



Riverland Family Farms



CSA Week 12

Corvallis, Oregon

Fennel—Saunf



These days it is common to find ‘exotic’ fruits and vegetables in a grocery store. We can easily find starfruit, papaya, pineapple, coconut and many other fruits that we normally don’t see grown in this region. Growing up in India we hardly ever ate any fruits or vegetables that were not grown in that region. Pre-internet days it was also difficult to really understand what else is grown in different regions across the globe. When I first came to the US, I found several fruits and vegetables that were similar to what I had had as a child, but there was also a good mix of produce I had never seen or heard of before. To name a few, avocado, golden raspberries, sun gold tomatoes, fennel stock, kiwi, and starfruit were very

new and had a unique flavor. Fennel took me by surprise though. In northern Indian cooking, fennel is almost always present but in a seed form. A jar filled with fennel seeds, known as Saunf, is a very common sight in Indian kitchens and restaurants. It is eaten raw to aid with digestion. Any time we had an upset stomach, my mom almost always gave us a mix of saunf and honey boiled in water. When I first came across fennel stocks here in the US, I was surprised by how similar the aroma was to fennel seeds. I was wondering if I missed looking at the root of the herb fennel plant, but soon realized that they are two different varieties. Saunf is still popular in our household and eating a handful of seeds, or adding it to chai or milk offers much comfort.

Fennel stock is included in your box this week. It makes for a great soup base and can add just a perfect sweet crunch to a salad. I am still learning how else to use fennel stock in my cooking while it is in season, and the most success I have had is in simple salads thus far. Including a salad recipe using fennel in this newsletter.

Hope you enjoy it!

Until next week, Stay Safe, Stay Healthy!

Ruby

WHAT'S IN THE BOX?

- Fennel *each*
- Cauliflower *head*
- Rainbow Chard *bunch*
- Carrots *bunch*
- Thai Basil *bunch*
- Shishito Peppers *pint*
- Red Gold Potatoes *1.5 lbs*
- Yellow Onion *each*
- Canadice Grapes *1 lb*



Fennel Apple Salad with Fennel Seeds

Source: Cooking.nytimes.com

Ingredients:

- ◇ 3 tablespoons lemon juice, plus more to taste
- ◇ 1/2 teaspoon fine sea salt
- ◇ Freshly ground black pepper
- ◇ 1/4 cup extra virgin olive oil
- ◇ 3 large fennel bulbs, thinly sliced
- ◇ 2 Granny Smith apples, halved, cored, and thinly sliced
- ◇ 3 Celery stalks, thinly sliced
- ◇ 1/3 cup fennel fronds or roughly chopped parsley leaves
- ◇ 1/2 cup toasted walnuts
- ◇ 1 teaspoon fennel seeds
- ◇ 2 1/2 ounces Parmesan, shaved with a vegetable peeler



In a small bowl, whisk together lemon juice, salt and pepper. Slowly drizzle in oil, continuously whisking, until dressing is emulsified. Taste and add more lemon juice and/or salt if needed.

In a large bowl, toss the dressing with fennel, apple and celery. Fold in fennel fronds and parsley, walnuts, and fennel seeds. Top with Parmesan just before serving.