

Schreiber & Sons

It's a Culinary Adventure

www.schreiberandsons.com

Week IX - Week of June 30

1. Radicchio
2. Radish -- medium and large shares only
3. Romaine
4. Peas - green peas
5. Turnips
6. Kohlrabi
7. Beets - golden or Chioggia
8. Broccoli or Cabbage
9. Summer squash - assorted varieties
10. Mixed greens - medium and large shares only
11. Cucumbers
12. Swiss chard
13. CHERRIES!!!!!! - Bings or Rainers - this week only
14. Dill
15. Lavender - we may have to give you lavender on a rotating basis over a few weeks as the supply is a bit tenuous.

The Weather. Remember when I was complaining about the cold weather. It was 106 yesterday and the previous high for June 30 was 100 degrees, so it was 6 degrees warmer than ever recorded on this day. I was telling you how hard the cold weather was on many of the crops, particularly the warmer seasoned varieties. The same is true for this kind of weather for the cool season crops. Radishes, lettuces, particularly some of our romaine varieties, endive and most importantly, broccoli, cannot handle these kind of temperatures. As a result of the hot temperatures, we are losing our broccoli crop, so this is the last week for broccoli. Other crops absolutely love this weather such as melons, tomatoes, cucumbers, peppers and eggplant (and weeds.) Farming is like that, the weather is your best friend and your worst enemy.

We just picked our first tomatoes, only 8, but they are coming. We have a number of varieties for you to try this year. I predict by the end of this season you are going to have your fill of tomatoes, many of which are heirloom. Also, get ready for cucumbers, eggplants, peppers and summer squash.... they are coming.

Cherries. Yes, I said that all of our cherries were lost in the cold weather. This is true, but cherries were so key to our plans, some of the first fruit of the season. I found a [local](#) source of Bings (all dark red) and Raniers (yellow with a red blush), so we bought them and put them in the CSA.

Lavender. As I write this, I am leaving to go pick today's lavender. We are sourcing it from a local farm. Will leave it at this.... it is a very odd arrangement. We are trading beets, turnips, watermelons and cantaloupe for your lavender. I am not sure if there will be any more after this week. Enjoy this week's lavender.

Vegetable Rustlers and Produce Poachers. This is our third year of doing a CSA and we are constantly learning as we go through each season. We learned something new this past week. The past couple of weeks some of the members told us that what was in their boxes did not match up with the box sheet. While it is highly likely that each week we miss putting an item here or there, we do not miss putting that many items in boxes. Well last week, someone spotted two individuals with plastic bags taking produce from some boxes. *If by chance, you notice someone taking produce items from boxes, please let us know. Also, if you think your box does not contain all of the produce items it should, please email us. It may be an oversight on our part, or may be due to a produce poacher.* The things we are learning about. We are going to have an undercover agent (one of us) watching for the dagnabbed vegetable rustlers and hopefully catch them in the act.

The Rutabaga Incident. Wow! What an interesting group of people you are. I think if the members of this CSA were all given a personality test, they would NOT be in the average or typical range. My inquiry regarding whether anyone wanted "spring" rutabagas is just another case that makes my point. Who knew that rutabagas could inspire such... passion. By the way, perhaps the oddest thing I have heard from a CSA member yet this year is the rutabaga recommendation called "**Root moos**", **I kid you not, read on below for a recipe from a Schreiber and Sons CSA member for a, yes, a rutabaga smoothie.** *I rest my case.* I am sure many of you are like me.... what the @#\$% do I do with them..... well this week is your week to find out. Obviously lurking throughout the Tri-Cities are rutabaga aficionados. Following are some thoughts and ideas about rutabagas. I hope you like them. I guess I will be finding out this week as they are one of the few vegetables that have not appeared in our kitchen until now. Thanks to CSA member Bobbie Bull for the attached rutabaga recipes. They will be up on our website next week.

