



Kitchen Table Talk: Garlic & Kohlrabi

We hosted a great event the evening of July 26th. IHN students Alannah Codrington and Sharon Fong presented nutritional information on two of our favourite veggies, and then served up delicious recipes for everyone to try.

All of the food was great, but the Kohlrabi Fries were the hands-down winner of the evening (see recipe below)! Thanks to everyone who came out for the event. We all send best wishes to Alannah and Sharon as they finish off their studies this year!



Alannah and Sharon from the Institute of Holistic Nutrition

Our Sheep

It's shearing time again! Sheep cannot be left without an annual shearing. This is because wool continually grows and becomes heavy, soiled and unhealthy if not sheared. Imagine if you never had a haircut!

It's always a bit of a comedy when we shear, as the sheep can be difficult to catch when they don't want to be. It becomes a bit of a game with them!

So this year we tried something a bit different – we used fencing panels to corral them. What a difference that made – much easier on us, and so much less stressful on the animals too!

Because of the extreme dry heat and resulting lack of decent green pasture, we'll leave them in the open air part of the barn for a few days. It's cooler for them and keeps them out of the harsh sun – we don't want them getting sunburns, hahahaha!



KOHLRABI FRIES

INGREDIENTS

- 1 ½ to 2 pounds kohlrabi
- Approx. 1 tablespoon rice flour, chickpea flour or semolina
- Salt to taste
- 2 to 4 tablespoons olive oil or coconut oil, as needed
- Chili powder, ground cumin, curry powder or paprika to taste

PREPARATION

1. Peel the kohlrabi and cut into thick sticks, about 1/3 to 1/2 inch wide and about 2 inches long.
2. Heat the oil over medium-high heat in a heavy skillet (cast iron is good). Meanwhile, place the flour in a large bowl, season with salt if desired and quickly toss the kohlrabi sticks in the flour so that they are lightly coated.
3. When the oil is rippling, carefully add the kohlrabi to the pan in batches so that the pan isn't crowded. Cook on one side until browned, about 2 to 3 minutes. Then, using tongs, turn the pieces over to brown on the other side for another 2 to 3 minutes. The procedure should take only about 5 minutes if there is enough oil in the pan. Drain on paper towels, then sprinkle right away with the seasoning of your choice. Serve hot.

Tip: Advance preparation: You can cut up the kohlrabi several hours before frying. Keep in the refrigerator.



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Our Garlic is Ready!

Earliest ever – we have all of our garlic out of the ground and hanging to dry! Our very favourite variety is Mennonite Garlic, and we'll have lots for sale over the summer. At \$1.75 each, these are a great deal! Large colourful bulbs with amazing flavour --- get yours at the Farm Stand or the Wellington Market!

Add some spice to your kitchen – get your Mennonite Garlic today!

