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**Radishes**

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The season is in full swing now and it looks like we are going to have some sunshine which we are all excited about. Almost every harvest day thus far has been pretty soggy. This past week we have been as busy as can be direct seeding and transplanting many vegetables into the field. We have planted squash, cucumbers, tomatoes, sage, carrots, beans, potatoes, chard, and much more. Other field preparations have also been a priority. The flea beetle season is upon us and we have been frantically putting row covers over vulnerable plants. Flea beetles are voracious leaf-feeders that can rapidly defoliate and kill a plant. We have also been actively battling an assortment of weeds with mulch, plastic ground cover, and hand-weeding.

We have already learned so much about farming and organic pest and weed control. It is hard work, but is definitely satisfying and fulfilling.

Students of the Farm
Ashley, Sara, Crista, Brianne, Bethany, and Blake

An excellent practice is sowing radishes and beets, carrots, or parsnips in the same row. The radishes germinate first, break any possible surface crust, and ripening rapidly, may be harvested before the permanent crop needs the space. *Garden Vegetables and How to Cultivate Them*, 1866

In order that the spinach may retain its fine green color, the vessel in which it is cooked should not be covered. *The Vegetable Garden*, 1908

Just a reminder that our general volunteer hours are as follows:
- Tuesdays: 9 am-2 pm
- Wednesdays: 9 am-2 pm
- Fridays: 9 am-12 pm
- Saturdays: 9 am-12 pm
  (please check ahead about Saturdays)
  Or by appointment

Also- If you need to reach us more immediately than e-mail allows you can call Brianne at 435-313-2467

The radish (*Raphanus sativus*) is an edible root vegetable of the *Brassicaceae* family domesticated in Europe in pre-Roman times. Radishes have numerous varieties, varying in size, color and duration of required cultivation time.

Some suggest the consumption of radishes as an alternative treatment for a variety of ailments such as whooping cough, cancer, gastric discomfort, liver problems, constipation, dyspepsia, gallbladder problems, arthritis, gallstones, kidney stones, and intestinal parasites.
Some Steps of Organic Pest Control

1. Is the pest a problem or not? Assess the importance of the pest in terms of financial losses and other factors deemed important based on the circumstances.

2. Recognizing the Pest: It is important to accurately identify the pest that is attacking your plants. Just because an insect is seen on the plants, doesn’t mean that it is the culprit. You have to get to know the pests in order to correctly diagnose the pest. Observe them!

3. Control Options: Stay one step ahead of the pest because early control is essential. Use cultural practices such as crop rotation and through encouraging biodiversity as well as physical controls such as hand-picking, and using traps and barriers to help prevent pest population outbreaks later.

4. Tolerate: Judge the overall health of a plant to determine a pest threshold. Without a few pests, beneficial animals and insects would not exist either. Remember to look at the whole picture to increase the overall quality of your garden.

Adapted from, The Organic Garden, by Christine and Michael Lavelle

Farmer Spotlight

Brianne Sherwood

Brianne is from St. George, Utah. She is a junior in the Dietetics Program here at Utah State. When not working on the farm she enjoys Mt. biking, reading, knitting, and rock-climbing. In addition to working on the farm she volunteers for Food Sense.

Brianne says, working on the farm brings me happiness and satisfaction. There are many different and interesting tasks to do and I have already learned so much.

(Bri with her husband, Joe)

Check out more great recipes

<table>
<thead>
<tr>
<th>Easy Veggie Salad</th>
<th>Radish Dip</th>
<th>Radish Top Soup</th>
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<tbody>
<tr>
<td><strong>Ingredients</strong></td>
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<tr>
<td>1 (16 ounce) can kidney beans, rinsed and drained</td>
<td>4 cloves garlic, peeled</td>
<td>2 tablespoons butter</td>
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<tr>
<td>1 (14.5 ounce) can cut green beans, drained</td>
<td>6 radishes, quartered</td>
<td>1 large onion, diced</td>
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<tr>
<td>1 small cucumber, halved and thinly sliced</td>
<td>2 (8 ounce) packages cream</td>
<td>2 medium potatoes, sliced</td>
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<tr>
<td>2 cups thinly sliced carrots</td>
<td>cheese, softened</td>
<td>4 cups raw radish greens</td>
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<tr>
<td>1/2 cup chopped green pepper</td>
<td><strong>Directions</strong></td>
<td>4 cups chicken or veggie broth</td>
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<tr>
<td>1/4 cup sliced radishes</td>
<td>Place garlic in the container</td>
<td>1/3 cup heavy cream</td>
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<tr>
<td>1/2 cup cider or red wine vinegar</td>
<td>of a food processor, and</td>
<td>5 radishes, sliced</td>
</tr>
<tr>
<td>1/3 cup sugar</td>
<td>pulse until finely minced.</td>
<td><strong>Directions</strong></td>
</tr>
</tbody>
</table>
| 2 tablespoons vegetable oil | Add radishes, and | Melt butter in a large saucepan over medium heat. Stir in the onion, and sauté until tender. Mix in the potatoes and radish greens, coating them with the butter. Pour in chicken or veggie broth. Bring the mixture to a boil. Reduce heat, and simmer 30 minutes..
| 1 teaspoon ground mustard | mince. Add cream cheese, | Allow the soup mixture to cool slightly, and transfer to a blender. Blend until smooth. Return the mixture to the saucepan. Mix in the heavy cream. Cook and stir until well blended. Serve with radish slices. |
| 1 teaspoon salt | and mix until well blended. | |
| Dash pepper | Transfer to a serving dish, and chill until serving. | **Directions** |

**Directions**

In a large bowl, combine the beans, cucumber, carrots, green pepper and radishes. In a small bowl, combine the remaining ingredients; mix well. Pour over vegetables and toss to coat. Serve with a slotted spoon. Refrigerate leftovers up to 2 days.