

Schreiber & Sons

It's a Culinary Adventure

www.schreiberandsons.com

Week III

Produce items for this week:

1. Asparagus -2 bundles (3 for large, 1 for small)
2. Bok choy - 1 bundle - 2 for small, 3 for medium, 4 for large
3. Salad mix - spinach salad - approximately 33% spinach, 33% red lettuce, 33% mix of other items
4. leaf lettuce - green
5. Radish - 2 bunches - one of Icicle and one of French Breakfast
6. A leafy green
7. Mustard seed for medium and large shares
8. Fuji apples
9. Something - We are starting to get some items but not in sufficient quantity for everyone, so we plan to take some of several things and give everybody one item-it may be mint, chives, etc.

You will get additional information in box about what you are getting that will supersede what is in this email. (Sometimes we run out and have to make substitutions, sometimes we make mistakes on our end (e.g. mustard seed). By the end of the season, you will forget all about these a paltry early boxes. I fret so much that the amount of produce is less than I had plan that we are looking for ways to supplement the quantity. A neighbor of ours (the Empeys) grow apples and are bringing some of their apples out of storage right now. I bought a bin of apples to supplement your boxes.

If you are an organic member, your organic products are bok choy, salad mix, leaf lettuce, radish, leafy green and whatever Item 9 turns out to be; the asparagus, mustard seed and apples are conventional.

CSA Policy Issues. In our first year, we had 8 members, last year we had 44 members, this year, we have many more than that. With the increase in size we have a number of questions put to us that we had not had to deal with previously. Here our are answers. For what it is worth, I have a very vocal advisory board and from their responses, I developed the policies below.

Switching. We realize that all of us are working out the bugs of the CSA, particularly new members. Sometimes members need to switch their pick up locations, we understand this, however, we need you to establish a home pick up site and try to stick to it as much as possible. If you need to switch permanently or temporarily that is fine- we need at least 24 hours notice. We ask you to keep switching pick up sites to a minimum. You may not alternate between pick up sites from week to week.

Pick up interval. We have had a number of people forgetting or not making it to the pick site on time. I recognize that members have paid for their produce and eagerly anticipate its arrival-I want to repeat.... I understand how important your boxes of produce can be to you. *But* it is your responsibility to pick up your box or make arrangements to do so. We drop off the boxes and are not back at that site until the following week. We cannot hold your box. It is not fair to us to have make you a second box and to deliver it to another site. We have tried to accommodate everyone to start with by giving a two week grace period, we are all learning our way. However..... here is the NEW POLICY. You have the stated 2 hour interval to pick up your box. We have an agreement from each pick site volunteer host to allow for a 30 minute grace period beyond the 2 hour interval. After that time interval, any left over produce and the contents of the choice box is theirs to do with as they see fit. (Who knows if you suck up to the site host may be they will cut you some slack if you are late--but we do not want to impose on our site hosts.)

Pasco Pick Up Times. I have been told that I have give two different times for the pick site at Pasco-if I did, my apologies. The pick up time is 4 to 6 pm.

Alan is not infallible. We are hustling at our end to get all of your produce and sometimes I (or we) make mistakes. I had given you advance notice that you would have mustard seed in your boxes.... some of you got mustard seed (Kennewick site), some you did not (Pasco, North Richland) and some of you got something else (South Richland, West Richland). Here is what happened. I picked up some mustard seed from my Palouse connection. I also picked up some powdered mustard for another purpose. The bags were virtually identical and were both labeled in the same way. On the first day of CSA deliveries (Tuesday) they bagged up the powdered mustard. I did not realize what happened until Wednesday and told them to not send the powdered mustard. By Thursday, order had been restored and the actual mustard seed went out. The powdered mustard is edible, but it is pretty hot to the taste. We are making up bags of mustard seed to those who did not receive it last week.

Farm Party. If you intend to come of the Farm Party, you had best get your reservations in soon as we are filling up. In a few days we are going to reach the cut off limit. We are getting ready for the party at the farm. It's like when you have company or family coming and you want to clean your house.... this is no different at the farm, but there is

a limit to how much you can do. You will note the weeds and equipment and "junk" everywhere.... but that is what you get with a working farm.

We decided to buy a pig and cook it... if anyone wants ears, you have call dibs on them, we cook it head, tail, hide and all. It is too early in the year to put an apple in its mouth..... For the vegetarians, we are going to grill some asparagus and bok choy (ha ha ha ha-I think that is so funny).

We have farm tours at 1:00, 2:00, and 3:00. We will hitch a tractor to a trailer with hay bales for seating and drive around the farm and look at everything we have going on. It will be pretty interesting. You get to see the cherries with no cherries on them and peach trees with no peaches, you get to see a farm within a farm-we gave our farmworkers some ground and they have a little farm to grow crops using seeds they brought with them from southern Mexico (very interesting). We will go by the greenhouse, the orchard, the vineyard, see our hops, and on and on and on.

