



*Carrboro & Southern Village*  
**FARMERS' MARKET**

locally grown • nationally known

**Recipe of the Week**

**May 13, 2006**

**Kohlrabi with Lemon juice, Sea Salt, and Chèvre**  
*from Sheila Neal, Market Staff*

I was always hesitant to try kohlrabi. What is it and how do you use it? (It's a form of cabbage with the flavor of a turnip.) Well, at a cooking demo last week I decided to be a bit vulnerable and try cooking with it. I was going to boil it and mash it with butter but it was warm that day and cooking with heat wasn't so appealing. I tasted the kohlrabi raw and found it was tender and almost sweet; a perfect match for acid and salt. And that's how this simple recipe was born.

**Ingredients**

- 5 small kohlrabi\*
- 1 large lemon, squeezed
- 2 teaspoons medium grain sea salt
- 1/4 c. extra virgin olive oil, preferably a fruity variety
- 1/4 c. julienned kohlrabi leaves\*,
- 1/4 c. fresh goat's-milk cheese\* (chèvre)

**Procedure**

Remove leaves from kohlrabi and reserve. Peel the tough outer green parts from the kohlrabi. Slice the bulb into thin discs, about 1/8<sup>th</sup> of an inch. Stack the discs and slice into strips also 1/8<sup>th</sup> of an inch. Toss the strips with the lemon juice and sea salt. Let sit 5 minutes.

Meanwhile, taste the kohlrabi leaves. If they aren't bitter, julienne them by stacking them on top of each other, roll them up like a cigar, and starting at one end slice very thinly. Reserve. Add the olive oil to the kohlrabi strips and toss. Add the julienned leaves and toss. Taste. More salt? More olive oil? Add it. To serve, crumble chèvre on top and let folks serve themselves or pile salad onto individual plates.

Serves 4

\*available at Market

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# Muffulettas and Gumbo to-go

Next Saturday May 20, 8 – Noon

The Carrboro Farmer's Market will host a fundraiser for the Crescent City Farmers Market in New Orleans. Muffulettas and Gumbo prepared by a dozen Triangle chefs will be available to go for \$10/serving (Gumbo/16oz and Muffulettas serve 2.) **All proceeds from the Muffulettas and Gumbo will be donated to the Crescent City Farmer's Market.**

Darlene Wolnik, Assistant Director of marketumbrella.org, CCFM's governing body, will be on hand to discuss the recovery challenges faced by the Market and their farmers.

Also, the band **T'Monde** will liven up the day with their Cajun music.

Wolnik will also be at Central Carolina Community College's Pittsboro campus, **May 19, 2006 at 3 pm in the Multi-Purpose room, building 2.** Wolnik will talk about CCFM's recovery, how they have had to reorganize, and share ways we can continue to help their relief efforts.  
*The campus is located on Highway 64 West, 1 mile west of downtown Pittsboro.*

## *Southern Village* **FARMERS' MARKET**

Is Open

Thursdays 4 –7 PM on the Village Green

We have a weekly drawing for prizes from Market Street Merchants. While you shop look for the box to enter your name for the drawing. The box will be located at a different vendor's booth each week. Need not be present to win.

This week's prize:  
**\$20 Market Street Maps and Books**

Carrboro Farmers' Market · Saturdays, 7 – Noon until Dec. 23  
Carrboro Farmers' Market · Wednesdays, 3:30 – 6:30 PM until Oct. 18  
Southern Village Farmers' Market · Thursdays, 4 - 7 PM May 4 – Aug. 31

[www.carrborofarmersmarket.com](http://www.carrborofarmersmarket.com)  
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