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Radishes

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USU STUDENT ORGANIC FARM

June 13, 2011

Newsletter

Volume 2 Issue



The first CSA BBQ of the season, complete with live music and sunshine.

Conquering the Bounty

Article by: *Brianne Sherwood*

When you are sick of putting radishes on your salads, give these ideas a try.

- Sauté them in butter or olive oil- the flavor becomes closer to turnips with you cook them this way.
- Shred them in salsa or guacamole
- Get a crusty baguette, butter it, and top with sliced radishes and a sprinkle of salt. Butter and radishes are a fabulous combination.
- Pickle them (see "Fabulous Flavors" on pg 2)
- Slice them and toss into Chinese-style veggie stir-fries
- Roast them with some butter or olive oil
- Puree them with cream cheese, garlic, lemon juice and dill to make a dip
- Braise them (see recipe to the right)

If you're feeling really adventurous, try the radish leaves. They are less spicy than the root and give a nice kick to stir-fries.

Featured Vegetable: RADISHES

Article by: *Brianne Sherwood*

Radishes are often a vegetable that are disregarded as a garnish or something you simply throw on salads, but they have a lot more in them than people typically think. I'll admit, I was one of those people that thought of radishes as quite boring, but the more and more I researched them and experimented, the more I realized that there are so many delicious things you can do with them. For instance, COOKING them- an idea I have previously been against (you aren't supposed to cook radishes, right?) but now love. Look in the "Conquering the Bounty" box for several ideas.

Radishes are part of the cruciferous vegetable family, along with kale, broccoli, cauliflower, kohlrabi, etc. and they are a fast-maturing, easy to grow vegetable. If you don't have a ton of gardening experience and you want to grow something in your backyard, grow radishes. (If you want more gardening experience, come out to the farm! We would love the help.)

On our farm we have three varieties of radishes we are growing for you: Cherry Belle (red, round globes), Hailstone (white, round globes), White Icicle (white, oblong shape), and French Breakfast (red tops, white bottoms, oblong shape). In the spring, radishes take on a more mild flavor, but in the summer they become really spicy. You can mellow out this spiciness by cooking them.

Storage and Preparation

Remove the tops with the leaves unless they will be served the same day. Place radishes in plastic bags and store in the refrigerator. Most keep for up to two weeks! To prepare for cooking, trim off the stem and root ends. You can peel radishes if you want a milder flavor. The skin is where most of the pungent spiciness lies.

Braised Radishes

Serves 4

- 2 bunches radishes, about 1 pound, trimmed of tops and roots
- 1 1/2 cups chicken stock
- 2 tablespoons butter, cut into bits
- 1 large shallot, thinly sliced
- 2 tablespoons sugar
- 1 tablespoon red wine vinegar
- Salt and pepper

Place radishes in a skillet with stock, butter bits, shallots, sugar, vinegar, and salt and pepper. Cover the pan and bring to a boil. Uncover the pan and reduce heat to medium. Cook radishes 10 to 12 minutes and if the stock has not cooked away, remove radishes and cook down to 1/2 cup, about 2 minutes.

Recipe courtesy: *Rachael Ray*

ANNOUNCEMENTS

Be sure to come get herbs throughout the week if you want them! Right now we have sage, thyme, parsley, and chives.

If you want to share a simple recipe that highlights one of the veggies we are growing, email us at:
organicfarm@aggiemail.usu.edu

Volunteer hours:

Tuesday, Thursday, Friday: 7am-1pm
Wednesday, Saturday: 10am-1pm



Organic Techniques: Know Your Farms

By: Lora Fitch

Organic? Integrated? Conventional? These are just a couple of the many farm practices used today, but what are they? There is a lot that goes into each type of farm. Here are the basics:

Conventional farming is most known for its use of synthetic chemicals to keep the soil fertile and control pests. Organic farming tries to use green manures, organic fertilizers, biological pest control, and some other practices to maintain and/or improve farm health. Integrated farms try to take the best of both conventional and organic farming and incorporate them into their farm.

There are other systems: biodynamic, low-input, no-till, and natural to name a few, but these three are the most well-known. There are good and bad points to all. All farms work differently and should be viewed individually. There are farms that are conventional but very similar to organic and farms that are organic but are quite close to being conventional. To really know how your food was grown, ask the farmers themselves at the gardener's market. They will be happy to tell you.

For more information about the USU Student Organic Farm or CSA shares visit:

www.usu.edu/organicfarms

On the Farm News

I think Logan's summer has finally started! At least, let's hope so. We are sick of all these rainy days on the farm. This week we transplanted a whole row of tomatoes in the field, which we are pretty excited about. It was a bit ironic that we planted the ultimate summer fruit on the coldest day of the season (we planted on Thursday- that rainy, cold day last week). A ton of tomatoes are growing in our yellow hoop house as well and they are getting huge. It actually looks like we might have cherry tomatoes off of those plants soon! By the way, if you ever want to see what we have growing, let us know and we would be happy to show you around.



Our first CSA BBQ on Tuesday went well! We had black bean patties and lasagna as the main dishes, which were accompanied by many delicious side dishes brought by CSA members. We had a farm tour and beautiful sunshine throughout the evening. It really was a great time. For our next get-together, we want to put up a sheet somewhere on the farm and show a movie. We still have a few details to figure out, but hopefully that event will be able to happen! We'll keep you posted!

Veggies to expect next week: lettuce, green onions, spinach, chard, tatsoi, and radishes

Fabulous Flavors: Tips & Techniques

Pickled Vegetables

By: Tamara Steinitz Vitale, USU Dept of Nutrition, Dietetics, and Food Sciences

Make these often! They are a great side dish with meals and are tasty to munch on. Pulse them in the food processor with some green olives and a little olive oil for a tasty topping on crackers or sandwiches. Chop them into green salads or pasta salads. In other words- you'll be hooked! They keep for several days in the fridge, but are quick and easy to make regularly. Kids love 'em.

Suggested vegetables: **radishes**, carrots, jicama, peppers (all kinds), onions*, cucumbers, cauliflower

Suggested flavorings: chili powder or other southwestern spice mix, pickling spice mix, Italian herbs, dried, smoked chili peppers (hydrate in a little boiling water first- add the water to the vegetables)

Acid: vinegar (any combo of cider vinegar, red or white wine vinegar, or rice vinegar), lemon juice (add the cut lemon to the jar)

Wash and trim vegetables. Cut into chunks. I like carrots cut into thick diagonal slices and the others in short "sticks" (like a thick French-fry cut in half cross-wise), but follow your own preferences.

Combine all vegetables and place in a large bowl with a lid or a large glass jar. Add a flavoring of your choice. Cover about halfway with any combo of acid and a little water. Cover with lid. Stir (or tilt jar) several times during first hour- vegetables will start to "shrink" a little. Add more water to cover if needed. Your liquid should be about ½ acid and ½ water.

Refrigerate. Serve after about 3-4 hours, but they get even tastier if they marinate longer.

*If you use onions and want to make them a bit less "onion-y", slice them into a separate bowl and cover with boiling water. Allow to stand for about 10 minutes, then drain.