Bear in mind, you will be in the country; there will be shade, but we will be outside and the high is forecasted to be 85 degrees. Also the farm is made up of dirt, lots and lots and lots of dirt. Expect to take some home with you especially if you are bringing kids.

- We will provide a nice big pig, water to drink, tents to sit under, table service, a grill, a farm, a farm tour, a really nice bonfire fire in the evening and an all around good time.
- You provide beverages of your choice, a pot luck dish, roasting sticks, whatever you want to roast and lawn chairs.

With kind regards,

Your Farmer

Alan Schreiber

"Grilling, broiling, barbecuing - whatever you want to call it - is an art, not just a matter of building a pyre and throwing on a piece of meat as a sacrifice to the gods of the stomach."

James Beard, 'Beard on Food' (1974)

"Lettuce is like [conversation](#): It must be fresh and crisp, and so sparkling that you scarcely notice the bitter in it."

C.D. Warner, 19th century

"Lettuce is divine, although I'm not sure it's really a food."

Diana Vreeland, editor & fashion expert, (1903-1989)

Lettuce

Lactuca sativa, Compositae

The word lettuce comes from the Latin *lactuca*, which is derived from *lactus*, meaning "milk". It was named for the milky sap secreted by the stems when they are cut. Lettuce is an annual plant that comes in about 100 varieties. The leaves are usually green but may also be red. They vary in shape and flavor depending on variety.

This vegetable plant is native of the eastern Mediterranean and western Asia. Cultivation of lettuce can be traced back as far as 4500 BC, at which time it was most likely grown for the oil of its seeds. Depictions of lettuce appeared in ancient Egyptian tombs and it has been well established the Persians consumed lettuce leaves around the year 600 BC. The Greeks and Romans held lettuce in high esteem, both as a food and for its therapeutic medicinal properties. Columbus is said to have introduced lettuce into the Caribbean.

The lettuce that we see today, actually started out as a weed around the Mediterranean basin. Served in dishes for more than 4500 years, lettuce has certainly made its mark in history with tomb painting in Egypt and identification of different types of lettuces by various Greek scholars. Christopher Columbus introduced lettuce to the New World and from there, lettuce in the United States being cultivated.

Nutritional value: Lettuce is rich in water and low in calories. Most varieties are rich in folic acid. Vitamin and mineral content differ by variety. Usually the greener the lettuce, the more vitamins and minerals it contains. Lettuce is said to simulate the appetite and to have an analgesic, emollient and sedative properties. It is recommended for insomnia, nervous excitement and as a cough remedy. In the Middle Ages, monks were advised to eat lettuce to purge the body of lust.

When it comes to lettuce, it is best to mix and match a variety of different types. A variety of lettuces provides not only for a host of different flavors and textures, but also a broad range of nutrients that each lettuce variety has to offer. For example, different salad greens offer distinct flavonoid phytonutrients. Green leaf varieties have the flavonoid called quercetin, but you'll need red leaves to get any of the flavonoids called cyanidins. To get good supplies of kaempferol, you may want to include some endive. The different colors in the leaves may not seem significant, but each shading represents a different combination of flavonoids and other pigments, and researchers are continually learning about different ways in which these flavonoids and pigments help prevent disease. Most dark greens are good sources of Vitamin C, beta-carotene, iron, calcium, folate, and dietary fiber. **The rule of thumb is, usually, the darker the greens, the more nutritious the leaf.**

Unlike the United States, where a single type of crisp-head lettuce - iceberg - dominates the market, European traditions have always focused on the variety found not only in lettuces but also in all types of greens. Special names for mixed greens are in fact part of everyday language in France and Italy. For the French, mixed greens are often described under the heading of "mesclumo." Mesclumo is part of the Nicois dialect and means "mixture." In the United States, mesclumo is usually referred to as "mesclun mix."

The idea of a greens mix in France is not simply to get any old mixture of greens. The idea is to combine four basic flavor types through a careful mixing of greens: mild, bitter/tart, piquant, and pepper/spicy. For the mild component, a leaf lettuce will typically be included. For the piquant, perhaps mustard greens. For the bitter/tart flavor, radicchio, escarole, mizuna, or curly endive. To round out the peppery/spicy component, usually included is either arugula or watercress.

Many of the components of a mesclun mix are not technically lettuces, but rather, a diverse array of greens that are chosen for their distinct flavor combinations. Other greens available for a mesclun mix include sorrel, parsley, basil, chive, fennel, purslane, dandelion green, chervil, and groundsel. In Italy, the comparable greens mix is usually referred to as "misticanza." ("Mista" in Italian means "mixed").

