



Week 17

Farm News:

It is the beginning of October and we still haven't had our first frost yet. Even though we haven't had that first killing frost, the eggplant and tomato plants are done for the season and we are starting to pull all of them out so we can use the space for more fall greens. The peppers, however, are still going strong and will stick around as long as that first frost holds off. We still have a lot of transplanting of greens to do in the next couple of weeks as well as getting all of the sweet potatoes and the rest of the regular potatoes dug, before the soil gets too cold (sweet potatoes can get damaged in cold soil). We are enjoying the cooler weather this week and look forward to some proper, crisp fall weather!!

This Week's Share (probably):

Carrots
Salad Turnips
Radish
Garlic
Sweet Potatoes
Kale
Arugula

Vegetable of the Week:

Radish

The raw flesh of the radish has a crisp texture and a pungent, peppery flavor with a bite that is similar to wasabi or horseradish. When you cook radishes, that bite mellows out. Radishes can add refreshing crispiness to salads and sandwiches. Use them as hors d'oeuvres, snack on them, use them as a substitute for turnips in a recipe, or sauté them with a little butter.

There are many different types of radish, and we are growing several different varieties: traditional red radishes, pink radishes, French breakfast radish (an elongate root that is half white and half red), fakir (red with a white tip), watermelon radish (red in the middle), and daikon radish (elongate white radish often used in asian cuisine). The last two varieties will be ready later in the fall. Right now we are harvesting red, pink, and fakir radishes.

Recipes of the week:

Pan Seared Radish Greens with skillet cooked radishes

Ingredients:

1/3 cup good quality balsamic vinegar
3 tablespoon extra virgin olive oil (or butter)
5 cloves garlic, crushed
1 bunch radish greens, rinsed and chopped
1 dozen medium-sized radishes, thinly sliced
salt and pepper to taste

Preparation:

1. Heat balsamic vinegar in a small saucepan over low-heat for 10 to 15 minutes, or until balsamic vinegar is thick and syrupy. Set aside.
2. Heat 1 tablespoon of oil and garlic in a large heavy skillet over medium heat; add the radish greens and sauté until wilted. Set aside
3. Heat 2 tablespoons of oil in a large heavy skillet over medium-high heat; add the radishes and cook about 5 minutes, or until soft. Season with salt to taste. Add the cooked radish greens to the skillet and toss radishes and radish greens together. Drizzle reduced balsamic vinegar and serve warm.

Dips for raw radishes

Try out these dips with thinly sliced radishes:

Curry Dip

¼ cup plain yogurt or sour cream
1 tsp curry powder
1 Tbs minced raw onion
¼ tsp sea or kosher salt
1 Tbs freshly squeezed lemon juice
Cayenne and/or ground cumin, optional and to taste
Mix thoroughly. Keeps 2 weeks in fridge

Sesame-Soy Dip

¼ cup mayonnaise
1 Tbs sesame seeds, toasted and cooled
1 – 2 Tbs tamari or soy sauce
Mix thoroughly. Keeps 2 weeks in fridge