Just so all of you understand where these emails come from. I (Alan) write the first part, and Tanya writes the crop profiles, recipes and nutritional information. She is very good at this. Just because I am at a loss when it comes to rutabaga does not mean that she is..... who could of come up with information that has a citation from the HISTORY OF THE ADVANCED RUTABAGA STUDIES INSTITUTE or the JOURNAL OF THE RUTABAGA SCIENCE AND CULTURAL RESEARCH. When I get home tonight I have to quiz her to see if she made this up....Could there really be an Advanced Rutabaga Studies Institute? Do the folks who work at the Not So Advanced Rutabaga Studies Institute have an inferiority complex?

Rutabaga

Brassica napobrassica

"You must erase your childhood memories. Rutabagas are fabulous, with terrific color and a flavor that no one can quite place," says chef and co-owner Patrick O'Connell. . . . Buy a 100-pound bag of rutabagas. You'll never regret it," says O'Connell.

WA Post (below)

The rutabaga (*Brassica napobrassica*), or swede, is believed to have originated from a hybrid between the turnip (*Brassica rapa*) and wild cabbage (*Brassica oleracea*), probably in Bohemia and as recently as the 17th century. This hearty annual or biennial, superficially resembles the common turnip, *Brassica rapa*. However, the rutabaga is endowed with more carbohydrates, sugars and vitamin C, has a firmer flesh and keeps longer.

Though the early history of the rutabaga remains obscure, the name is derived from the Swedish words for "thick root." Rutabaga is a cool-weather crop and is grown primarily in the northern parts of the United States and Europe, in Great Britain and in Canada. Until the importation of the potato from South America in the mid-16th century, entire populations on the fringes of Europe were sustained by the rutabaga and the less-worthy turnip.

In Ireland, the rutabaga was quickly supplanted by the potato despite the latter's inferior taste and nutritional value. The popularity of the potato in Ireland was more a consequence of its suitability for the manufacture of *poteen*, a form of whiskey or liquor that could be easily distilled from the potato in modest home stills. Previous efforts to extract liquor from the rutabaga proved disappointing.

Use

Rutabagas are grown for human and animal consumption. Researchers in the United States determined in the early 1900s that the fleshy roots of rutabagas are valuable energy sources for young livestock. However, livestock farmers at that time were turning away from the *brassica* crops because much hand labor was required for their production and utilization.

Brassicas are high-quality forage if harvested before heading. Livestock readily graze on the stems, leaves and roots of rutabaga plants. Above-ground parts normally have 20 to 25% crude protein and 65 to 80% total digestible nutrients (TDN). The roots have 10 to 14% crude protein and 80 to 85% digestibility.

Rutabaga and other brassicas can provide grazing during the late summer and fall after other forage crops have played out. Rutabaga maintains its nutritional quality and palatability, if not heading, well into freezing temperatures and may be grazed in the Upper Midwest into November.

Human Consumption of Rutabagas From The Washington Post, October 2005

Chefs Transform the Unlovable Rutabaga

By Walter Nicholls

Washington Post Staff Writer

Few patrons of Washington's most expensive restaurants are surprised when they find foie gras, truffles and caviar on the menu. They expect Kobe beef or, perhaps, guinea fowl or exquisite fresh Dover sole. What these diners might not expect is that this fall, on the same menus, they might also find rutabaga -- the root vegetable of war and Depression, considered by many to be unlovable and unpalatable.

At the Inn at Little Washington in Washington, Va., a demitasse cup of creamy rutabaga soup laced with maple syrup and seasoned with cayenne pepper is one of the first courses that comes to the table.

"You must erase your childhood memories. Rutabagas are fabulous, with terrific color and a flavor that no one can quite place," says chef and co-owner Patrick O'Connell, who also makes rutabaga gnocchi and rutabaga gratin and pairs rutabaga puree with loin of rabbit. "Buy a 100-pound bag of rutabagas. You'll never regret it," says O'Connell.

For local farmers, it's rutabaga season. Fresh roots of rutabaga, immortalized, to some, in the 1970s Frank Zappa cult classic "Call Any Vegetable," can be found at farmers markets. In supermarkets, the soft ball-size root, yellowish-green in color with a band of purple at the top, is usually coated in wax to help retain moisture.