There are four primary types of lettuces and hundreds of varieties.

- **Head lettuces.** The least nutritious of the salad greens (which includes iceberg), this pale green lettuce takes on the cabbage appearance. It usually forms the most firm and densely packed heads, although in exchange for this durability, they are often the least flavorful.
- **Leaf lettuces.** This variety doesn't grow to form lettuce heads, but instead the leaves are joined at the stem. Good examples of this variety include: oak leaf, red leaf, and green leaf. These lettuces are much more delicate than the crisp-head variety, but also much more diverse and

flavorful. Green leaf lettuces include Black-seeded Simpsons, Grand Rapids, and Oak Leaf lettuce. Red leaf varieties include Red Fire, Red Sails, and Ruby.

- **Romaine or Cos lettuce.** This lettuce features a semi-dark green, stiff, upright leaf. It has a loaf-like shape with darker outer leaves, a strong taste and crispy texture. Green Towers, with slightly larger leaves, and Cimmaron, an unusual dark red cos type, are also available in some areas. has gained tremendous popularity in the past decade as the key ingredient in Caesar salads. usually found in the Paris Island variety,
- **Stem lettuces** are also called asparagus lettuces, or sometimes Celtuce (for "celery plus lettuce"). Like celery, the leaves are usually peeled off and the stem eaten.

Several Lettuce Varieties and Other Leafy Greens

Arugula (rocket or roquette). This variety is characterized by small, flat leaves with long stems, quite similar looking to dandelion leaves, and a peppery taste. This lettuce is usually paired with other varieties to balance out the taste.

Belgian endive or French endive. This leaf is a family member of chicory and escarole, with tightly packed leaves and bullet-like shape. Creamy yellow or white in color, slightly bitter in taste, but crisp in texture.

Chicory or curly endive. This leaf is slightly bitter, with darker outer leaves and paler or even yellow leaves towards the center. The leaves itself are ragged edged on long thin stems.

Escarole. Another member of the chicory family, this lettuce has broad wavy leaves and a milder taste than chicory.

Mâche or lamb's lettuce or field salad. With a fingerlike shape, velvety feel, and mild taste, this variety is usually sold bunched together with its roots, at an expensive price due to its delicate and perishable nature.

Radicchio. This variety looks like red cabbage, but it's actually a chicory family member. This leaf is typically used for an accent in salads because of its steep cost as most radicchio lettuce arrives from Italy.

Selection and Storage

When selecting your leaves, be sure that they are fresh and crisp, with no signs of wilting, slim, or dark spots or edges. Remember when selecting your lettuce that the darker outer leaves are the most nutritious.

Lettuce tends to keep well in plastic bags in the crisper section of the refrigerator. Iceberg lettuce keeps the best, lasting around two weeks, while Romaine, ten days, and butterheads types and endives lasts approximately four days. The very delicate greens don't last very long, so it's best to buy only as much as you need at one time and use immediately.

Salad greens should not be stored near fruits that produce ethylene gases (like apples) as this will increase brown spots on the lettuce leaves and increase spoilage. Greens that are bought in bunches should be checked for insects. Those leaves that have roots should be placed in a glass of water with a bag over the leaves and then placed in the refrigerator.

Alternate Use

In addition to their most common use in salads, you can also braise, steam, sauté and even grill certain lettuce varieties to create a wonderful and different taste treat. Try halving a head of radicchio or romaine lengthwise, and brush on some extra virgin olive oil, and grill until they soften and just begin to brown-absolutely delicious.

History of the American Salad

By Robin McCoy

Americans are forever searching for an identity. In our toys, our clothes, our literature, our cars, and our foods, we define ourselves and our times with a distinctive flavor as though out of compulsion to continuously remake ourselves. Americans like new things, embrace them to the point of fanaticism. In all areas of popular culture, we can trace the spirit of the times, even in as narrow a subject as our salads, a small sociological window into the history of American culture.

A salad, as defined by *The Dictionary of American Food and Drink*, is "A dish of leafy green vegetables dressed with various seasonings, sauces, and other vegetables or fruits." That definition hardly suffices to describe a dish of such innumerable variations, especially today when a salad is likely to contain nothing green and leafy.

The salad has been around since ancient times, named for the Latin for salt (sal), with which the greens were seasoned before Good Seasons. As an American food, salads were relatively unimportant until the back to nature movement of the nineteen sixties. This was a meat and potatoes nation well through the T-bone-on-the-grill fifties.

The American salad in the first half of the twentieth century usually meant iceberg lettuce and, when summer vegetables were not available, often included fruit such as apples, raisins, and oranges. Dressings were either oil and vinegar (served in two cruets on a checkered tablecloth) or mayonnaise and/or sour cream based, including Thousand Island and French.

