

Hello all!

We pressed cider this weekend! Cider is available at the stand by the gallon and half gallon. We press each weekend all month. It's such a delicious and fresh, seasonal treat. Don't miss out!

Our first week went mostly smoothly, but did have some of the expected summer to fall transition pains. Thank you to all who were flexible and accommodating as we worked out the kinks. We do appreciate you all and your understanding about the very human nature of our farm and of CSA.

Happy Eating!
becky

In The Bag
Potomac Vegetable Farms
Week #2A: September 30, 2014
Featuring: Radishes

Here is a list of what you may find in your bag this week. Things change from day to day, so sometimes what's on our list is not exactly what you get. Don't be alarmed!

Mini: butternut squash, peppers, kale, an assortment of radishes, collards, garlic, arugula or baby mustard mix, sorrel

Regular: sweet potatoes, acorn squash, peppers, broccoli, kohlrabi, radish assortment, bok choy, beets, garlic, eggplant, sorrel

Robust: acorn squash, butternut squash, peppers, broccoli, kale, radishes, bok choy, beets, garlic, mustard greens, celery, eggplant, sorrel

Garlic, potatoes, sweet potatoes, and winter squash go in a cool, dark place. Everything else should be stored in the fridge. Check out this great post by blogger Food In Jars about storing produce without plastic: <http://foodinjars.com/2014/05/storing-fresh-produce-without-plastic-bags-giveaway/>.

If you have trouble figuring out what you brought home, refer to our [ID That Veggie](#) section of the website. We try to keep it updated with what's available to you.

Want to reference a past week's newsletter? Take a look at the [newsletter archive](#).

NEW (TO SOME) ITEMS:

Arugula is a zippy, peppery green in the cruciferous family of vegetables (also known as the Brassicas). It's popular in Italian cuisine, grows wild in Asia and the Mediterranean, and can be traced back to Roman times where it was used for its seeds and oils. It can be eaten raw in salads or cooked. Arugula has become a popular ingredient in salad mixes. If you find its flavor too pungent, try cooking it to tone down the taste. It is an excellent source of vitamins A and C, folic acid, calcium, magnesium, and manganese.

Bok choy is a Chinese cabbage with white stalks and round green leaves. The flavor is slightly sweeter than traditional cabbage, and you'll find it to be a bit more delicate and juicy. It can be eaten raw, steamed, stir fried, braised, or used in soups. It is high in calcium and vitamins C and A.

Butternut Squash originates in or around Mexico. It is a type of winter squash with a sweet, nutty flavor similar to a pumpkin. In fact, it makes a delicious pumpkin pie. It can be roasted, grilled, pureed, and used for baking. The seeds can be toasted and eaten, and the skin can also be eaten when softened by cooking. It's high in vitamins A and C, fiber, manganese, magnesium, and potassium.

Collard Greens have a round, broad dark green leaf and robust stem. Next to kale, collards are one of the healthiest greens you can eat. They are an excellent source of folate, vitamin C and beta-carotene while also being high in calcium. Collards are a member of the Brassica family, along with broccoli, kale and cabbage. Eat them fresh, stewed, steamed, sautéed, or in soups.

Kale, a broad, leafy, robust-stemmed green, is a form of cabbage and in the Brassica family. It is used worldwide, and can be sautéed, stewed, steamed, frozen, or even used raw in green smoothies or when young and tender in salads. Kale is a super food, high in antioxidants, vitamins K and C, calcium, beta carotene, and iron. Use it in any recipe that calls for leafy greens.

Kohlrabi is a member of the cruciferous (cabbage) family. The tops are edible --they are very cabbage like--and can be cooked in the manner of any tough green. The bulb has an incredibly crisp texture, similar to a water chestnut, and a flavor reminiscent of broccoli stems or cabbage hearts, but slightly sweeter. It can be braised, boiled, stuffed, sliced, scalloped, steamed, julienned, roasted, and sautéed. You can grate it into slaw, toss it into salads, slip it into soups and stews, snack on it raw with dip, and stir-fry it. You can even wrap it in foil and grill it. Be sure to peel your kohlrabi—the outer skin is very tough. Kohlrabi bulbs will keep in your refrigerator's veggie drawer for several weeks. Note that the bulbs tend to become woodier the longer you store them. Remove the leaves before storing and store them separately, as they lack the staying power of the bulb.