And regardless of whether you appreciate this believed hybrid of turnip and cabbage, which continues to be the brunt of jokes (try Googling "Advanced Rutabaga Studies Institute"), the rutabaga is having a moment in the spotlight.

At Komi near Dupont Circle, chef Johnny Monis replaces eggplant with rutabaga in a Sicilian *caponata* salad that calls for yellow raisins, toasted pine nuts and bittersweet chocolate.

"I love rutabaga. They are absolutely delicious in soups and salads," says Monis, who is most taken with this vegetable's "complicated, both sweet and bitter taste."

Then there are the chefs who like the flavor but not the way ru-ta-ba-ga rolls off the tongue. "You can't put that word on a menu. It sounds like a punishment," says Carole Greenwood, chef and co-owner of Buck's Fishing & Camping in Northwest Washington. On Buck's menu, Greenwood refers to rutabagas as "swedes," as they're called in Europe. This fall, she will be doing a Southern Maryland-inspired, slow-cooked St. Mary's shrimp stew with rutabaga replacing potato.

But a rutabaga trend does not mean that detractors have disappeared.

"'Rutabagas again?' we would say as children," says Nora Pouillon, owner of Nora restaurant near Dupont Circle. "It was one of the only vegetables we got at home in Austria, after the second World War, and I still don't like them very much."

And at the hot spot Jackie's in Silver Spring, chef Sam Adkins says the root "has its place in the world. But I don't get around to it until I'm desperate." Adkins would prefer, at this time of year, to work with spaghetti squash. "I'm personally very fond of the stuff," he says. He serves it with lobster and freshly hulled black-eyed peas.

Part of the dismissal of rutabagas by the shopping public might be attributed to a failure of identification: Most people would not know a rutabaga if they saw one. In a casual survey of a dozen shoppers at the Whole Foods store on P Street NW, only one in 12 could correctly identify a rutabaga and three checkout clerks did not have a clue. All the while, in the produce section on a lowly perch at knee level next to the turnips, rutabagas, which are an excellent source of potassium and a good source of vitamin C, languished.

Farmer Tim Derstine, a member of the Tuscarora Organic Growers Cooperative, says rutabaga demand has held steady over the past 10 years at his Hares Valley farm in Huntington County, Pa. He rarely eats them himself, preferring turnips. But he has noticed that his customers say the sweetest rutabagas are harvested after the first frost.

The Rutabaga: The Original Jack O'Lantern

The rutabaga, fruit of the subterranean darkness, was a central fixture of the Samhain, a Celtic festival resembling All Saint's Day, which was also a night of ghosts and demons. The young guisers carried "jack o'lanterns" carved from rutabagas (or turnips), a tradition based on the legend of a blacksmith named Jack who mortgaged his soul to the demons of the underworld. Jack found his way through the netherworld by hoisting a large hollowed rutabaga containing a glowing coal. Unfortunately, this noble tradition has been undermined by the modern introduction of the upstart pumpkin, *Cucurbita pepo*, to replace the ancient rutabaga as the jack o'lantern.

Revisionist etymologists have begun to challenge the widespread assumption, fostered by the Anglican church and others, that "Hallowe'en" is derived from "All Hallows Eve." Ancient Celtic manuscripts, recently uncovered, refer to "Hollow's Eve" in clear reference to the hollowed rutabagas, which the guisers carried. The modern "Hallowe'en" is therefore nothing more than a convenient mistranslation and contraction of the Celtic "Evening of the Hollowed Rutabagas." Thus our culture has lost a splendid metaphor: the fecund and tenacious rutabaga defying the sense of growing darkness, loss and emptiness associated with the season. We have also lost, as a staple in our diets, a tasty, inexpensive, colorful and nutritious root.

The Rutabaga in the Arts and Sports

The International Rutabaga Curling Championship took place at High Noon on December 22, 2007, in the Farmer's Market in Ithaca, New York.

