

### Asian-Style Greens with Sesame, Ginger and Soy Sauce

Contributed by William Masson, Tucson CSA

4 tablespoons light sesame oil or olive oil  
2 tablespoons white hulled sesame seeds  
4 teaspoons peeled, minced ginger root  
2 garlic cloves, minced  
2 pounds tender Asian greens (works great with **Tokyo Bekana**)  
2 tablespoons soy sauce  
4 teaspoons rice vinegar

1. In a wide heavy saute pan or wok over medium heat, warm the oil. Add the sesame seeds and stir until they pop and become fragrant. Add the ginger and garlic and saute for 1 more minute.
2. Add the greens and 1 tablespoon soy sauce, raise the heat and cook, covered, for 1 minute. Uncover and saute for 1 or 2 minutes more, until the greens are tender but still bright green.
3. Stir in more soy sauce and vinegar to taste, and serve immediately.

Recipe courtesy Peter Berley's The Modern Vegetarian Kitchen.



### CSA Memorable Lasagna for 24 people

Freda Johnson, Tucson CSA

2 boxes Barilla flat lasagna  
2 large containers ricotta – 18 oz total  
5-6 eggs depending on size  
6 cups coarsely shredded parmesan/romano – divided  
8 cups cooked greens (**spinach, Tokyo Bekana, kale, arugula**) with added cooked onion and garlic in olive oil  
2 cups white beans, soaked, cooked with dried chili  
8 cups steamed mix of cabbage and cauliflower, coarsely chopped  
8 oz fresh mozzarella  
1 tablespoon fresh ground nutmeg for the greens  
1-2 tablespoon dried oregano for the beans  
2 large jars of organic marinara sauce

Assembly: mix the eggs, ricotta and half the parmesan/romano cheese mixture

Layer tomato sauce, lasagna,, greens, lasagna, ricotta mix, cabbage cauliflower mix, sliced mozzarella, more lasagna and tomato sauce, beans with oregano, more lasagna and tomato.

Bake 45 minutes at 350 degrees covered with foil. No need to cook the pasta ahead of time. Then, remove foil, add remaining parmesan/romano mix and bake for 15 more minutes.

### About Kohlrabi

**Kohlrabi** The name comes from the German *Kohl* ("cabbage") plus *Rabi* ("turnip"), because the swollen stem resembles the latter. Its origin in nature is the same as that of cabbage, broccoli, cauliflower, and brussels sprouts: they are all bred from, and the same species as, the wild mustard plant.

It's a distinctive-looking vegetable with a swollen, nearly spherical, Sputnik-like shape, pale green and purple-tinged, marked by points where the leaf stems were attached.

Recently rediscovered by many chefs, it has gained an enthusiastic new following and is being paired with exotic flavors in many innovative dishes.

The taste and texture of kohlrabi are similar to those of a broccoli stem or cabbage heart, but milder and sweeter, with a higher ratio of flesh to skin. The young stem in particular can be as crisp and juicy as an apple, although much less sweet.

#### Storage Tips

Store kohlrabi, refrigerated and wrapped in plastic, for up to a week.

Simply rinse under cool running water.

The leaves of the kohlrabi are edible. If cooked, the leaves have a flavor similar to kale.

Kohlrabi can be eaten either raw or cooked.

Kohlrabi should be peeled to remove the fibrous layer just under the skin. It can be peeled after cooking.

#### Cooking Tips

Peel kohlrabi, cut it into 1/4" slices or sticks and sauté in butter or olive oil, or boil and mash like potatoes.

Kohlrabi, if not served raw, can be cooked like turnip or celery root. It can be prepared as crudités, grated, used in gratins, soups, stews or purées, sautéed or steamed.