

Dear Member,

A season of extremes. The hot dry weather since early June has been replaced by rain that was calculated in feet not inches during October. The sun finally came out yesterday and I think we'll have a couple of dry days.

New this week is the Daikon Radish. To help you use this large radish I asked member Kathleen for a bit of help. She has a recipe that follows for Daikon Radish Pickles that is great.

"Here is the recipe I've used for Japanese White Radish Preserve. It's very sweet, and I use a few slices as a special treat in my kids' lunch throughout the year. I also include it on the rare occasion when we dip into the frozen edamame; prepare miso soup (which is surprisingly simple); serve some raw fish, rice and maybe some greens; accompany all with plenty of sake; and generally consider it a Japanese style meal. The recipe is adapted from Madhur Jaffrey's World of the East: Vegetarian Cooking.

This is the very yellow-looking Japanese preserve that you might have seen in Japanese restaurants and grocery stores. The yellowness comes from food coloring, which is omitted in this recipe.

DAIKON RECIPE: About 1 ½ lbs. daikon radish (1 large or two small) 3 Tbsp salt
1 cup sugar 4 Tbsp rice vinegar

Trim ends of the radish and peel it. Cut it in half lengthwise, then slice crosswise into fine, 1/16 inch thick pieces. A food processor can help here. Put radishes in a bowl. Combine sugar, salt, vinegar and a cup of water in an enameled or stainless-steel (i.e. non-reactive) pan. Bring to a boil. Stir the sugar so it dissolves. Pour the hot liquid over the radish slices and mix gently, pushing the radish into the liquid. Let cool. Put the radish slices and the liquid into a jar, cover, and refrigerate for 3 to 4 days. If kept in the refrigerator, this preserve will last indefinitely"

Enjoy the vegetables-Pete and Deb

SHARES INCLUDE;

Green Cabbage-2 heads-the rain is not kind to cabbage and so we picked two for each member
Potatoes-1 basket Sugar Snax Carrots-1 bunch Scallions-1 bunch Mint-1 bunch
Sweet Peppers-6-the peppers just don't seem to want to quit this year. A bit smaller but still sweet.
Acorn Winter Squash-2 Daikon Radish-1 Hot Peppers if you like-there will be a bag of
mixed Jalapeno and Habanero Hot Peppers for members that like the very hot peppers. They will burn, so be careful.
Optional Fruit Share-1 bag with Bosc Pears, Empire Apples, Golden Delicious Apples (Empire Apples are a variety of apple that was developed for New York growers).

CARROT GINGER SOUP

4 extra large carrots (8 small)
1 medium onion
pinch of salt
3 ½ cups water
3 inch piece fresh ginger, peeled and chopped
Parsley to garnish
1TB olive oil

1. Wash, peel, and cut carrots, onion, and ginger into chunks. Place TB olive oil in pot and heat.
2. Sauté onions, carrots, and ginger in oil for approx. 5 min., stir occasionally, and place lid on.
3. Add water and pinch of salt to pot and bring to a boil. Cover with lid. Simmer on low heat for 25 minutes.
4. Transfer soup into blender, adding water to achieve desired consistency.
5. When blending is done you may garnish with parley.

Optional: Substitute carrots with squash, parsnips, or beets. Squash and beets need 35 to 40 minutes to cook.

CARROT BREAKFAST MUFFINS

½ tsp ginger
2 cups whole grain pastry flour
¼ cup canola oil
½ cup pure maple syrup
1 egg, beaten
1 cup finely grated carrot
¼ cup raisons
¾ cup apple juice

-Preheat oven to 400 degrees. Oil a 12 cup muffin tin. In a large bowl mix ginger into flour. In another bowl, whisk oil and syrup. Mix in the egg, then add carrot, raisons, and juice. Fold dry and wet ingredients together until flour mixture is moistened. Spoon batter into muffin cups until ¾ full. Bake 20 min. or until tester comes out clean.