The 2007 opening festivities included the delivery of the "eternal rutabaga flame" borne by "a toga-clad man from Mt. Cruciferous." Winners of the gold and silver medals were from Team Curlicious, composed of students from Cornell University. The bronze medalist was a member of Team Scotland.

Each November the children of Richterswil, in the Swiss canton of Zurich, carry elaborately-carved rutabaga lanterns through the streets during the Rabeliechthli festival. These lanterns, and the giant sculptures made from them, are impressive and authentic works of folk art.

Paul Shelasky, despite a few botanical inaccuracies, captures the essence of rutaculture in his classic *Rutabaga Boogie*:

***I got rutabaga skins for the clothes that I wear.
Rutabaga extract to wash my hair.
Rutabaga vapor instead of gas.
Rutabaga paper to wipe my ... nose.***

***Do the rutabaga boogie.
Come along with me.
With a fresh rutabaga pulled right off the tree.
Do the rutabaga boogie.
Do it all the time.
With a fresh rutabaga pulled right off the vine.
--From "The Good Ol' Persons" album (Bay Records, 1977)***

Selected Bibliography on the Rutabaga

How They Broke Away to Go to the Rootabaga Country." Carl Sandburg

On the Evolution, Spread and Names of Rutabaga, by Hannu Ahokas, *Interdisciplinary Biology, Agriculture, Linguistics and Antiquities* 1:1-32 (2004). [Note: This is simply the best and most comprehensive scholarly work ever done on the rutabaga, with the possible exception of the following.]

History of the Advanced Rutabaga Studies Institute [Vols. 1-26], by Obie MacAroon III, ARSI President for Life (Forest Grove, OR: 2002)

Celtic Rutabaga Cults and Ancillary Druidic Rites, by Susan N. Dusan, *Journal of Rutabaga Science and Cultural Research* Volume 78: 116-531 (1999)

Superplant: The Rutabaga in the Demographics of Pre-Potato Ireland and Scotland, by Erin Go Bragh (Dublin: 1904)

Rutabaga Vodka: A Folk History with Recipes, by K. Kowalski (Warsaw: 2003)

The Undiscovered Miracle Food: Nutritional Qualities of the Rutabaga, U.S. Food and Drug Administration Policy Study No. 97-1452A (2000)

World's easiest recipe for mashed rutabagas

This is one of the few recipes published on our site that I haven't tried—HOWEVER—I have to admit, I've never cooked a rutabaga and will attempt this one as soon as Alan brings some home.

After six years of meticulous research, and by popular demand, ARSI (**Advanced Rutabaga Studies Institute**) is proud to present its innovative recipe for mashed rutabagas, a holiday favorite around the world for centuries. Be careful to observe precautions, as noted.

STEP 1: Chop rutabagas.

IMPORTANT PRECAUTIONS: A new or sharpened axe is adequate for this purpose, though (if available) a jackhammer or industrial-grade chainsaw will work best.

For your personal safety, it is advisable to wear a helmet, body armor and goggles as the chopping process can create flying shrapnel that may cause serious injury or property damage.

STEP 2: Boil, then boil some more, until softened.

IMPORTANT PRECAUTIONS: May require extra cooking time at higher altitudes. Add a large pinch of salt to shorten cooking time. In ARSI's experimental labs, some varieties of rutabaga were marinated and cooked up to 28 days in a special blend that included sulphuric acid and potash. Impractical as this sounds, the result was exceptionally tasty.

STEP 3: Mash with milk, then mix in butter and salt to taste. Especially good with cinnamon or nutmeg.

IMPORTANT PRECAUTIONS: To avoid injury or property damage, make sure that the rutabaga is adequately softened before attempting to mash. Use of a blender will impart a smoother texture to the dish, but be sure to have extra blades available due to excessive wear-and-tear during the mixing process.

STEP 4: Serve plain or add a crater for gravy.

NOTE: In the unlikely event of leftovers, fashion into rutaburgers and pan-fry or broil for a splendid treat. Clean dishes and pots immediately to avoid crystallization of rutabaga residues. If disposal of leftovers becomes necessary, contact the Department of Environmental Quality for recommended procedures.