One of the most important landmarks in the evolution of the American salad was lime Jell-O, which appeared in 1930, and began a tremendous proliferation of molded salads throughout the next several decades. The other early revolution was brought about by Hellmann's mayonnaise in 1915, which home cooks across the nation gratefully embraced.

The best of those early salads survive today as picnic and potluck staples--America's heritage on a paper plate.

The First 50 Years

Ambrosia - oranges, bananas, shredded coconut, pineapple, walnuts, and marshmallows in a sour cream dressing.

Carrot - shredded carrots with raisins in a mayonnaise or sour cream dressing.

Chef's - a main course salad of lettuce, boiled egg, ham, turkey, cheese, and appropriate vegetables.

Chicken - pieces of chicken with celery, walnuts, etc., bound with mayonnaise.

Cobb - Invented at the Brown Derby restaurant in 1937, lettuce, avocado, tomatoes, chicken, cheese, egg, and bacon.

Cole Slaw - shredded cabbage and carrots in a mayonnaise or sour cream dressing.

Ginger Ale Molded Salad - ginger ale, fruit juices, and any combination of fruit, suspended in gelatin. During the Depression, when sugar was dear, ginger ale was a practical substitute in gelatin-based salads.

Green - iceberg lettuce, tomatoes, radishes, cucumbers, and other seasonal vegetables dressed with Green Goddess, Thousand Island, or French dressing.

Jell-O - lime Jell-O with shredded carrots and cabbage, or with cottage cheese and pineapple chunks, an inexplicably enduring dish.

Potato - an early German contribution, served warm or cold, usually with a mustard-flavored dressing.

Waldorf - apples, celery, and walnuts with a mayonnaise dressing.

THE FIFTIES

Most of the earlier salads continued to be popular, but the signature salad of the fifties was the ubiquitous iceberg lettuce wedge with Thousand Island or French dressing. Many families made their own version of Thousand Island by mixing mayonnaise and ketchup and, on lucky days, a spoonful of pickle relish. In the summer, there were tomatoes and other vegetables from the garden. In off-season, meat, cheese, and hard-boiled eggs helped to liven up salads. The previous section describes the fifties salads, with a few additions.

Beet - pickled beets (often cut like Ruffles potato chips) with sour cream and caraway seeds.

Cucumber - sliced cucumbers and red onion rings in a vinegar and sugar marinade.

Jell-O - raspberry with canned fruit cocktail.

Macaroni - macaroni, black olives, hard-boiled eggs, and pickles with a mayonnaise-mustard dressing.

THE SIXTIES

The great salad revolution began in the sixties and matured in the seventies like so many other American social upheavals. In the decade of nuts and berries, salads went natural and organic. Yogurt became a popular dressing ingredient, and salads were garnished with sesame and sunflower seeds. Many Americans were first introduced to rice and bean salads in the sixties, not to mention bulgar wheat, all of which were destined to become increasingly popular later on.

Brown rice - rice with minced onion, parsley, etc., dressed with a vinaigrette or lemon juice, often with avocado and hard-boiled eggs. Another take on the brown rice salad was with raisins or dates.

Cucumber - sliced cucumbers with a yogurt-mint or yogurt-cumin dressing.

Tabbouleh - bulgar wheat with parsley and lemon juice.

Three-bean - a combination of marinated or pickled kidney beans, garbanzos, and green beans.

THE SEVENTIES

In the seventies, salad became a national obsession. Salad bars sprung up everywhere. It was politically, religiously, and socially correct to eat salad. Along with increased interest in salad came widening choices of ingredients and more variety in salad dressings. Tuned-in restaurants served salads and sandwiches bulging with alfalfa sprouts and avocados, perhaps the two ingredients most identified with seventies salads. Who didn't have an avocado pit balanced by toothpicks rooting in the kitchen window, or a water-soaked napkin nestling alfalfa or mung bean sprouts? This was before Chia pets.

California - butter lettuce or spinach, avocado, sprouts, orange segments, and almonds in a delicate olive oil-based dressing.

Endive - first of the onslaught of bitter greens to hit the salad bowl, and the beginning of a trend to incorporate as many different types of leaf vegetables as possible into a green salad. Endive was usually mixed with lettuce, and was sometimes used as a scoop or holder for dip or cheese spread.

Greek - leaf lettuce with calamata olives, feta cheese, anchovies, and an olive oil vinaigrette.

Lentil - lentils with herbs and vegetables such as parsley, tomatoes, and green onion dressed with oil and vinegar.

Root - a mixture of julienned root vegetables such as beets, carrots, and celery.

Shrimp - iceberg lettuce, avocado, and shrimp with a mayonnaise dressing. Frequently, the home chef would add frozen peas.

Spinach - spinach leaves, chopped egg, and crumbled bacon with an oil and vinegar dressing, sometimes flavored with vermouth, sherry, or mustard.

