- 3 - 4 c stock
- 3 - 4 T flour
- salt and pepper to taste
- 2 ounces sharp cheddar or other strong cheese, grated

Preheat oven to 375 degrees F. Remove greens from kohlrabi and set aside. Cut off roots and tops of kohlrabi and trim off fibrous outer layer.

Slice into 1/4" slices or cube into 1/2" pieces. Wash greens. Remove stems using a knife to make v-cuts in the leaves. Stack several leaves together, roll like a cigar, and

thinly slice into strips 1/8" to 1/4" wide. Repeat.

In a large pan heat 4 qts. water to a boil. Add leaves. Test for tenderness and bitterness. Cook until leaves are on the verge of losing their bright green color. Remove and drain. In a large saute pan, heat butter or oil. Saute garlic and onion for 2 min. Remove, set aside.

Add 3 c stock to pan, bring to a low boil. Add kohlrabi bulb pieces. Cook until tender crisp. Remove from pan. Remove 1 c stock and into it stir flour. Add back to stock in saute pan. Salt and pepper to taste. Stir to prevent lumps. Add onion, kohlrabi, and kohlrabi leaves. Coat with sauce. Add 1/2 to 1 c more stock if mixture is too dry. Adjust seasoning if necessary. Transfer to a greased 2-3 quart dish. Top with grated cheese. Bake until cheese is brown, approx. 15 to 20 min.

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## Kohlrabi Stew

- 1 T oil (olive is best)
- 1 c green onion sliced
- 2 large or 3 medium kohlrabi, peeled & cubed
- 3 medium carrots, peeled & cut into 3/4-inch chunks
- 2 medium potato, peeled & cut into 3/4-inch chunks
- 1 c tomatoes, peeled and chopped
- 4 c broth
- 1 bay leaf
- 1/2 t dried oregano
- 1 t salt

freshly ground black pepper to taste

1 T dijon mustard

1/2 T molasses

Saute onions in oil for several minutes. Add remaining ingredients and bring to boil. Reduce heat and cover.

Simmer for 20 minutes or until vegetables are tender.

Serves 4.

Variation: Try removing the broth, thickening it to a gravy with a little flour, and adding chunks of fried tofu. For fall or winter, use the stew as a filling for a pot pie.

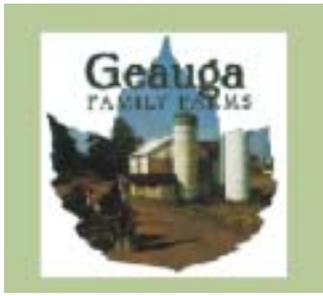
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## Kohlrabi with Parmesan

- 2 large or 3 medium kohlrabi, no stalks or leaves
  - 2 T unsalted butter or olive oil, or combination
  - 1/4 c grated Parmesan cheese
  - salt and pepper to taste
  - 1 T minced parsley
- Peel kohlrabi to remove fibrous outer layer. Shred with

grater or foodprocessor. Heat a medium skillet to medium heat. Add butter and/or oil. When fat is hot, add kohlrabi. Cook, stirring frequently, until vegetable is tender, about 8 minutes. Sprinkle with salt and pepper.

Stir. Toss with cheese. Cook until cheese melts, about 1 minute. Garnish with parsley. Serve hot. Serves 4.

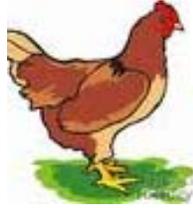
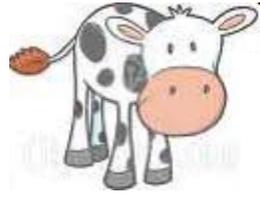


## Cluck-cluck, moo-oo-oo

**F**ree-range chickens are fed organic minerals; most are fed conventional feed. Several of the GFF farmers have chickens available NOW! The freshly butchered chickens are \$2.50 a pound. Most weigh in at about 4 pounds or so.

Please call Michelle Bandy-Zalatoris at 216-321-7109 or Laura Dobson at 440-478-9849 to place your order. Chickens MUST be picked up at the farms.

Also available is grass-fed, pastured beef. For CSA members, the cost is \$3.75 per pound delivered with your shares. Contact Kathleen Webb at 216-408-7719 or [gfamilyfarms@aol.com](mailto:gfamilyfarms@aol.com).



## Free Range Chicken Cooking Tips

Many of you are ordering chickens from the farmers. Here are some things you should know, from [Livestrong.com](http://Livestrong.com), that will help you when cooking your chickens.

While most supermarket chickens are raised indoors in confinement, free-range chickens are allowed to roam outdoors. Their diet, supplemented by plants and insects, is more varied than that of conventional chickens, which are fed a diet designed to fatten them as quickly as possible. Free-range chickens benefit from these cooking tips.

### High Temperature Blast

Chickens get flavorful, crispy skin when roasted in a hot oven, but the meat can get quickly dried out. A solution is to season the bird, cook it at a high initial heat—450 degrees—and then finish roasting it at 375 degrees. Free-range chickens develop a fine layer of fat and muscle tone, all of

which enrich flavor when roasting.

### Brining

Free-range chickens lead a more active life than conventional chickens, which can result in a leaner bird. Fat provides a cooked chicken with a moist and juicy consistency. The technique of brining will result in chicken that is plump and well seasoned. Brining a free-range chicken involves soaking the bird in a solution of kosher salt, sugar and water for about 1 hour per pound.

### Salting

Although free-range chickens, with their varied diet, tend to be more flavorful, salting can bring them to the next level. If you don't have room in your refrigerator for a chicken in a large container of brining liquid, simply salting your chicken a few hours before roasting it will contribute to more a pronounced flavor. In a taste test, kosher chickens were rated the highest, due in part to the processing of kosher chickens, where they are buried in salt for an hour to remove impurities.

### Internal Temperature

No one likes undercooked poultry, but fear of food-borne illnesses compels some people to overcook their chickens. Lean free-range chickens are vulnerable to becoming tough and chewy. You should cook chicken to an internal temperature of 165 degrees. Test the temperature with a meat thermometer to avoid either undercooking or overcooking your free-range chicken.

Adapted from: <http://www.livestrong.com/article/134431-free-range-chicken-cooking-tips/#ixzz0rVRSyBvQ>

## Farm Visits

### Meet the Farmer Dates 2010

**Fourth Tuesdays – 6:30-8 p.m.**

**Second Saturdays – 1-4 p.m.**

*Drive out to picturesque Geauga County for a visit with the farmers of Geauga Family Farms. The second Saturday and fourth Tuesday of every month through October, CSA members can come see where their food is grown, and meet the farmers who have nurtured the certified-organic produce shareholders receive each week in their CSA share.*

**Visit Marvin Hershberger's farm Tuesday, June 22. See directions and story on Page 1.**

*For a map of all the farms, visit our Web site at [www.geaugafamilyfarmsllc.org](http://www.geaugafamilyfarmsllc.org) and click on Meet Our Farmers on the left.*



### Mailing address:

Geauga Family Farms  
17050 Nash Road  
Middlefield, OH 44062

For more information, call 440-478-9849  
Web site: [www.geaugafamilyfarmsllc.org](http://www.geaugafamilyfarmsllc.org)

*The Fair Share* is a weekly e-newsletter produced by Geauga Family Farms.