Additional note: Leftover mashed rutabagas have proven useful for various masonry applications. Stay tuned for additional developments in this exciting area of rutastudies.

BON APPETIT FROM OBIE MACAROON III AND ALL OF US AT ARSI!

For further information, consult ARSI, **The Advanced Rutabaga Studies Institute**
Forest Grove, Oregon - Rutabaga Capital of the World Since 1951 @ www.rutabaga.org

Here is some feedback from some rutabaga lovin' CSA members.

- I think you would just cut them in fry-shaped pieces, toss with salt and a little olive oil or canola oil, and bake them on a cookie sheet - all in a single layer. With sweet potatoes, I like to add some ground cumin. Young, they are good raw.
- Rutabagas are wonderful any time....but, yes, I would think of them as a fall vegetable. Something to put into a stew....but the best use for them is "Root-moos"....half rutabagas, half russet potatoes, mashed together with butter and milk, salt and pepper....mashed potatoes with zing! And vitamins and less starch! We would like some in our box, if it is not too much trouble...we have loved everything, except cilantro....and not too sure about the collard greens...big flat round heavy leaves, right? They were not as good tasting as Chard or beet greens (my favorites!)
- snack-peel, slice and enjoy. We don't even use salt. I've wondered if a very light dusting of cumin might be tasty, but have yet to try this.
green salads-most everything save the kitchen sink has the potential to wind up in our green salads. To add rutabagas, I peel, slice, then dice them.

Soups and stews-I will attach some recipes to this e-mail only because we are on the way to our cabin in northeastern Oregon for a week and I don't have time to post them now. I can access the www only for e-mail there because we have such poor service. If you don't mind waiting 10 days or so I could try to post some of these when I return. Several are slow-cooker recipes, which may be more appealing in the summer heat. Having said that I will add rutabagas to any stew or soup that has carrots, cabbage and/or potatoes in it. One has to be a little careful not to add so many rutabagas that the flavor balance is a problem. I usually add one or two, diced, depending on the quantity of soup.

Cool AS A CUCUMBER **Cucumber**

Botanical name: *Cucumis sativus*

With the weather we have been enjoying, the cucumber may win favored status in your produce box this week. It's high water content gives the cucumber a moist and cooling taste AND its ascorbic acid and caffeic acid, which prevent water retention, explain why cucumbers applied topically are often helpful for burns (swollen eyes and dermatitis). Cucumbers belong to the same family as pumpkin, zucchini, watermelon and other types of squash. The flesh of cucumbers is primarily composed of water and its hard skin is rich in fiber and contains a variety of beneficial minerals including silica, potassium and magnesium.

Cucumbers were thought to originate over 10,000 years ago in southern Asia. Early explorers and travelers introduced this vegetable to India and other parts of Asia. It was popular in the ancient civilizations of Egypt, Greece and Rome, whose people used it not only as a food but also for its beneficial skin healing properties. Greenhouse cultivation of cucumbers was originally invented during the time of Louis XIV, who greatly appreciated this delightful vegetable. The early colonists introduced cucumbers to the United States.

While it is unknown when the pickling process was developed, researchers speculate that the gherkin variety of cucumber was developed from a plant native to Africa. During ancient times, Spain was one of the countries pickling cucumbers since Roman emperors were said to have imported them from this Mediterranean country.

How to Select and Store: Cucumbers should be solid from stem to stem, with no soft spots or shriveling. Avoid any that are turning yellow. You should be able to eat the skins.

A Few Quick Serving Ideas:

- Use half-inch thick cucumber slices as small serving "dishes" for chopped vegetable salads.
- Mix diced cucumbers with sugar snap peas and mint leaves and toss with rice wine vinaigrette.
- For cold gazpacho soup that takes five minutes or less to make, simply purée cucumbers, tomatoes, green peppers and onions, then add salt and pepper to taste.
- Add diced cucumber to tuna fish or chicken salad recipes.