Taco - typically ground beef, tomatoes, avocado, cheddar cheese, and sour cream on a bed of shredded lettuce, served in a bowl-shaped tortilla.

Watergate - pistachio pudding mixed with Cool Whip, sometimes containing crushed pineapple. The common factor uniting versions of this dish was the sea-foam green color.

THE EIGHTIES

The salad continued to gain status, taking advantage of the increasing availability of fresh produce, familiar and foreign. In the area of salad dressing, the eighties saw a new star - Ranch, which became the undisputed favorite, akin to Thousand Island of earlier times. The appropriate cheese for salads was no longer cubes of cheddar and Swiss, but the more sophisticated feta, crumbled on. Flavored vinegars, such as raspberry, would also become popular,

Baby vegetable - a mixed salad of "baby lettuces" and other cute veggies served whole, such as tiny carrots, diminutive corn cobs, lilliputian squash, and mini tomatoes.

Fruit - no more marshmallows, please! Fruits found in eighties' salads included kiwi, star fruit, pomegranate kernels, mango, guava, and feijoa.

Jerusalem artichoke - one of many nearly forgotten vegetables to get renewed attention in the eighties. It was usually combined with apples and other crunchy ingredients.

Jicama - once an easily overlooked brown root, jicama earned itself a salad in the eighties, julienned and served with tequila and lime dressing.

Fava bean - a large bitter bean which became a delicacy as a salad, precursor to the bean salad bonanza to come.

Fennel - a really classy vegetable in the eighties, fennel found its way into a salad, sliced and marinated with a vinaigrette.

Mixed green - when you ordered this in earlier decades, you got some torn lettuce leaves, a couple of cherry tomatoes, a slice of cucumber, and radish slices. The dinner salad of the eighties, however, became a melange of red and green leaves of varying textures and shapes, the more the better, to include spinach, Romaine, cilantro, sorrel, curly endive, oak leaf, escarole, watercress, various red leaf lettuces, and raddicchio. This was basically a bowl of weeds with your choice of dressing.

Pasta - once all we had was macaroni salad, but now we have "pasta," a raging fad of a food which invaded every area of cookery. One popular version of pasta salad is rotini, olives, herbs, tomatoes, and asparagus in a garlicky vinaigrette. Home chefs often used bottled Italian.

THE NINETIES

Color contrasts appears to be one of the most important considerations in salads at the end of the twentieth century. We saw purple asparagus, red, yellow, orange, and purple bell peppers, orange, yellow, and white tomatoes, purple endive, yellow watermelon, white eggplant, golden beets, and yellow and blue potatoes spring up in the produce department. Let your artistic imagination run wild!

After the extravagant eighties, we might not have expected any new salad greens, but the nineties introduced arugula and purslane as rediscovered treasures. And, unbelievably, the fiddlehead fern has made some brief appearances as a rare delicacy. The salad cheese of choice? Anything from a goat. And for dressings, we discovered white truffle oil near the end of the decade, eked out by the drop to flavor sauces and salads. Perhaps the most ubiquitous and well-received new vegetables were fresh mushrooms, burgeoning far beyond the familiar white button mushrooms in the produce department into a "department" of their own with dozens of dried and fresh varieties, including shitake, crimini, chanterelles, truffles, oyster, enoki, wood ear, and portobello.

The nineties was also a decade of convenience, with the emergence of the grocery store "salad mix," pre-cut, pre-washed greens for a no-sweat spinach, cole slaw, or mixed green salad.

Bean - the three-bean salad is history, but bean salads were more popular than ever. Black beans, red beans, and white beans were the bases of salads which generally included herbs and vegetables like parsley, cilantro, tomatoes, and green onions.

Broccoli - touted as a life-saving miracle food, broccoli gained in popularity. Raw, it became the basis of a salad that included things like carrots or water chestnuts dressed with mayonnaise.

Caesar - although first made in 1924, the Caesar salad took over as the dinner salad of choice in the nineties, edging aside the bowl of weeds. It appeared in its classic version (romaine lettuce, croutons, Parmesan cheese, and anchovies), and with grilled or blackened chicken strips.

Citrus - white and ruby grapefruit sections and slices of avocado arranged in wagon wheel formation in alternating colors, with a honey-ginger dressing, always with a mint sprig.

Green - the nineties mixed green salad looked a lot like the eighties version, but with a new name-- "gathered greens," eventually "mesclun" with a round of toasted goat cheese.

Fajita - the great popularity of sizzling, marinated steak or chicken inspired the fajita salad - beef, chicken, or shrimp, onions, peppers on a bed of shredded lettuce with a spicy dressing.

Mushroom - mixed wild mushrooms, marinated, served on wilted spinach or other greens.

