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Stoneledge Farm News

Dear CSA Member,

A good vegetable brush may be a necessity this week as the root crops start to fill the share. The beets are as sweet as ever, the potatoes beautifully blue and the Delicata winter squash delicious. We also harvested the largest Black Radishes ever.

Black Radishes are a heirloom vegetable that has recorded recipes for use back into the 1500's. It is a huge, rough skinned vegetable. The radish can be used fresh in a vinegar, oil salad or boiled and used cooked in a cream sauce like a turnip. It is one of the vegetables that people of old would store for months on end for use during the winter when there was little else available to eat. If you do not use the radish right away, put it in a cool spot and it will likely be even better tasting when you use it later. There are many recipes on line for using the Black Radish. One that I tried was to slice the radish thinly, coat with olive oil and a bit of Balsamic Vinegar, sprinkle with salt and bake in a hot 425 degree oven until crispy. So, give the Black Radish a try. Enjoy the changing of the seasons and enjoy the vegetables-Pete and Deb

WHAT'S IN THE SHARE?

- Delicata Winter Squash-2
- Winterbor Kale-1 bunch
- Black Radish-1 (sometimes called Spanish Radish)
- Blue Potatoes-2 pounds-this is the last of the Blues.
- Red Ace Beets-1 bunch
- Onions-4
- Italian Flat Leaf Parsley-1 bunch
- Romanesco-1 head-this is the first year we have grown this Cauliflower type vegetable. Use like cauliflower.

FRUIT SHARE-SEE DESCRIPTION BELOW

FRUIT SHARES: *one bag of apples-honey crisp, golden crisp, cortland and anjou pears.*

- *The Cortland Apples-larger, flatter shape are really the best apples for apple sauce. Don't peel them but core and chunk the apple. Add a little water to a pan and cook them until tender. Put through a food mill or just mash them with a potato masher for a really chunky applesauce. The red skins will give the apple sauce a beautiful pink color.*

KALE WITH SAUTEED APPLE AND ONION

1 Granny Smith apple 2 tablespoons olive oil 1 medium onion, cut into 1/4-inch wedges
1/4 teaspoon curry powder 1 lb kale, tough stems and ribs removed and leaves coarsely chopped 1/2 cup water

Peel, quarter, and core apple, then cut into 1/4-inch-thick wedges. Heat oil in a 5-quart pot over moderately high heat until hot but not smoking, then sauté onion, stirring occasionally, until golden. Add apple and curry powder and sauté, stirring, until apple is almost tender, about 2 minutes. Add kale and water and cook, covered, stirring occasionally, until kale is tender and most of liquid is evaporated, about 5 minutes. Season with salt.

APPLE AND PEAR FRUIT CRISP

1/2 cup rolled oats 2 TB whole grain pastry flour (whole wheat, etc.) 1/4 cup of sesame seeds or your favorite nuts
1/4 cup of sunflower seeds 2 TB canola oil 1 TB pure honey (or rice syrup or pure maple syrup)
1 tsp cinnamon 1/4 tsp cardamon 4-6 cups apples and pears (or your favorite fruits), chopped into bite size pieces

Preheat oven to 400 degrees. Place oats, flour, seeds, oil, honey, cinnamon, and cardamon in food processor and turn to meal. Cut all pieces of fruit and lay in approximately 8" glass or ceramic baking dish. Top the fruit with the mixture and gently pat down. Cover and bake on the center shelf until brown on top, approximately 30 minutes.

WINTER SQUASH

Cooking **winter squash**, couldn't be **simpler**: Cut in half with a big sharp knife. Remove seeds. (If you've ever carved a pumpkin, these two steps should be very familiar.) Put in a baking pan (I use glass, metal or ceramic would also work) cut side down, with a little water in the pan. Or rub the cut side with a little oil first. Bake in a medium oven (325, or 350, or 400, etc.) until it's easily pierced with a fork. Remove, and eat. Possible toppings: many like maple syrup, or salt and pepper. I've also added my cut, seeded halves of winter squash to the crockpot with some water, and let it cook that way for a few hours. This method works especially well when all you want is the cooked flesh to puree for a soup or other dish.

SPICY RICE AND KALE

2 1/4 cups canned low-salt chicken broth or vegetable broth

1 1/2 teaspoons Creole or Cajun seasoning

1 cup converted white rice

4 ounces kale (about 1/2 large bunch), stems and ribs removed, leaves coarsely chopped (2 cups packed)

Bring broth and Creole seasoning to boil in heavy large saucepan. Stir in rice and kale and bring to boil. Reduce heat to low, cover and cook until rice is tender and liquid is absorbed, about 20 minutes. Serves 4. Bon Appétit February 1999

Black Spanish Radish: it can be grated or sliced, eaten raw or cooked. If you have one or two kicking around, try them grated into your dinner salad or grated into a lentil or split pea soup.

BLACK RADISH, CARROT, AND FENNEL SALAD WITH PECORINO CHEESE

from Joyce Goldstein's *The Mediterranean Kitchen*

(this is for a single portion. can be multiplied.)

1 small handful arugula (about 3/4 cup loosely packed)

1/4 cup Citrus Vinaigrette (recipe follows)

3 large paper-thin slices black radish

6 thin diagonal slices carrot (about 2 inches long), blanched

6 thin slices fennel

6 to 8 long thin curls pecorino or Parmesan cheese

CITRUS VINAIGRETTE

1 1/4 cups mild olive oil

6 to 8 tablespoons fresh lemon juice

1 tablespoon grated lemon zest

Salt and freshly ground pepper to taste

Toss the arugula with enough of the vinaigrette to coat and place on a salad plate. Arrange the radish slices on top, then the carrot and fennel. Drizzle with the remaining vinaigrette and top with the curls of cheese. To make Citrus Vinaigrette, whisk all ingredients together. Makes about 1 1/2 cups, enough for 4 to 6 salads.

RADISH SLAW This could also be good without the cabbage.

2-3 black Spanish radishes, scrubbed and grated

3 cups finely shredded cabbage

1 cup coarsely grated carrots, any color

1/2 cup thinly sliced green or red onion

2 tablespoons fresh lemon juice

1/2 teaspoon sugar

2 tablespoons olive oil

2 tablespoons finely chopped fresh parsley, cilantro, or mint leaves

In a bowl toss together the radishes, the cabbage, the carrots, the onion, the lemon juice, the sugar, the oil, the herb, and salt and pepper to taste.