

2025 TRIBAL ELDER FOOD BOX NEWSLETTER

Week 5: July 21 - July 24



Food & Farms Represented In This Week's Box

*Indicates Indigenously produced

- *Oneida Nation - Beef
- *Red Cliff Fish Company - Whitefish Filets
- Red Door Family Farm - Celery, Parsley, Onions
- Yeng Farm & We Grow Farm- Cabbage
- Emery Foods - Blueberries
- SLO Farmers Co-op - Cucumbers and Summer Squash
- Olden Organics - Kohlrabi & Baby Yellow Potatoes & Beets
- *Off the Trail - Strawberry Drink
- *Chris Jordan - Honey
- *Oneida Cannery - Jam



KOHLRABI

KOHLRABI & BEET SALAD WITH YOGURT & DILL

INGREDIENTS

1 MEDIUM-SIZED KOHLRABI
2 MEDIUM-SMALL BEETS
3/4 CUP WHOLE MILK YOGURT
3 TABLESPOONS MINCED DILL
3 TABLESPOONS MINCED PARSLEY
1 CLOVE OF GARLIC, MINCED
2 TABLESPOONS RED WINE VINEGAR
1/2 TEASPOON HONEY
2 TABLESPOONS EXTRA VIRGIN OLIVE OIL
A FEW HEFTY PINCHES OF FINE SEA SALT AND GROUND BLACK PEPPER
1/4 CUP CHOPPED WALNUTS, LIGHTLY TOASTED ON THE STOVE TOP



PREPARATION

TRIM THE LEAVES AND STEMS FROM THE KOHLRABI AND THE BEETS (RESERVE FOR ANOTHER USE). USING A SHARP KNIFE OR A MANDOLIN SLICE THE BEETS AND KOHLRABI INTO THIN ROUNDS. THEN STACK AND SLICE THE ROUNDS INTO THIN MATCHSTICKS. TOSS TOGETHER AND PLACE THE VEGGIES IN A BOWL.

WHISK TOGETHER THE YOGURT, DILL, PARSLEY, GARLIC, VINEGAR, HONEY, OIL, SALT, AND PEPPER. TASTE TEST AND ADJUST SEASONINGS AS NEEDED. POUR THE DRESSING INTO THE BOWL WITH THE KOHLRABI AND BEETS. MIX UNTIL WELL COMBINED. ADD THE TOASTED WALNUTS AND SPRINKLE WITH ADDITIONAL SALT AND PEPPER TO TASTE.

WHAT IS KOHLRABI?

Kohlrabi, a member of the cabbage family, offers a unique flavor and crisp texture that can be enjoyed in a variety of ways. Here are some popular kohlrabi recipes:

1. Roasted kohlrabi

Roasting kohlrabi brings out its sweetness and creates a delicious side dish.

- Preheat oven to 425°F. Cut kohlrabi into ½-inch slices, toss with olive oil, garlic powder, salt, and pepper.
- Roast for 22-24 minutes, or until tender and crisp.
- Serve warm.
- For an extra flavorful twist, consider adding Parmesan cheese and parsley after roasting, according to the Food Network.

2. Creamy kohlrabi soup

This comforting soup combines the sweetness of kohlrabi with a rich and creamy base.

- Sauté onions, garlic, and kohlrabi until soft.
- Add vegetable broth and simmer until kohlrabi is tender.
- Add heavy cream and simmer for 5 minutes.
- Purée until smooth and season to taste.
- For a luxurious twist, consider adding crispy bacon and king crab, suggests Edible San Fernando Valley.

3. Kohlrabi salads

Kohlrabi's crisp texture makes it a great addition to fresh salads.

- Try a simple kohlrabi and radish salad with a tangy lemon or lime dressing, notes Fresh Fork Market.
- For a sweet-tart option, consider a kohlrabi and cabbage slaw with maple lemon dressing, as suggested by The Kitchn.
- Alexandra's Kitchen offers a recipe for shaved kohlrabi salad with basil and parmesan.
- Consider using either green or purple kohlrabi varieties, as their flavors are similar, says The Vegan Atlas.

4. Kohlrabi stir-fry

Kohlrabi's firm texture holds up well in a stir-fry, absorbing the flavors of the sauce and other ingredients.

- Heat oil in a wok or large skillet and stir-fry julienned kohlrabi, carrots, and bok choy.
- Add ginger, garlic, and sprouts, then finish with a savory sauce, according to Suwannee Rose.
- CLE Foodies suggests adding beef to the stir-fry for a heartier meal.

Other kohlrabi recipe ideas

- Curry: Combine kohlrabi with mung dal and spices for a flavorful curry, suggests Ministry of Curry.
- Fries: Cut kohlrabi into strips and bake or air fry for a healthier alternative to potato fries.
- Pickled Kohlrabi: It's Not Complicated Recipes offers a recipe for quick pickled kohlrabi slaw.

No matter your preference, kohlrabi is a versatile vegetable that can be incorporated into a wide array of delicious dishes. You can explore even more options on websites such as Quantum Microgreens and Allrecipes, where you can find dozens of kohlrabi recipes.