



Harmony Valley Farm

An update for our Community Supported Agriculture Members - Since 1993

www.harmonyvalleyfarm.com

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Vegetable Feature: Beauty Heart Radishes

By Chef Andrea

Creamy white to green on the outside with brilliant hot pink flesh on the inside....stunning and vibrant are the words that come to mind when I consider the best way to describe this unique vegetable. Beauty heart radishes are one of several winter storage radishes we rely on this time of the year. Storage radishes differ from common fresh red radishes in several ways. First, they are more durable and dense with a thicker outer skin, all qualities that improve their storage potential. Storage radishes are intended to be stored through the winter months, so it makes sense that they would be grown for harvest in the fall. Their flavor is more balanced and desirable after they've had some cold nights, yet another reason to grow them in this season. While the green tops of storage radishes are edible, you seldom see these radishes with their tops as they are typically removed at the time of harvest. In contrast, those little red radishes are usually sold with the green tops still attached which is an indicator of freshness.

Radishes are an important part of many cultures in Asia including Chinese, Korean and Japanese. It's amazing to look at all the different shapes, colors and sizes of radishes grown in these countries. Richard started growing beauty heart radishes back in his early farming days in the early 70's. He had never had this radish, but he was scanning any seed catalog he could find looking for the unique vegetables no one else was growing. He has an interesting story to share about how this radish came to be called "Beauty Heart." "When we introduced this radish to the Midwest, it was called 'green skin/red flesh,' accurate, but not a particularly poetic name! One of our farmer's market customers from Korea recognized the radish and shared the Korean name with us, which translates to 'beauty heart.' We thought this name was much more fitting to the radish so we called them beauty heart radishes from then on. At that time, beauty heart radishes really weren't being grown commercially, but as their popularity started to grow and more producers started growing them commercially, we started to see 'watermelon radishes' coming out of California. 'Red Meat' is another name used for this radish, amongst others. But for us and much of the Midwest, this radish will hopefully always remain 'Beauty Heart!'

Beauty heart radishes are more mild than many winter storage radishes and you'll even notice a bit of sweetness in them as well. They may be eaten both raw and cooked. Their flavor is more pungent when raw and a lot of the radish bite is in the outer skin. If you want to tame them down a bit, peel away a thin layer of the skin and/or salt them. Beauty heart radishes are beautiful in salads, sliced thinly and added to sandwiches, pickled, or included on a vegetable platter. We like to eat slices of beauty heart radishes with slices of cheese instead of a cracker. But raw is not the only way to eat them. You can add them to winter stir-fries,

What's In The Box?

BEAUTY HEART RADISHES: This root vegetable has a creamy colored exterior with green shoulders. When you cut it open you'll find bright pink flesh inside! Read more about this gorgeous vegetable in this week's **vegetable feature** article.

SUNCHOKES: Sunchokes are the knobby root vegetable with a resemblance to ginger, but the two are totally unrelated. They are a tuber that grows on a plant in the sunflower family. They have a mild, nutty flavor and may be cooked in any way you would cook a potato, but may also may be eaten raw in slaws and salads. Sunchokes contain a non-digestible fiber called inulin which is a prebiotic nutrient with significant health benefits. Some individuals may experience gas and/or bloating after eating sunchokes, so start with a small portion until you know your tolerance. Read more about this unique vegetable on our **blog**.

HORSERADISH WHIPS: These thin, tender pieces of horseradish grow off the main root. The skin is tender enough you do not need to peel them. Check out last year's **Horseradish Vegetable Feature** article for more information about how to use horseradish.

TETSUKABOTO OR BUTTERNUT SQUASH: This squash has green skin and is a cross between butternut and kabocha squash. It's known for its very long storage potential, in fact the seed catalog description said this is the squash you want "to survive the Apocalypse!" The flesh is dense, sweet and flavorful. Don't forget to save the seeds too. They're delicious roasted!

RED CABBAGE OR GREEN SAVOY CABBAGE: Store cabbage in the refrigerator, loosely wrapped in a plastic bag. You don't have to use it all at once, rather you can cut off one portion for use and return the remainder to the refrigerator. This is our winter "green" until spring!

ITALIAN OR PORCELAIN GARLIC: Check out this week's featured recipe for **Beauty Heart Radishes with Garlic, Brown Butter & Rosemary**.

RED AND/OR YELLOW ONIONS: Raw, roasted, sautéed or baked....add a little onion to everything you make and you'll be taking your daily dose of medicine!

ORANGE CARROTS: Check out this week's **Cooking With the Box** article for recipes including **Homemade Spiced Carrot Pie** and **Moroccan Carrot & Chickpea Stew**.

SWEET POTATOES: Some of you may receive some long, skinny sweet potatoes. While these are not the typical shape and size we plan to grow, it seems we have a lot of them this year! There are a few things you can do with these potatoes. First, give them a good scrubbing and then cut them in quarters and in lengths about 3-5 inches long. Toss them with oil, salt and pepper, then roast until golden, crispy and tender. You don't need to peel them, just cook and eat, skin and all. You can also bake them whole, then slice in half and scrape the flesh out of each half.