Pepper - sweet peppers sliced, preferably of different colors, marinated in a vinaigrette.

Raddicchio - raddicchio leaves with marinated goat cheese and toasted walnuts or pine nuts.

Roasted vegetable - roasted peppers, zucchini, onions, and eggplant in olive oil, rice vinegar, garlic, and herbs.

THE FUTURE

Where can the American salad go from here? One thing is certain; it must go somewhere. For the nostalgically-bent diner searching for a restaurant which serves an iceberg lettuce wedge covered in thick pink dressing, good luck. But you never know. The quest for the exotic tends to be circular--that lettuce wedge just may be the rage of 2008.

Bok choy (*also hakusai, bai cai, pak choy, Chinese white cabbage*)

Botanical name: *Brassica rapa*, primarily *Chinensis* Group

Bok choy, sometimes referred to as Chinese cabbage, and all the closely related leafy greens, are as difficult to identify by name, as they are easy to eat. Bok choy is thought to be the oldest of the Asian greens. It has been cultivated in China since at least the 5th century and in Europe since the 18th century. While we in the West are most familiar with one type of bok choy, the one with large green leaves and thick ivory stems that come to a bulbous base, Hong Kong farmers grow over 20 kinds of bok choy. Many more varieties can be found across the mainland and in Taiwan. The problem with differentiation and identification may have come about in translation from the Chinese language as the Cantonese character “choy” means vegetable and the character “bok” (or “pak”) means white. So directly – bok choy is a white vegetable.

The general term bok choy embraces several growth stages of the same plant: seeding, mature and flowering. Confusion arises because each stage may look like a distinctly different vegetable. The term also designates scores of varieties of bok choy, the bulk of which fall into these general groups: large white-stemmed, dwarf white-stemmed and green-stemmed. The bok choy you are receiving today is the mature stage.

Nutritional Information: As a member of the crucifer family, bok choy offers nutritional assets similar to those of other cabbages. It is rich in vitamins A and C and contains significant amounts of nitrogen compounds known as indoles, which appear to lower the risk of various forms of cancer. Bok choy is also a good source of folic acid. With its deep green leaves, bok choy has more beta-carotene than other cabbages, and supplies and depending on the soil it's grown in, it can have a fair to good amount of calcium, potassium, phosphorous, and iron.

Selection and Storage: Choose bok choy with firm crisp stalks and unblemished leaves. Reject plants with wilted, bruised, or slimy leaves and bottom stems that are dried out. Keep unwashed bok choy in a perforated plastic bag in the vegetable crisper for no more than a few days; it wilts much more rapidly than head cabbage.

Preparation: Whatever the variety, the stalks are mild and crunchy and the leaves pleasantly tangy. If small, do no more than trim a little from the base. If large, cut bite-size pieces, slice stalks into 2- inch diagonals, halving the stem lengthwise. The stalks and leaves have quite different textures and cooking times, so in culinary terms, it's like getting two vegetables for the price of one. Be sure to give the stems a minute or two to cook before you put the leaves in so that each part cooks to perfection.

Use: blanch by boiling or steaming; then stir-fry or sauté (I just stir fry bok choy directly and it turns out just fine—however . . .) “The two-step method makes all the difference.” For baby bok choy, simply stir-fry or sauté briefly, or stir into broth.

RADISH *Raphanus sativus*

“Radishes, though often eaten, are miserable things...”
‘The Young House-keeper’ by William Andrus Alcott (1846)

The radish is an edible root vegetable of the mustard or Brassicaceae family that is grown and consumed throughout the world.. Radishes resemble beets or turnips in appearance and texture, but have a distinct flavor. The descriptive Greek name of the genus *Raphanus* means "quickly appearing" and refers to the rapid germination of these plants. For this reason, radishes are almost always present in childrens' gardens and are among the first vegetables to reward the eager young farmer.

Radishes were first cultivated thousands of years ago in China, then in Egypt and Greece. The ancient Egyptians used radish seed oil before olive oil was known. The root vegetable was so highly regarded in Greece that gold replicas were made. The radish was domesticated in Europe in pre-Roman times and by 1629 the crop was being cultivated in Massachusetts.

Today, radish festivals are held in countries as diverse as England and Mexico. And they're enjoyed in Russia, China, India, the Middle East and throughout Europe and North America.

.In Oaxaca, Mexico, Christmas Eve is also the Night of the Radishes, when large radishes are cut into animal shapes.

Radishes were a common breakfast item for the Pennsylvania Dutch. (They still are in Japan).

In the United States radishes are usually eaten raw; however, they can be added to cooked dishes or served whole. The biggest crops grown in the United States come from California and Florida, but most states grow radishes. Americans eat 400 million pounds of radishes each year, most of which is consumed in salads.