Mixed Mustard Greens: Another very healthy green (surprise!), mustard greens pack a whallop with lots of vitamins A, C, and E as well as folate. Mustards are considered a herb, and are the greens that produce the seeds used to make dijon mustard. Expect a strong, peppery flavor. Young greens can be added to salads or sauté them like you would any other dark leafy green.

Sorrel is a perennial herb that can be cultivated as a garden herb or leafy green. It has a zesty lemon flavor that makes a wonderful soup, is an excellent addition to sautéed greens, makes a nice salad dressing or herb for fish or chicken, or can be used raw in a

Sweet Potatoes are large, starchy, sweet tasting, tuberous root vegetables that are actually only distantly related to the potato family. They are in the Convolvulaceae family, whose other member, the morning glory, we fight in the fields as a very successful weed. They are high in complex carbohydrates, vitamins A, C and B6, manganese, dietary fiber, and potassium. They're also high in antioxidants. Sweet potatoes can be baked, roasted, pureed, and used in soups. Personally, I like them

cubed, tossed with olive oil and chili powder, and roasted in the oven until just starting to crisp. Sweet and spicy... Yum!

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.

You'll see all kinds of radishes in your bags between now and the end of the season, including (but not limited to):

The traditional round, Red Cherriette.

French Breakfast, or D'Avignon--longer red radishes with white tips.

The red Shunkyo, almost carrot-like in size and shape.

Daikon are white and the shape of long, fat carrots. They range from mild to spicy.

The smaller, usually sweeter (but ours have a kick) cousin to the Daikon, the Alpine.

Watermelon, or red meat, radishes are about the size and shape of a beet with green shoulders fading to white, and bright pink meat inside.

Black radishes look like something went wrong. They're the size and shape of a beet, and black on the outside. They're very zippy--almost horseradish in flavor.

The radishes are proving zesty this year, so, if you're not a big fan of spicy, try one of the cooked radish recipes below. Cooking them really mellows them out.

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.

There has been a flood of radish recipes since last season. I was having a hard time choosing which to share... so I didn't choose. Enjoy!

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 (fermented) Radishes: <http://phickle.com/index.php/pickled-radishes-a-good-place-to-start-fermenting/pickled-radish-slices/#main>

Small Batch Quick Pickled Radishes (refrigerator pickle):

<http://simpleprovisions.com.au/2014/08/06/small-batch-pickled-radishes/>

Spicy Quick Pickled Radishes (refrigerator pickle): <http://cookieandkate.com/2014/spicy-quick-pickled-radishes/>

Sweet and Sour Radish Pickles (refrigerator pickle) and Radish Leaf Pesto (for the freezer): <http://whipup.net/2013/06/15/make-it-local-eat-ii/>

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

Goat Cheese Radish Tartine with Micro Greens: <http://www.oncewed.com/featured/goat-cheese-radish-tartine-with-micro-greens/>

Grilled Radishes with Rosemary and Brown Butter:

<http://www.foodandwine.com/recipes/grilled-radishes-with-rosemary-brown-butter>

Radish Leaf Pesto: <http://doriegreenspan.com/2014/05/nose-to-tail-radishes-radish-leaf-pesto-too.html>

Lemony Lentil and Chickpea Salad with Radish and Herbs:

<http://cookieandkate.com/2014/lemony-lentil-and-chickpea-salad-with-radish-and-herbs/>

Carrot, Radish, and Quinoa Salad with Herbed Avocado:

<http://cookieandkate.com/2014/spring-carrot-radish-and-quinoa-salad-with-herbed-avocado/>

Roasted Cauliflower and Radishes with Fresh Dill: <http://withfoodandlove.com/mustard-fennel-seed-crispy-baked-cauliflower-and-radishes-with-fresh-dill/>

Radish and Cabbage Salad with Peanut Dressing:

<http://dishingupthedirt.com/recipes/salad/radish-cabbage-salad-peanut-dressing/>

Roasted Radish Flatbread with Ricotta and Honey:

<http://bevcooks.com/2013/05/roasted-radish-flatbread-with-ricotta-and-honey/>

Farro with Braised Radishes and their Greens: <http://casayellow.com/2013/05/14/farro-with-braised-radishes-their-greens/>

Black Bean Tacos with Radish Salsa and Feta:

<http://www.acouplecooks.com/2013/05/black-bean-tacos-with-radish-salsa-and-feta/>

Roasted Radish and Greens Salad:

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

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

Cabbage Radish Slaw with Cilantro-Lime Vinaigrette:

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