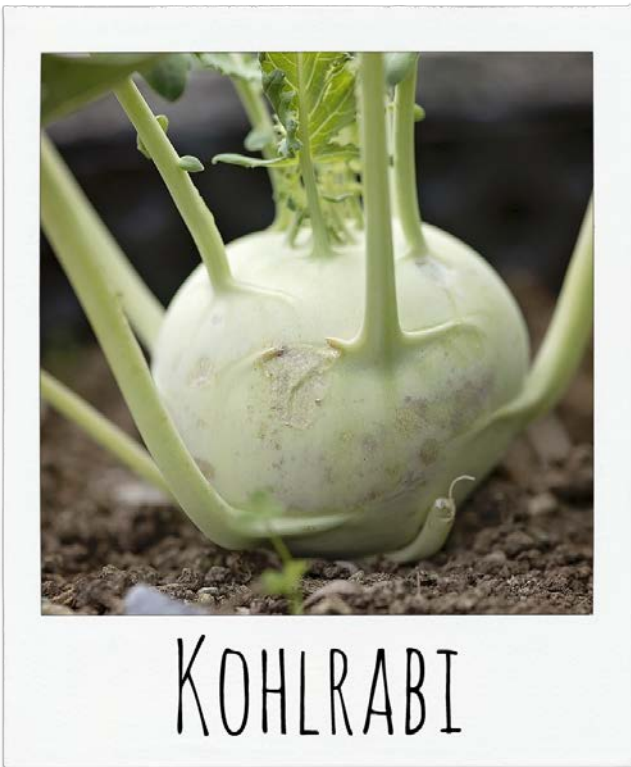


This June, you'll find kohlrabi, peas, Thai Basil, broccoli, and a variety of other fresh produce at your local farmers market. Brush up on your produce proficiency with our handy guide to June's healthy harvests. Find a farmers market convenient for you by using our online [Directory](#). You can search by location and day of the week!



Kohlrabi (also called turnip cabbage) is a cultivar of cabbage that is described as having a similar texture to apples. Though its name and unfamiliarity might make kohlrabi seem intimidating, it's a perfectly versatile vegetable that can be steamed, sautéed, roasted, or even mashed! It's also great in slaws or pickled, but is also delicious when eaten raw with a sprinkle of salt! In addition, its leaves are edible and can be cooked and eaten in the same way you'd prepare other leafy greens. With so many delicious uses, we think kohlrabi deserves more recognition! This summer is a great opportunity to give kohlrabi a try.

Storage: Store for up to two months without tops in a cool dry place. Use greens quickly as they wilt in 2-3 days. To freeze, blanch peeled and sliced for 2-3 minutes and store in freezer for up to 12 months.

Tasty tips:

- Try kohlrabi pickles! They preserve their crunch very well and are a great addition to salads!
- Puree and use in a chilled or hot veggie soup.
- Cut into thick, finger length sticks, then fry and season for a tasty alternative to French fries.

Kohlrabi Chop Salad

Recipe provided by:
minnesota cooks™
Food from the Farm

For the Salad:

1 C kohlrabi, sliced
1 C radish, sliced
8 oz Mortadella, cut into strips
4 oz firm sheep's milk cheese
6 oz baby salad greens

For Puffed Rice:

1 T wild rice
canola oil
salt

For the Vinaigrette (makes 5 servings):

1 ea. shallots, diced
2 T champagne vinegar
1/2 C extra virgin olive oil
1 T ea parsley and chives, chopped

To prepare salad:

Cover shallots with champagne vinegar. Let sit and allow flavors to blend.
Add oil and herbs. Stir vinaigrette before adding to salad.

To prepare puffed rice:

Heat the oil to 425°F (do not exceed) and add rice. Wait for the rice to puff, and float to the surface. Skim rice off the surface of oil and place on paper towels. Season with kosher salt. Repeat until desired quantity of puffed rice is reached.

To serve:

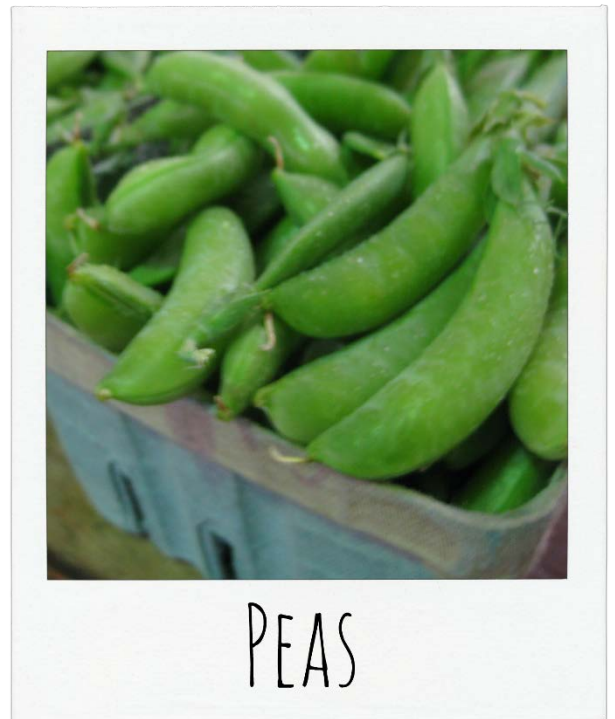
Mix together radish, kohlrabi, Mortadella, and greens, and dress with vinaigrette. Season with salt and pepper. Garnish with the cheese and puffed rice.

There are three main categories of peas: garden peas (also called English or shelling peas), snap peas, and snow peas. When shopping for peas, look for fresh, vibrant, green pods with the stem still attached. To prepare your fresh peas, zip open the hull and enjoy sautéed, steamed, or fresh!