VARIETIES

Broadly speaking, radishes can be categorized into four main types (summer, fall, winter, and spring) and a variety of shapes, colors, and sizes, such as black or multi-coloured radishes, with round or elongated roots that can grow longer than a parsnip. . Most commonly known is the round, red-skinned variety but other varieties may have a pink, white or gray-black skin, and there is a yellow-skinned variety.



There are five main varieties of radishes. We have four of the five types planted—we do not have the California Mammoth White.

Red Globe

This variety is the most popular in the United States and is the familiar looking red and white radish. It is small, round or oval shaped, sometimes referred to as "button" red radishes. They range in diameter from one to four inches (most commonly closer to one inch) and have a solid, crisp, flesh. Available year-round.

Black

This variety is turnip-like in size and shape, approximately eight inches long. Black radishes have a dull black or dark brown skin. When peeled, their flesh is white, quite pungent, and drier than other radishes. Black radishes have a longer shelf-life than most radishes, so they are available year-round, although the crop

peaks in winter and early spring.

Daikons

This variety, also known as Japanese radish, Chinese radish and Satsuma radish, is native to Asia. Daikons are very large, carrot-shaped radishes that can grow up to 3 feet long and weigh up to 100 pounds, although they are usually harvested at 1 to 5 pounds. The variety has a white flesh that is juicy and a bit hotter than a red radish, but milder than black. It is available year-round, but most flavorful in fall and winter. Daikon can be eaten raw in salad, pickled, or in stir fries, soups and stews.

White Icicles

This variety is long, up to a half foot, and tapered. They have a white flesh that is milder than the red variety. Generally available year-round.

California Mammoth White

A larger variety than the white icicle, these radishes have oblong-shaped roots about eight inches long. Their flesh is slightly pungent. Generally available year-round.



Selection

Radishes with their leaves intact are usually tied in bunches, while topped radishes are sold in plastic bags. If the leaves are attached, they should be crisp and green.

Whether red or white, roots should be hard and solid, with a smooth, unblemished surface. Avoid soft or spongy radishes. Be sure to check bagged radishes for mold before purchasing. Black radishes should be solid, heavy and free of cracks. This variety is often found in Russian or Polish neighborhood stores. Daikons, found most easily in Asian markets, should be evenly shaped and firm, with a glossy, almost translucent sheen.



Storage

If radishes were purchased with the leaves attached, remove the tops unless they will be served the same day. Place radishes in plastic bags, if they are not already packaged, and store in the refrigerator. Most varieties will keep up to two weeks in the refrigerator. Black radishes can be stored for months if they remain dry; store

them in perforated plastic bags and keep in the refrigerator.



Preparation

Scrub radishes and trim off the stem end and tip. You may peel the radishes or leave the skin intact. The skin is responsible for much of the pungency, so the black radish is most often peeled for those not accustomed to this variety. However, the red globe and white icicle radishes are rarely hot enough to warrant peeling.

Use

The most popular part for eating is the napiform taproot, although the entire plant is edible and the tops can be used as a leaf vegetable. The bulb of the radish is usually eaten raw, but tougher specimens can be steamed. The raw flesh has a crisp texture and a pungent, peppery flavor, caused by chewing glucosinolates and the enzyme myrosinase in the radish, that, when brought together form allyl isothiocyanates, also present in mustard, horseradish and wasabi.

- Grate red radishes into pasta or bean salads for a slightly different taste and texture.
- Add red radishes to a vegetable tray for an added bright burst of color.
- Try a white radish variety. Add half a cup into vegetable soup.

The seeds of the *Raphanus sativus* species can be pressed to extract seed oil. Wild radish seeds contain up to 48% oil content, and while not suitable for human consumption the oil has promise as a source of biofuel. The oilseed radish grows well in cool climates.

Nutritional Value

For thousands of years, radishes have been seen as an appetite stimulant. The Roman poet Horace said they were a vegetable to excite the languid stomach. Ben Jonson, a contemporary of Shakespeare, suggested they be eaten before tasting wine. Radishes actually don't have an outstanding nutritional value but are a good source of Vitamin C and fiber. Ten small radishes equal only 8 calories.

In modern times, radishes have also been suggested as an alternative treatment for a variety of ailments including whooping cough, cancer, coughs, gastric discomfort, liver problems, constipation, dyspepsia, gallbladder problems, arthritis, gallstones, kidney stones and intestinal parasites.

Pasta with Lentils and Arugula

Everyday Food

2 tablespoons olive oil

2 large onions, halved and thinly sliced (4 cups)

coarse salt and ground pepper

12 ounces plum tomatoes, cored and diced (about 2 cups)

$\frac{3}{4}$ cup lentils, picked over and rinsed

12 ounces orecchiette pasta

1 bunch (8 ounces) arugula, stemmed and coarsely chopped

$\frac{1}{2}$ cup finely grated Parmesan cheese, plus more for serving (optional)

Orecchiette are small ear-shaped pasta shells; fusilli or farfalle can be used instead. You can also replace the arugula with two cups whole fresh Italian parsley leaves.