KOHLRABI OR FESTIVAL SQUASH: This is a variety of kohlrabi intended for winter storage. We harvested these in early November and you'll find the flesh to be sweet, mild, crunchy and delicious! Use in winter slaws and salads, cut into chunks and roast, or just eat it raw on it's own! We left some of the greens on at the time of harvest, and they still look good so you might as well eat them! Use them anywhere you would use kale or collard greens.

roast and sauté them, or add them to soups and stews. When cooked, their flavor mellows even further. So if you are not a radish lover, do yourself a favor and try preparing them with a cooked method.

Store beauty heart radishes in the refrigerator loosely wrapped in a plastic bag to keep them from dehydrating. They will store for months, although they may not look so pretty after awhile. Trust me, they'll still be good on the inside. Just give them a scrub and peel away the outer skin before using.

I didn't really intend to create a list of recipes for beauty heart radishes this week, but I started poking around and I found a lot of tasty recipe ideas I had never seen before! So, in addition to the simple recipes in this week's newsletter, here are seven more to consider trying this winter!

Beauty Heart Radish, Feta & Honey Pizza (<http://www.bananawonder.com/2012/01/watermelon-radish-feta-and-honey-pizza.html>)

Beauty Heart Radish Soup (<http://amychaplin.com/2015/10/02/watermelon-radish-soup/>)

Beauty Heart Radish Salad with Citrus Thyme Dressing (<https://itsavegworldafterall.com/watermelon-radish-salad-with-citrus-thyme-dressing/>)

Spicy Roasted Beauty Heart Radishes with Carrots & Tahini (<https://food52.com/recipes/74757-spicy-roasted-beauty-heart-radishes-and-carrots-with-tahini>)

Beauty Heart Radish Salad with Lemon Vinaigrette (<http://www.bethdooleyskitchen.com/readrecipes/2016/1/19/beauty-heart-radish-salad>)

Beauty Heart Radish & Sesame Seed Salad (<https://ediblemadison.com/recipes/beauty-heart-radish-black-sesame-seed-salad1>)

Beauty Heart Radish with Orange & Goat Cheese (<https://www.rhubarbarians.com/watermelon-radish-orange-salad-with-goat-cheese-and-pistachios/>)

Beauty Heart Radishes with Garlic, Brown Butter & Rosemary

Yield: 4 servings

4 cups diced beauty heart radish	2 Tbsp minced garlic	1 Tbsp fresh lemon zest, plus the juice of half a lemon
1 ½ Tbsp olive oil	1 Tbsp fresh rosemary, finely chopped	Salt, to taste
1 ½ Tbsp butter		Freshly ground black pepper, to taste

1. In a large skillet, heat the olive oil and butter over medium heat. Add the minced garlic and sauté until fragrant and just starting to turn golden. The oil and butter mixture may be starting to change color slightly as well. This is perfect, just make sure the garlic doesn't get too brown or it will become bitter.
2. Once the garlic starts to turn golden, immediately add the beauty heart radishes and rosemary to the pan along with a few pinches of salt and freshly ground black pepper. Stir or toss to combine and coat the beauty heart pieces with the oil. Put a lid on the pan and cook for 5-8 minutes, stirring occasionally. The amount of cooking time will depend on how soft you prefer your vegetables.
3. Once the radishes are almost at the point where they are cooked to your liking, add the juice of about half a lemon. Cook for just a few more minutes, then remove from the heat. The lemon juice will combine with the oil/butter mixture to make a light glaze to coat the radishes.
4. Adjust seasoning to your liking with additional lemon juice, salt and pepper. Serve immediately on their own, or with steamed rice.

Recipe inspired by a similar one sourced from www.itsavegworldafterall.com.

Beauty Heart Radish Toast with Cream Cheese, Lemon and Honey

Yield: 2 servings

¾ cup cream cheese	2 slices really good bread	1 small to medium beauty heart radish, very thinly sliced
One medium lemon*	Freshly ground black pepper, to taste	Honey, to drizzle

1. Put cream cheese in a small bowl. Wash the lemon and remove the zest using a grater, zester, or a vegetable peeler. If the zest is not already finely grated, do so using a knife. Add lemon zest to the cream cheese and stir to combine. Cut two wedges from the lemon and set aside.
2. Put bread in a toaster and toast to desired doneness.
3. Immediately spread some of the cream cheese on each slice of toast. Arrange slices of beauty heart radish on top of each toast. Add a touch of freshly ground black pepper and drizzle each toast with honey.
4. Serve the toast with a lemon wedge on the side. These are best eaten immediately with just a little squeeze of the lemon juice.

*If Meyer lemons are in season and available, this is the variety of lemon I recommend. If they are not available, use a "regular" lemon.

Recipe by Chef Andrea, Harmony Valley Farm