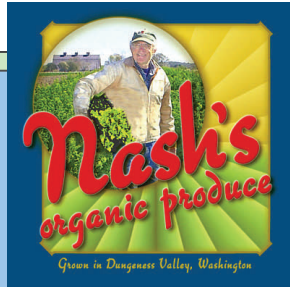


2-26-10 **What's in the box?**

Lacinato Raab
Red Cabbage
Brussels Sprouts



Box 6 of 10

Radish Greens
Parsnips
Bunch Carrots

Raab & White Bean Soup

- 2 Tbsp. extra virgin olive oil
- 1 onion, diced
- 3/4 cup diced carrot
- 4 cloves garlic, minced
- 3 cup veggie or chicken broth
- 2 cup water
- 1 cup white wine
- 3 potatoes, diced
- 1 turnip or parsnip, peeled and diced
- 1/2 tsp. fresh rosemary, chopped
- 1/2 tsp. fresh sage, chopped
- 1/2 tsp. fresh thyme, chopped
- 1 16oz. can cannellini beans, rinsed and drained
- 2 cups finely chopped raab
- 1 small red chili pepper, seeded and chopped
- Ground black pepper to taste

1. Heat the olive oil in a large pot over med. heat; cook and stir in the onion until soft, about 5 minutes.
2. Stir in the carrot and garlic & cook 5 more min.
3. Pour in the broth, water & wine; stir in the potatoes and parsnip, rosemary, sage and thyme. Bring to a boil over high heat, then reduce heat to medium-low, cover, and simmer until potatoes are tender, about 20 minutes.
4. Add the beans, kale, chile pepper & black pepper & simmer, covered for 30 more min.

We thank Farm share member Marliese Bankert and her family for this great soup recipe.

So what the heck is Raab?

Raab is the seed shoots of *brassicae* that are beginning to flower. This spring, lacinato raab was the first to take off in this unusually warm February. Between the cabbages, kales, collards, turnips, arugula and Brussels sprouts, we will harvest a total of 11 types of raab.

Some of the raab is in fields where we have seed plots that may be at risk of contamination if the nonseed crops are allowed to bloom nearby. For this reason, we closely monitor the flowering raab and pick it as fast as we can before we have to disc it in. If we manage the situation right, in addition to getting kale, Brussels sprouts or heads of cabbage, we also get bunches of sweet raab that are a seasonal treat!

Prepare raab as you would asparagus or kale/chard. The base of the stem may need trimming, but usually it is tender. Enjoy sauteed, steamed, stirfried, in soups or just raw like a rabbit. Yum!

Also in your box this week, radish greens!

While they do have edible roots, we've picked these for their tender tops. The bottom half of the radishes themselves are a bit tough, but the wider root top is tender. We've been enjoying these greens raw in salads. Try combining thinly sliced red cabbage with raab, radish greens and grated rutabaga and carrot for a wonderful late winter salad! Toss on a little chvre cheese, crushed hazelnuts and a drizzle of balsamic and a splash of lemon or lime.

The end of the carrots is just a week away :(

We are down to the last field, and wanted to make sure you got them. Their tops might be a bit haggard, and you might notice a little gray scarring on the roots, but they have been in the field all winter. They are still tender and sweet. They were planted the first

week of August and have been hiding underground all winter through this winter's wacky weather. Enjoy!



At left, three kinds of cabbage raab.

See the delicious Raab and White Bean Soup recipe on the left.