

## IN THE BAG

### PVF West | Fall CSA Week 5: Oct. 23, 2012

We anticipate the following choices at today's CSA pick-up (choices may differ depending on today's harvest):

- Lemon Thyme or Rosemary-
- Head Lettuce -
- Bagged Spinach or Bunched Kale -
- Brussels Sprout Tops -
- Radishes or Turnips -
- Mixed Carrots -
- Fennel -
- Sweet Potatoes -
- Garlic -

#### Storage & Prep:

- **Carrots** - some vegetables like it cold, really cold, and carrots are one of them. Carrots thrive in the coldest part of the fridge; so, to keep them happy, store them dry (ideally in a reusable bag). If these orange fellas get too wet then they will either begin to sprout or rot. Although storing them in a bag is optional, they may begin to go flaccid at an accelerated rate. If all goes well, carrots can be stored in your fridge for up to 3 months.
- **Fennel** - consider this licorice-tasting wonder the polar bears of the vegetable world, as they like to live in the coldest part of the fridge. Although the entire vegetable is edible, different parts like to be stored differently: leaves like to be dry in a bag; stems like to be loose in a bag. Fennel will last between 1-3 weeks in the fridge.
- **Fresh Herbs** - avoid putting any fresh herbs in the back of the fridge, as well as the crisper. Herbs are happiest cool, but not cold, so the best place for them is in the fridge door. If you have paper towels on hand, you can always lightly dampen one, wrap it around the herbs and store them in an airtight container inside the fridge.
- **Garlic (cured)** - at this point, all garlic we're giving you has been cured, so it will last up to 4 months in a pantry. We recommend feasting on it within 6 weeks.
- **Kale** (see leafy greens)
- **Leafy Greens** - most vegetables can be washed under cool (not cold) running water---leafy greens being the exception. Nothing ruins a meal more than biting into a mouthful of sandy, gritty greens. To properly wash greens and rid them of dirt: fill a large bowl or sink with cool water. Put the greens in the water and gently swish them around. Let them sit for a minute to let the dirt settle to the bottom. Lift the greens out of the water and place them in a colander to let the water drain. Do not pour the greens with the water into the colander as the grit that has settled to the bottom will only reintroduce itself back into the

greens.

Preserving Greens - greens can be steamed for 3 minutes and then frozen. You can compact them, wringing out the water, and freeze them in bricks, or freeze them on a cookie sheet and put them in baggies. Frozen greens are wonderful for smoothies, soups and stews.

- **Lemon Thyme** (see fresh herbs)
- **Lettuce** (see leafy greens)
- **Radishes** - once you get these zesty gals, wash, then drain them. When dry, put them in the refrigerator (ideally lining a container with a cloth/paper towel to help regulate the moisture). Remember, the greens are edible on radishes, so you're welcome to pluck those off and use them long before you want to use the radishes themselves. If you don't get to your radishes before the greens start to wilt, you can also remove them to extend their life. Consume radishes within 1-5 weeks.
- **Rosemary** (see fresh herbs)
- **Spinach** (see leafy greens)
- **Sweet Potatoes** - these fall favorites absolutely hate the fridge, just like their red, white and yellow cousins, so they're ideally stored in a pantry or basement, even in a chilled garage would do (ideally between 55-65 degrees, but will tolerate up to 80 degrees). If you manage that then your sweet potatoes should last anywhere from 5 weeks to several months.
- **Turnips** - these delicious mamas should be stored loose, dry and in any part of the refrigerator. If you do so then they should last a few weeks, perhaps even longer if you separate the greens.

#### Highlighting: 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 & Radish Butter](#)

[Pickled Daikon Radish](#)

[Radish Relish](#)

[Quick Pickled Radish Relish w/ Lemon](#)

[Dehydrated Radishes](#)

## Recipes

[Spring Radishes Braised w/ Shallots & Vinegar](#)

[Roasted Radish & Greens Salad](#)

[Radish Salad](#)

[Avocado & Radish Salad](#)

[Cabbage Radish Slaw w/ Cilantro-Lime Vinaigrette](#)

[7 Ways to Use Spring Radishes](#)

Related Recipes:

**Brussels Sprout Tops** - *if you don't like what you see below, we recommend you cook these like you would collard greens. They're very similar in texture, but in taste Brussels Sprout tops are lighter on the tongue and more tender. If you're still unsure, feel free to cook these just as you would spinach, kale or chard.*

- Dinner: [Sauteed Brussel Sprout Greens w/ Bacon & White Beans](#)
- Side: [Brussels Sprouts Leaves w/ Bacon](#)
- Side: [Creamy Brussel Sprout Greens w/ Orzo](#)
- Side: [Spicy Stir-fried Sprout Tops](#)

## Fennel

- Lunch: [Charred Fennel & Carrot Salad](#) - uses **radishes** & **rosemary**; add **Brussels sprout tops** or **spinach** for the mizuna
- Lunch: [Fennel, Avocado & Almond Salad](#)
- Lunch: [French Carrot & Fennel Salad](#) - omit the parsley
- Lunch: [Fennel Soup & Buttered Walnuts](#) - this soup is supposed to be chilled, so we reckon it would be a perfect hot-or-cold lunchtime soup; oh, and **rosemary** or **lemon thyme** in place of the basil on here would be delightful
- Dinner: [Fennel, Carrot & Rosemary Puff Pastry Boxes](#) - *these are a cinch to make if you have puff pastry on-hand*
- Dinner: [Carrot & Fennel Soup](#) - uses **garlic**
- Dinner: [Sweet Potato & Fennel Curry](#)
- Dinner: [Lentil, Kielbasa & Fennel Stew](#) - uses **garlic** & **carrots**; instead of celery, use the fennel stalks
- Dinner: [Smoky Salmon & Fennel Chowder](#) - substitute **sweet potatoes** for regular potatoes (and coconut milk makes a lovely -- and lighter -- sub for heavy cream)
- Side: [Caramelized, Braised Fennel Bulb](#)
- Side: [Grilled Fennel w/ Lemon Oil](#)
- Side: [Honey Roasted Carrots & Fennel](#)
- Side: [Fennel, Carrot & Apple Slaw](#)

- Side: [Fried Fennel Balls](#) - uses the fennel fronds; works if you're willing to substitute regular onions for scallions
- Spread: [Bacon, Fennel & Apple Chutney](#)
- Spread: [Fennel Sour Cream](#)
- Cocktail: [Fennel & Grapefruit Delight](#)