The silica in cucumber is an essential component of healthy connective tissue, which includes intracellular cement, muscles, tendons, ligaments, cartilage, and bone. Cucumber juice is often recommended as a source of silicon to improve the complexion and health of the skin, plus cucumber's high water content makes it naturally hydrating--a must for glowing skin. Cucumbers are also used topically for various types of skin problems, including swelling under the eyes and sunburn. Two compounds in cucumbers, ascorbic acid and caffeic acid, prevent water retention, which may explain why cucumbers applied topically are often helpful for swollen eyes, burns and dermatitis.

Radicchio

Cichorium intybus

Radicchio looks like red cabbage, but is actually a chicory. The word itself is actually Italian for all members of the chicory clan, whether green, cream, red, striped or marbled. In the United States, the term has come to signify mostly the red-leafed varieties. The most common is of these is Chioggia. The two varieties growing at the farm this year are Indigo and Fiero.

Radicchio is native to the hills of Italy, has been cultivated in that country since the 16th century and has been eaten in Western Europe for hundreds of years. A staple on Mediterranean and European tables, radicchio has taken the American salad scene by storm in the last twenty years, appearing everywhere from McDonald's to fine dining restaurants. Blending it with other, milder greens and lettuces has made radicchio an everyday player in salads everywhere. About half of the radicchio grown in the United States goes to processors for salad mixes because it retains its firm texture and glowing color longer than lettuces.

Radicchio was first grown commercially in this country in 1981 in California, but a large portion is still imported from Veneto, Italy because growing this vegetable is tricky. Chicories are "charmingly inconsistent" and go their own way no matter how you try to tame them into categories or predictable forms. Regardless of the variety, all radicchio begins as green leafy clusters. Some gradually turns red and changes shape; some doesn't. All resist reddening without sufficiently cold temperatures.

Radicchio di Chioggia and Radicchio di Treviso are the two most commonly cultivated varieties. Both originated in Italy and are named for two of the many towns in the Veneto region of Italy that have domesticated their own special variety of the sturdy radicchio. These two varieties are interchangeable in most recipes. Radicchio is most commonly found in salads, but is a delicacy when cooked (once you get used to the fact that a brown vegetable is beautiful).

Nutritional Value

The deep royal purple-hued chicory is a power player in the nutrient lineup and gets an A+ for antioxidant activity rivaling that of blueberries and spinach. The antioxidant score was reported as 3,537 per 100 grams, which is about 2 cups of raw, shredded radicchio. Radicchio, or red chicory, rates up with beets, broccoli, leeks and radishes.

Storage and Use

Keep radicchio in plastic at the coldest refrigerator temperature for no more than a week. If it is to be cooked, radicchio can be held longer, although bitterness seems to increase in storage. The leaves will look fine for weeks.

Flavor Partners for Radicchio

(This was a flavor pairing description I found specifically for Radicchio—but is interesting and likely useful for many products and recipes)

Radicchio has a slightly spicy bite—a bright, bitter note—that makes it pair deliciously with many other flavor components. In fact, there are five categories of foods that make radicchio perform brilliantly—

mellowing its bitter character to 'just right'. These pairings or flavor-layering techniques create delicious synergy in a dish.

SALT: Salt is critical for highlighting many other flavors and acts as a filter on the palate for bitter flavors. Salt masks some of the assertive bitterness of radicchio, and adds its own salty magic to the eating experience.

Common salty ingredients include table salt, sea salt, soy sauce, Worcestershire sauce and a wide variety of condiments. Salty foods to pair with radicchio might include olives, salty cheeses such as feta or Parmesan, cured meats such as ham or prosciutto, salted nuts, anchovies and capers.

SOUR: Acid ingredients like lemon juice and vinegar chemically alter bitter compounds, resulting in a more palate-pleasing effect. Anthocyanins, the group of compounds that gives radicchio its deep cherry-red color, are maintained with the addition of acid. Beyond the obvious and essential vinegar and lemon juice, fermented dairy products like buttermilk and sour cream, cured and aged meats such as prosciutto, some salamis and sausages, tart fruits such as carambola (starfruit) or green apples, and wine pair well with radicchio.

