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Radishes

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USU Student Organic Farm

June 27, 2012
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Newsletter



Radishes growing on the Farm

Veggie Feature: Radishes

Article by Amanda Spackman

I don't know about you, but from my perspective, radishes have developed kind of a bad rap, and maybe deservedly so. See, radishes are kind of like that girl in every chick flick (if you don't know who I am talking about think of the husband/boyfriend stealer or the cheerleader that criticizes everybody's wardrobe). Anyway, while these radish characters are undoubtedly beautiful, with their deep pinkish red skin contrasted with their stark white flesh, they almost trick you into believing they are as sweet as an apple, but when you take a bite, they bite back. Like most vegetables though, they really just want to be liked. They put up a mean front, but pair them with the right flavors and you'll have a springtime snack that you never expected from a spicy radish. Even if radishes have hurt your feelings a time or two, try to forgive. You might just find an unexpected friend in the feisty radish.

Taking out Radish's Bite

As was mentioned by Amanda, radishes can be a little bitter. Here is a great technique that helps take some of the bitterness out if you plan on eating your radishes raw. This technique also works really well to help take the bite out of red onion.

-Prepare your radishes however you're going to want to serve them (chopped, sliced, etc.) and put them in a bowl.

-Depending on how many radishes you have, add 2-4 tablespoons of white or apple cider vinegar.

-Next, add 1 teaspoon of sugar, and fill the bowl up with water so the radishes are just covered.

-Let the radishes sit in the fridge for a couple of hours to even overnight. Drain off the liquid before using.

Article by Jillian Cartwright

Spring Radish Bruschetta

Recipe adapted from frenchpressmemos.blogspot.com

This recipe is perfect for once radish-haters. Strong flavors like lemon, garlic, and parsley help to tone down the radish's bite, and the crusty artisan bread gives it a pleasant crunch making for an irresistible snack. The colors are lovely making this dish a visually pleasing appetizer for a get-together or party.

Ingredients

1 bunch fresh radishes
1/2 cup loosely packed Italian parsley
1/2 teaspoon capers
1/4 cup panko breadcrumbs
1 garlic clove
1/4 cup olive oil (plus more for the bread)
1 tablespoon freshly squeezed lemon juice
8 slices of hearty crusty bread.

Wash radishes and dice them very small, set aside in a medium-sized mixing bowl. Combine all remaining ingredients (aside from the bread) in a food processor and pulse until finely chopped. Combine with radishes. Salt and Pepper to taste. Brush a thin layer of olive oil onto each slice of bread, place on a pan under the broiler for two minutes, until golden brown. Top with a generous layer of bruschetta and enjoy!

On the Farm News

Announcements

The CSA pickup scheduled for July 4th will be moved to July 3rd so be sure to mark your calendars!

We love volunteers and would love to have CSA members come out and help out! Our volunteer hours run from 8am to 12pm Monday through Friday. If you would like to help with harvest, come on Wednesday or Friday from 7am to 10am.

Pick strawberries for free anytime between 7 am and 1 pm. Tell your friends that they can pick too for \$3 a container

Article by: Amanda Hawks

This week on the farm I mainly remember watering. We take turns each week and the person in charge of watering focuses on keeping beds which have recently been seeded moist. This has been an interesting and important thing for me to learn; that seeds must stay moist or they cannot survive. It seems like a “duh” statement, but even in the field when you have to trek 200 feet to get to the area that needs the water every day, you’ve got to do it or you lose your plants. We have irrigation twice a week (which consists of HUGE sprinklers soaking the field) but for the other days, we have two hoses spanning the field which we either hand water with or attach a smaller sprinkler to. There’s a calming meditative feeling when your patient pointing of the hose becomes a life force for those little seeds. It’s another incredible manifestation that yes we can promote the life of living things through our careful use of resources.

In other news, we did a lot of transplanting, picked some strawberries, (yum! And available to the CSA now! Please come with a container to fill! Tell your friends that we’re selling the amount of strawberries that you’ve gotten in your shares, UPICK, at \$3/basket) we also filled and planted the planter boxes, and had a lot of good times.

Meet your Farmers

Name: Amanda Hawks
Major: Environmental Soil Science with a Plants Emphasis
Hometown: Provo, UT
Role on the Farm: Co-Manager over the CSA



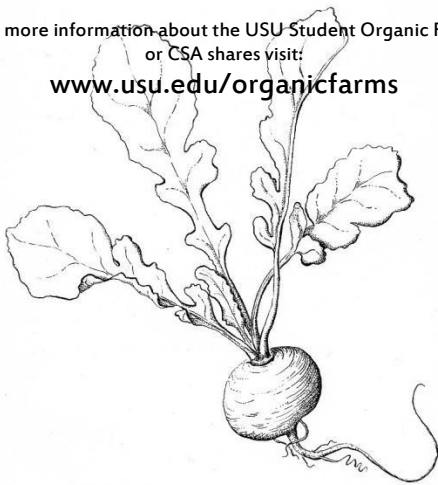
Why did you choose to spend your summer on the farm? I love working hard and I love working in the sun. It’s also really great to get to watch the vegetables grow and learn more about them. What is your favorite vegetable and why? Wow, that’s a hard question. I really love greens that you can cook, that you can put into a stir fry like chard and kale. But yeah, they’re all pretty good.

What form of transportation best describes your personality? There are so many! I don’t know...I bike everywhere, so I kind of think bike. Or climb. Can that be a form of transportation? Or swinging through trees? I really like adventure, and those are exciting and kind of weird.

If you could be a superhero, what would be your super power and how would you use it to better the farm? Flight! And then I would take the hoses and just fly over everything and we wouldn’t have to drag them through the fields. So flight, definitely.

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

www.usu.edu/organicfarms



How is our Farm Organic? Dealing With Pests

Article by: Amanda Hawks

One of the greatest aspects of organic farming that sets it apart from conventional farms is pest control. An organic system does not use synthesized chemicals and pesticides, and consequently has other methods to deal with the insects that come to take a bite. At our farm, we make great use of our cover cloth. It provides a physical barrier between the insects and the plants, and it can be quite effective. For things like flea beetles however, whose eggs are in the soil, it can be nearly impossible to completely avoid them. We’ve found that flea beetles leave when the weather gets warmer, and sometimes it takes just waiting them out. In the past, the farm has attempted to use “trap crops” which are desirable vegetables planted away from our produce to give the flea beetles something to eat so they don’t come to the other produce, but we didn’t find this organic method very

effective. Another method of pest control come in the form of OMRI (Organic Materials Review Institute) approved chemicals and pesticides. We have spread grasshopper bait, which acts as a biological virus for the grasshoppers, in hopes to decrease their huge population, but it is difficult to say whether that has been effective on the farm. A more long-term method, is in our crop rotations. By rotating from one part of our farm to the other each year, and in those rotations rotate the types of vegetables that are in each part of the field, we help to avoid diseases and keep our produce away from past insects by moving away from the previous year’s area. Insects continue to be a problem for organic farmers. We have done okay by accepting the lacey leaves, and being vigilant about watching out for the insects and finding ways to eradicate them or in keeping them away from the produce