GRATED DAIKON SALAD *Prep Time: 5 minutes Yields: 4 servings*
1- 6 inch piece daikon 4 tablespoons toasted black sesame seeds
1/2 bunch washed flat leaf parsley 3 tablespoons umboshi plum vinegar
1 tablespoon walnut oil

Directions: Grate daikon and place in a salad bowl. Blend remaining ingredients, serve or allow to chill in fridge for 10-20 minutes.

THE SIMPLEST SAUTEED CABBAGE *Yields: 2-4 servings*
2 cups finely sliced head cabbage 1 teaspoon corn or sesame oil
2 teaspoons umeboshi paste, diluted with 1 tablespoon water

Directions: Heat a skillet or wok, add oil. Add cabbage and sauté on a medium flame for 5 minutes. Season with umeboshi paste.

Variations:

- *Sauté 1 onion, sliced with half-moons until golden, then add cabbage.*
- *Leek and cabbage combine very nicely too.*
- *Use umeboshi vinegar instead of paste, or salt and lemon juice or soy sauce.*
- *A sprinkle of ground cumin adds a nice taste and it makes cabbage easier to digest.*

STUFFED ROASTED ACORN *Yields: 4 servings*

Ingredients: 2 acorn squash 2 cloves garlic, minced or pressed 2 tablespoons olive oil Sea salt and pepper

Stuffing: 1 cup cooked whole grain (quinoa, brown rice, millet, barley) 1 onion, finely diced 1 zucchini, diced
1/4 cup golden raisins or currants 1/2 cup toasted pumpkin seeds, chopped 1/2 cup parsley, chopped
3 teaspoons curry 1 tablespoon olive oil

Directions: Preheat the oven to 375 degrees. Cut acorn squash in half and clean out seeds and fibers. Cut a very thin slice off the bottom, so that the acorn squash halves can sit flat like soup bowls. Brush with olive oil, and spread garlic evenly over the 4 cups, sprinkle with salt and pepper, place on a baking sheet and bake for 35 minutes. While baking, in a skillet saute onions, curry and raisins for 3 minutes. Add cooked grains and stir for 5 minutes. Remove skillet from heat and mix in parsley and zucchini. Fill each squash cup with stuffing and top with chopped pumpkin seeds and bake in the oven for 15-20 minutes or until the squash is soft (when a butter knife sinks into the squash with ease). Serve warm.

WINTER SQUASH SOUP *Yields: 4 servings*

Ingredients: 1 winter squash, seeded, peeled, chopped (butternut, acorn, pumpkin, delicata) 1 onion
2 cloves garlic Veggie or chicken stock 2 teaspoons curry powder 1 1/2 tsp cumin

Directions: Saute finely minced onions and minced garlic in a splash of olive oil. In a pot place squash and fill with stock until just covered then add spices, garlic and onion. Boil until tender. Mash or blend in blender until smooth and return to the pot to heat through. Variations: You can add chopped fresh cilantro or parsley, and/or toasted pumpkin seeds for garnish.

WHAT CAN YOU DO WITH MINT? Try Mint Tisane, otherwise known as **Fresh Mint Tea**

Clean several sprigs of mint. Put into a teapot or a large glass measuring cup. Pour just-boiled water over mint, let steep 3 or so minutes, drain through small tea strainer. Drink hot or chill first. Options: you can add honey or sugar if you want a sweeter taste. You can also mix this 1/2 and 1/2 with lemonade. Fresh mint tea tastes different than tea made with dry mint leaves.

MINTED COUSCOUS WITH CURRANTS AND PINE NUTS

2 14 1/2-ounce cans low-salt chicken broth 6 tablespoons (3/4 stick) butter 3 cups couscous
1/2 cup dried currants 1/2 cup pine nuts, toasted 4 green onions, thinly sliced
1/4 cup minced fresh mint 2 tablespoons minced fresh dill

Bring broth and butter to boil in medium saucepan. Remove from heat; stir in couscous. Cover, let stand 5 minutes. Fluff couscous with fork. Transfer to bowl. Add currants, pine nuts, green onions, mint and dill; stir to blend. Season with salt and pepper. Serves 8.

REMEMBER TO RESERVE YOUR SHARE FOR 2006. WE NEED TO HAVE AT LEAST 30 MEMBERS TO CONTINUE.