SWEET: Sweet and bitter enhance each other (ie: dark chocolate) bringing out the best in both. When pairing radicchio with sweet flavors, there's a culinary world to choose from: Examples include table sugar, honey, molasses, cane syrup and maple syrup; fresh or dried fruit such as pears, apples, grapes, dried cranberries, apricots, raisins; jam, jelly or preserves, and candied nuts.

FAT: Bitter compounds, according to Prusa, are attracted to fat molecules, actually binding with them. So ingredients with a high percentage of fat will act as a buffer for bitter flavors. Oil and other fatty foods, used with restraint, are perfect partners with radicchio. Not only does fat surround the bitter flavor compounds, mellowing them, but also the clean, bitter flavors in radicchio cut the unctuousness of some fatty ingredients like smoked salmon, making an extremely pleasing flavor combo.

Fat ingredients include oils--both neutral in flavor such as vegetable, peanut or grape seed and flavored oils such as walnut and extra-virgin olive oils; butter and rich dairy products such as heavy cream, sour cream and rich cheeses like triple crème or camembert; avocado, bacon, and oily fish such as smoked salmon.

PUNGENT: Many foods we enjoy every day, and use commonly as ingredients, such as mustard, are pungent. Pungency is usually a complicated set of flavors and elements in a food that result in biting, acrid, sharp and strong flavors. Pairing pungency with radicchio's bold bitterness makes for a head-on 'strong meets strong' flavor marriage.

There are many foods with pungent flavors with which to pair radicchio. Pungent flavors are found in mustards, anchovies, many ripe cheeses such as blue cheeses; any smoky food such as smoked cheeses, bacon and other smoked meats, smoked fish; cured olives, especially dry-cured; horseradish; sulfurous vegetables such as onion and garlic; freshly ground black pepper.

COOKING: Cooking has its own unique influence on any food, including altering its flavor compounds. The bright, bitter flavors in radicchio are mellowed by cooking. Quick, direct-heat cooking methods transform radicchio into a slightly mellower vegetable. Radicchio can be cooked quickly. Grilling, roasting, sautéing, even deep-frying reveals a softer side of radicchio's personality.

Radicchio Slaws

- Toss radicchio with shredded Napa cabbage, green onions, chopped almonds, mandarin orange segments and a sweet-sour vinaigrette with a touch of mustard.
- Shred radicchio, toss with some chopped green cabbage, diced mango, minced jalapeno, sliced red onion and a fresh lime juice vinaigrette with a drizzle of honey and pinch of chili powder.

- Chop a tart-crisp apple; toss with shredded radicchio, raisins and pecans; dress with a creamy buttermilk dressing.
- Peel, seed, thinly slice cucumber; toss with shredded radicchio and a creamy poppyseed dressing; garnish with sliced strawberries.
- Coarsely shred radicchio and carrot; toss with a vinaigrette spiked with a bit of sesame oil and hoisin sauce. Garnish with sliced green onion, fried wonton pieces and toasted sesame seed.
- Toss coarsely chopped radicchio with baby spinach leaves, fresh grapefruit segments, golden raisins, thinly sliced onion; dress with a balsamic vinaigrette.
- Gently combine shredded radicchio and green cabbage, chopped dates, sliced oranges and toasted almonds; dress with a walnut oil and lemon juice vinaigrette. Top with a little crumbled bacon.
- Combine shredded radicchio with cabbage-and-carrot slaw mix, add sliced green onion; dress with a Thai peanut dressing and some fresh lime juice, garnish with toasted peanuts and lots of chopped cilantro.
- Toss finely chopped radicchio with baby spinach leaves, thinly sliced red onion and chopped toasted hazelnuts; dress with sweet-sour vinaigrette, crumbled bacon and celery seed.
- Coarsely shred radicchio, toss with cooked & cooled wild rice, halved green or red grapes, chopped pecans, chopped green onion; drizzle with a balsamic vinaigrette and top with crumbled blue cheese.
- Dress coarsely shredded radicchio and shredded carrot with a sweet-sour vinaigrette; add chopped apple, toasted walnuts and fresh dill.