

In The Bag
Potomac Vegetable Farms
Week #15: September 10, 2012
Featuring: Radishes

This is what we anticipate will be in your bag. It could be slightly different.

Mini: garlic, beans, corn, watermelon radish, peppers, eggplant, arugula

Regular: onions, potatoes, beans, corn, watermelon radishes, peppers, beets with greens, eggplant, cilantro

Robust: garlic, potatoes, beans, corn, watermelon radishes, peppers, beets with greens, eggplant, arugula, cilantro

Potatoes go in a cool, dark place. Eggplant and garlic will be happy on the counter. Beans, arugula, cilantro, beets, corn and peppers are do best in the fridge.

Featuring: Radishes

Radishes are another member of the brassica family. Both roots and leaves can be eaten. Radishes come in a huge variety of colors, shapes, sizes, and zestiness. They are thought to have originated in Asia or Europe, as that's where the wild varieties are most abundant, but they're grown all over the world and are common and traditional in a multitude of cuisines.

Both the leaves and roots of radishes are [highly nutritious](#). The leaves are higher in Vitamin C, protein and calcium than the roots. The roots are rich in Vitamin C, folic acid and anthocyanins, making them an excellent cancer fighting food. They also contain zinc, B-Complex vitamins and phosphorus. Radishes can help relieve congestion and acts as a detoxifier and cleanser in the body.

Preserving Radishes

Radishes aren't something we often think to preserve. The most common option is pickling, either by canning or by making refrigerator pickles. I did find some interesting other options--radish butter, radish relish, and dehydrated radishes. If anyone tries preserving them, I'd love to know how it works out!

Pickled Radishes and Radish Butter: <http://growitcookitcanit.com/2012/04/22/how-to-preserve-radishes/>

Pickled Daikon Radish: <http://www.potomacvegetablefarms.com/recipe/pickled-daikon-radish/>

Radish Relish: <http://www.radishgarden.com/viewrecipe.php?recid=39>

Quick Pickled Radish Relish with Lemon: <http://www.plantertomato.com/2010/05/three-radish-varieties-a-pickled-radish-recipe-vodka-martini.html>

Dehydrated Radishes: <http://survival-cooking.blogspot.com/2009/05/preserving-radishes-by-dehydrating.html>

Recipes

Spring Radishes Braised with Shallots and Vinegar:

<http://www.potomacvegetablefarms.com/recipe/spring-radishes-braised-with-shallots-and-vinegar/>

Roasted Radish and Greens Salad:

<http://www.potomacvegetablefarms.com/recipe/roasted-radish-and-greens-salad/>

Radish Salad: <http://www.potomacvegetablefarms.com/recipe/radish-salad/>

Avocado and Radish Salad: <http://www.potomacvegetablefarms.com/recipe/avocado-and-radish-salad/>

Cabbage Radish Slaw with Cilantro-Lime Vinaigrette:

<http://www.potomacvegetablefarms.com/recipe/cabbage-radish-slaw-with-cilantro-lime-vinaigrette/>

Radish and Green Tomato Salsa: <http://www.potomacvegetablefarms.com/recipe/radish-and-green-tomato-salsa/>

7 Ways to Use Spring Radishes:

<http://food52.com/blog/3104-7-ways-to-use-spring-radishes>