



What's in the box today?

Beans, Italian Flat Pod

Beets

Celery

Cucumber

Fennel

Kohlrabi

Lettuce

Herb: Marjoram

Scallions, Purple

Summer Squash

Snap Peas

Radishes



Harvesting Fennel

Haven't had fennel in our shares for a few years and thought it would be nice to include in our offerings this year. Plenty of health benefits eating fennel and it has a nice licorice or anise like flavor. Check out this link for the fifteen benefits of eating fennel. <https://www.organicfacts.net/health-benefits/herbs-and-spices/health-benefits-of-fennel.html>

Sautéed Fennel and Zucchini

1 Tbsp. olive oil
 2 **fennel bulbs**- thinly sliced
 4 **zucchini**, sliced
 1 Tbsp. balsamic vinegar
 1 Tbsp. chopped fresh **marjoram**
 salt and pepper
 ¼ cup toasted pine nuts

In a large skillet, heat the oil over medium-high heat. Add the fennel and zucchini and cook, stirring constantly until the vegetables are cooked through but still crisp-tender, about 7 to 8 minutes. Stir in the vinegar and oregano and season to taste with salt and pepper. This can be made ahead and reheated at this point. Add the pine nuts and cook over medium heat for 2 minutes longer. Serve hot, Yield: 4 to 6 servings.



Sautéed Summer Squash with Basil and Feta

- 1 tablespoon olive oil
- 4 cups **summer squash** (preferably baby patty-pan squash type), halved (about 18 ounces)
- 2 cups onions, sliced
- 1/2 teaspoon salt
- 1/8 teaspoon freshly ground black pepper
- 3 tablespoons crumbled feta cheese
- 2 tablespoons finely chopped fresh **basil**

Heat a large nonstick skillet over medium-high heat. Add oil to pan, swirling to coat; heat 20 seconds. Add squash and onion to pan; sauté 5 minutes or until tender, stirring frequently. Stir in salt and pepper. Transfer squash mixture to a serving platter. Sprinkle with cheese and basil.

Kohlrabi and Summer Squash Fritters

- 1 large **kohlrabi**
- 2 **summer squash**
- 3 eggs, beaten
- ¾ cup Italian seasoned bread crumbs
- ½ cup flour
- ½ cup freshly grated Parmesan cheese (plus more for serving)
- ½ tsp. cayenne pepper
- Kosher salt and freshly ground pepper, to taste
- ¼ cup olive oil (plus more if needed)
- 1 lemon, cut into wedges
- marinara (optional)



Remove leaves from kohlrabi and peel the bulb. Using a food processor or box grater, shred the vegetables.

Place the shredded vegetables on a large tea towel or using your hands, remove the moisture from the vegetables.

Place in a large bowl and add eggs, bread crumbs, flour, Parmesan, cayenne pepper, salt and black pepper and stir to combine. In a large nonstick sauté pan set over medium heat, heat ¼ cup olive oil. With a tablespoon, drop batter into oil. Cook until each fritter is golden brown on each side (2 -3 minutes per side). Remove fritters and place on a paper towel lined plate to drain. Continue to add oil to the pan as needed and finish frying.

When all the batter is cooked, place fritters on a serving platter. Serve with extra grated Parmesan, lemon wedges, and marinara.