

IN THE BAG
Potomac Vegetable Farms
Week 3A: October 10, 2011

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

Mini: peppers, sweet potatoes, radishes, salad mix or mixed mustards, Mei Qing Choi or tatsoi, broccoli

Regular: beans, peppers, neck pumpkin, Scarlet Queen turnips, radishes, kale, arugula or Mei Qing Choi, broccoli, kohlrabi or cauliflower

Robust: beans, peppers, neck pumpkin, kohlrabi, sweet potatoes, radishes, kale, arugula, Mei Qing choy, broccoli

Butternut, neck pumpkins and garlic should go in a cool, dry place. Tomatoes should go on the counter. Everything else should go in the fridge.

New (to some) items:

Mei Qing Choi (may ching choy) is a small version of Bok Choy, a Chinese cabbage. Very tender with light green leaves and a white, delicious stem. Eat the whole thing. Cook quickly.

Tatsoi looks like spinach but it's another Asian green, also very tender and quick cooking. You can even chop it up and add it raw to hot noodles or a clear soup. Eat the whole plant.

Mixed mustards are a mixture of mizuna, Osaka purple or Red Giant mustard, perhaps some kale, arugula, other brassicas. This is a mild combination, can be eaten raw in salad or added to a quick stir fry.

Roasted Radish and Greens Salad

From [White On Rice Couple](#)

One bunch of radishes with tops (about 10 radishes)
2 Tablespoons olive oil
2 teaspoons balsamic vinegar
1/2 teaspoon sea salt or kosher salt
black pepper to taste

Preheat oven to 350 degrees.

Wash radishes, remove roots and remove stems. Blot dry with paper towel. If radishes are big, cut them in half.

In large bowl, combine olive oil, balsamic vinegar and salt. Whisk ingredients together. Toss in radishes and greens until everything is coated evenly with oil.

Spread out radishes and greens on roasting pan or baking dish. Bake in oven for about 10 minutes or until the greens are crispy. Remove the greens and continue roasting the radishes for about another 5 minutes or until tender.

Spring Radishes Braised with Shallots and Vinegar

From [The Kitchn](#)

2 large bunches of radishes, about 1 pound
3 large shallots
1 tablespoon butter
2 ounces salt pork, slivered into small slices
2 tablespoons balsamic vinegar
1/2 cup water
1 small bunch Italian parsley, leaves chopped into about two handfuls
Salt and pepper

Trim away tops and bottoms of the radishes, reserving for soup or discarding to compost. (Ours were not in good shape so we let them go.) Slice each radish in half from top to bottom. Peel the shallots and slice into thin rings.

Heat the butter and salt pork over medium heat in a large heavy skillet - preferably cast iron. When the pork is starting to curl up at the edges and the butter has foamed and subsided, add the shallots and cook, stirring, until they start to brown slightly. Add the radishes, placing each cut side down in the skillet. Let them cook undisturbed for about 2 minutes or until the bottoms just start to color.

Add the balsamic vinegar and the water - the water should just come up around the sides of the radishes. Cover, lower heat, and simmer for about 10 minutes.

Remove the cover and continue to simmer for about 3-4 minutes, or until the water has reduced into a syrupy sauce. Add the the parsley and sauté for about a minute or two, until it's wilted.

Season with salt and pepper and serve.

Radish Salad

From [The New York Times Diners Journal](#)

Yield 4 servings

Time 20 minutes

The trick is to slice the radishes thinly. For this, a mandoline is best. I love the inexpensive Japanese versions, which work as well as French models costing 10 times as much.

Ingredients

About 12 radishes, thinly sliced

1 tablespoon salt

1/4 teaspoon freshly ground black pepper

2 tablespoons fresh lime juice

1 tablespoon orange juice

Ground Urfa or other mild chilies to taste (optional)

2 tablespoons chopped mint or cilantro

Combine radishes with salt, and cover with water in a bowl. Let sit 15 minutes. Drain, and rinse. Meanwhile, stir together the pepper and fruit juices.

Toss radishes with dressing and chilies. Taste. Add more salt, pepper or lime juice as needed. Garnish with herb, and serve.

Avocado and Radish Salad

From [Food and Wine](#)

1/2 cup fresh lemon juice

1/2 cup olive oil

Salt and freshly ground pepper

6 firm ripe Hass avocados—halved, peeled and sliced 1/3 inch thick

3 scallions, thinly sliced

6 bunches of white and red radishes (3 pounds), thinly sliced

1/4 cup chopped cilantro

In a bowl, whisk the lemon juice and olive oil. Season with salt and pepper. In another bowl, combine the avocados and scallions with half of the dressing and toss. Arrange the avocados around a large platter or shallow bowl. Add the radishes to the remaining dressing and toss. Mound in the center of the platter. Sprinkle the cilantro over the salad and serve.

Pickled Daikon Radish
From [Next Step Produce](#)

Yields 1 1/2 to 2 pints

Recipe by Renee Loux, *The Balanced Plate*. These pickles keep for quite a long time in a glass jar in the fridge and make a great side dish or condiment for grain dishes, sushi, and steamed vegetables for anyone who loves a little spicy tang.

1 lb. daikon radish, scrubbed or peeled
1/4 c. sea salt
1/2 c. rice vinegar
1/4 c. brown rice vinegar
1/4 c. sake or mirin
1 c. filtered water
1/2 c. agave nectar or 1/4 c. organic sugar
1/4 t. turmeric powder (optional, to turn the pickles a beautiful yellow)

Cut radish in half lengthwise and slice into 1/4" pieces.

Toss with salt and place in a colander or strainer over a bowl for 1 hour.

Rinse well to remove salt.

Mix together the rice vinegar, brown rice vinegar, sake or mirin, water, agave or sugar, and turmeric. If you are using organic sugar, it may be necessary to warm these ingredients in a saucepan so the sugar will dissolve easily, then cool to room temperature.

Place the radish in a clean glass jar and pour the sweetened vinegar mixture over it.

Cover and let stand for 4 to 8 hours on counter before transferring to the refrigerator.

Stores well for at least a month in the fridge.

Cabbage-Radish Slaw With Cilantro-Lime Vinaigrette

From [The New York Times](#)

Adapted from “The Working Cook,” by Tara Duggan (The San Francisco Chronicle, 2006)

Time: 20 minutes

Yield: 6 to 8 servings.

FOR THE SLAW:

1/2 small head green cabbage

1/2 small head savoy cabbage

1 medium watermelon radish or 1 bunch red radishes

2 poblano chilies

FOR THE CILANTRO-LIME VINAIGRETTE:

3 tablespoons fresh lime juice, more to taste

1/2 cup minced fresh cilantro

1/4 teaspoon kosher salt

Freshly ground pepper to taste

Pinch cayenne pepper

1/4 teaspoon sugar

3 1/2 tablespoons vegetable oil.

Make slaw: Remove tough outer leaves of cabbage halves and core halves. Using a food processor, a mandoline or a knife, shred cabbage as finely as possible.

Peel watermelon radish and cut into matchsticks, then cut matchsticks in half.

Alternatively, trim radishes and roughly chop. Stem chilies and deseed them, then chop in pieces smaller than a dime. In a large bowl, mix all ingredients together. Set aside.

Make vinaigrette: In small bowl, whisk together all ingredients except oil. Let cilantro steep in mixture for a few minutes, then whisk in the oil in a steady stream to emulsify.

Taste and add more lime juice, salt or pepper if needed. Pour over slaw and blend well. Serve.