1. Heat oil in a large skillet over medium-low heat. Add onions and $\frac{1}{2}$ teaspoon salt; cover, and cook until onions wilt, about 20 minutes. Uncover; raise heat to medium. Cook, stirring often, until onions are dark brown, 20 to 25 minutes more.
2. Add $\frac{1}{4}$ cup water; stir to loosen any browned bits from pan. Stir in tomatoes; remove from heat.
3. Meanwhile, in a medium saucepan, cover lentils with water by 1 inch. Bring to a simmer. Cover; cook until lentils are tender but still holding their shape, 15 to 20 minutes. Drain; stir into onion mixture. Season with salt and pepper.
4. Cook pasta in a pot of salted water until al dente. Reserve 1 cup pasta water; drain pasta, and return to pot.
5. Add lentil mixture, arugula, cheese, and reserved pasta water; toss. Season with salt and pepper. Serve with more cheese, if desired.

Per serving: 397 calories; 7.8 grams fat; 18.9 grams protein; 64.9 grams carbohydrates; 11.1 grams fiber

Sautéing instructions

Contributed by Corina Shirmer, CSA Member

Equipment:

1 12" sauté pan (or any wide, flat, low-sided pan)

1 straight edge wood, metal or silicone spatula

1 to 2 Tbs Quality cooking oil

Any seasoning, herbs, spices, or flavorings you will be adding, pre-measured

Prep all of the vegetables you need before sautéing. Organize them according to the following chart:

ALWAYS saute your vegetables according to firmness, from hard to soft!!!

Start with Aromatics (onions, garlic, chilies, etc.)

Next thinner skinned, firm when raw vegetables (zucchini, cabbage)

Then pre-cooked or blanched vegetables that will not be able to reach a tender state before burning and thus must be blanched or steamed before sautéing (broccoli, cauliflower, carrots, green beans, asparagus, potatoes)

Finally leafy vegetables that will need only a minute or two to reach the correct tenderness. It is very important to not crowd your pan with greens because they drop their water very easily.

Once you have determined which vegetables you want and have them set out with your other equipment, begin by:

1. Preheating the sauté pan over medium high heat.
2. Add oil (canola, safflower, peanut, olive, etc.) and bring to a ripple.
3. Put in onions, chilies, ginger, and/or garlic—making sure not to scorch, adding the first vegetables as soon as needed to prevent scorching.
4. Add your first vegetable and sauté until tender; remove from heat, and pour onto serving dish.
5. Repeat the steps, using only enough oil to keep your vegetables moving in the pan and not overcrowding the pan at any time.
6. If using fresh or dried herbs, season right at the end, before pulling vegetables off of the heat. If using spices, add these at the beginning, to bring out their flavor. ****Use salt only at the very end!!** Toss all of the vegetables together and serve.

Greens Salad with Warm Balsamic Vinaigrette

Contributed by Corina Shirmer,

Wash and trim

1# Fresh Greens, such as spinach, baby kale, endive, mustard, or any combination of your favorite

8 to 12 White or Brown Button Mushrooms

1 medium size Red Onion

Thinly slice the red onion, lengthwise into strips. Thickly slice the mushrooms. Tear the spinach leaves if they are large and pull any stems that are long and stringy.

Into a large mixing bowl, whisk together:

1 Tbs Dijon Mustard

1 Tbs Honey

Pinch of Kosher Salt

Black Pepper tt

Measure out and set aside:

¼ Balsamic Vinegar

¼ to ½ Cup Extra Virgin Olive Oil

Preheat a large frying pan over medium heat.

Pour 2 Tbs of the olive oil into the pan. When it ripples, but is not smoking, add all of the red onion and increase the heat to medium high.

Sauté the onion quickly in the oil to caramelize the onion, but not completely soften it. When the onion is quite browned, almost burning, add the balsamic vinegar and reduce the heat back down to medium. Cook this for 1 to 2 minutes, or until it is bubbling and thickening. Pour this into the mixing bowl with the mustard and seasonings. Stir to combine thoroughly and place the bowl onto the burner that is now off, but still warm. Whisk in the remaining olive oil, tasting when you have ¼ cup left to add. This may be enough oil to balance the flavor; add the remaining oil only if necessary to balance flavor. Remove from the burner, add Spinach and Mushrooms, toss together and serve.

You can garnish the salad with sliced, hard boiled egg if desired.

Variation: Fry 4 oz bacon and use it in the salad. Substitute 2 Tbs of the olive oil with bacon fat.