Garden peas: These peas must be removed from pods before eating. Though when eaten fresh, they hardly resemble the mushy canned peas you once ate in your school cafeteria.

Snap peas: Their pods are generally rounded and contain plump, sweet peas. The whole pod is edible and can be eaten raw or cooked. Some varieties must be “unzipped” at the seam if strings are too tough.

Snow peas: Snow peas feature a flattened pod containing very small peas and is commonly used in stir fries. The whole pod can be eaten whether raw or cooked.



Shrimp with Nectarines, Sugar Snap Peas, and Curry

1 lb shrimp, peeled and de-veined
2-3 fresh nectarines
1 c coconut milk
1 c heavy cream
1-2 t madras curry
1/2 lb sugar snap peas
fresh lime
1 bunch of cilantro, chopped
clarified butter
3 diced shallots

Heat a large sauté pan over medium heat. Once warm, add enough clarified butter to coat the bottom of the pan. Add the shrimp, curry, and shallots. Cook each side of shrimp for about 1 min. Deglaze the pan with the heavy cream and reduce by about 1/2. Add the coconut milk, nectarines, and sugar snap peas. Cook until the shrimp is no longer translucent. Serve immediately with steamed rice.

Recipe provided by:

minnesota cooks™
Food from the Farm

Storage: Peas last up to one week in refrigerator; don't shell until ready to use. Shelled peas can be blanched for two minutes then frozen to extend storage life.

Tasty tips:

- Boil or sauté snow peas, then add butter, salt, and basil for simple, yet flavorful side dish.
- Mix shelled garden peas into your next mixed greens salad, curry, or rice dish.
- Season snap peas with sea salt, onion powder, and nutritional yeast and bake for crispy snap pea chips! Click [here](#) for a simple recipe from Cotter Crunch.



THAI BASIL

Thai basil is a compact plant with small, thin green leaves and pink and purple flower spikes attached to red-purple stems. It has a spicy, sweet floral flavor with a licorice aroma and the leaves, flowers, and stems can all be used for culinary purposes. Thai basil is traditionally used in Southeast Asian cuisine and can be found at many farmers markets in Minnesota.

It's an excellent source of vitamin K and a good source of iron, calcium, and vitamin A. Basil is also a good source of dietary fiber, manganese, magnesium, vitamin C and potassium. This delicious and nutritious and nutritious plant promotes anti-inflammatory and cardiovascular health benefits.

Storage: To refrigerate, wrap whole stalks and leaves in slightly dampened paper towels, place in a plastic bag, and store for up to four days. You can store them in a glass of water, stems down. Place a plastic bag over the leaves and refrigerate for up to two weeks, changing the water every few days.

Tasty Tips:

- Blend basil with a small amount of oil in a blender and freeze in ice cube trays for convenient portions that can easily be added to curries, stir-fried dishes, and soups.
- Infuse Thai basil in simple syrup for a flavorful addition to cocktails.
- Add raw basil to salads for a spicy kick.

Grilled Zucchini Ribbon Salad

3 to 4 large zucchini, roughly 2 pounds
1/2 cup extra-virgin olive oil, divided
Sea salt and freshly ground black pepper
3 cloves minced garlic
1/4 teaspoon red chili flakes
1 lemons juiced
1 tablespoon freshly chopped cilantro
1 tablespoon freshly chopped basil
3 tablespoons toasted pine nuts, optional
Shaved Parmesan, to taste

Recipe provided by:



Prepare a charcoal grill, or heat a gas grill to high.

wash the zucchini and trim the ends. Slice the zucchini lengthwise very thinly (use a mandolin if possible). Toss the zucchini with 1/3 of the olive oil, gray salt and pepper, to taste. Quickly grill the zucchini ribbons on 1 side, until lightly marked and wilted, about 1 to 2 minutes. Remove to a plate or a baking dish and let cool slightly.

when slightly cooled toss zucchini in a bowl with the remaining ingredients except nuts, if using and Parmesan. Spread onto a serving platter, top with pine nuts, if desired and shave Parmesan over the top.



BROCCOLI

Do you hear your mother's voice saying, "Eat your broccoli!" when thinking about this veggie? She's right! This vegetable from the Brassica family is full of nutrients and health benefits. Broccoli contains beta-carotene, vitamin C, calcium, potassium, iron, and phytonutrients that have significant anti-cancer effects.

Storage: Store raw, unwashed broccoli in perforated plastic bag to allow airflow for up to two weeks, cooked broccoli should be sealed and refrigerated in an airtight container. For long term storage, blanch for 3-5 minutes and freeze for up to 12 months.

Tasty Tips:

- Under-roast florets slightly and add on homemade pizza.
- Blanch florets and freeze to use in a quick, cold veggie salad in the future.
- Halve and grill florets with lemon, salt, and pepper for an easy side dish at your next barbeque.

Broccoli Pesto

Recipe provided by:



1 cup raw broccoli (1 large floret)
1 cup fresh basil
4 cloves garlic
½ cup walnuts
½ cup olive oil
½ lemon squeezed (or about 1 Tb)
Salt and pepper to taste
1-2 tablespoons water for desired consistency

Chop 1 floret of broccoli into small pieces to be blended. Approximately 1 heaping cup. Use the tops first, saving the hearty bottom-portion to chop for another recipe (works well in stir fry, salads or soup).

Add broccoli, along with the rest of the ingredients to a food processor. Blend all until the chunks of broccoli are fully blended and the pesto is of desired consistency. Add a few tablespoons of water to reach a more fluid consistency.