



# Harmony Valley Farm

An update for our Community Supported Agriculture Members - Since 1993

[www.harmonyvalleyfarm.com](http://www.harmonyvalleyfarm.com)

October 8 - 9, 2021

## What's In The Box?

**SPINACH:** Did you know you can do magic tricks with this green? Add the entire bag to a hot pasta dish such as this **One-Pot Pasta with Spinach & Tomatoes** and watch it shrink down to nearly nothing! Don't worry, all the delicious nutrition will still be in the dish!

**SALAD MIX:** Toss salad mix with thinly sliced daikon, Violet Queen turnips, sliced apple and a simple **Honey Sesame Salad Dressing** for a quick salad option. You could even add cooked chicken, salmon or beef to turn it into a full meal!

**ITALIAN GARLIC:** Use this week's garlic to make **Garlic Butter Steak Bites** and serve it with **Cilantro Lime Rice** and **Sautéed Turnip Greens**.

**GREEN LEAF LETTUCE:** Use this week's head lettuce to make this recipe for "**The Best Taco Salad**". This recipe calls for onions, tomatoes, jalapeño peppers, cilantro, radishes which are also in this week's box!

**YELLOW ONIONS:** Store onions in a cool, dry place out of direct sunlight. If you do not need to use an entire onion at one time, store the unused portion in a covered container in the refrigerator and use within a few days.

**POBLANO PEPPERS:** These are hot peppers with mild to medium heat. They are dark green and some may be starting to turn red.

**TOMATOES:** We're very close to the end of tomato season, so the volume in your box is significantly less. Use them to make one more round of BLT sandwiches, your favorite salsa or a quick pasta dish!

**ASTERIX POTATOES:** This variety is characterized by pink skin and yellow flesh. While this may not be the prettiest potato, they are a flavorful variety! The flesh is more dry, which makes these potatoes a good option for making French fries and mashed potatoes. It is considered an all-purpose variety, so you can also use it in soups and stews, pan-fried or roasted.

**JALAPEÑO PEPPERS:** There are two green jalapeño peppers in your box this week. Use them to make a batch of flaky Jalapeño Cheddar Biscuits.

**VIOLET QUEEN SALAD TURNIPS:** This is a variety of salad turnip intended for eating fresh. The turnips as well as the greens are mild and flavorful. Eat them raw in salads or if you prefer to cook them, consider sautéing with butter, stir-frying or roasting!

**PURPLE DAIKON RADISH:** Read more about this colorful vegetable in this week's **Vegetable Feature Article**. Store them in the refrigerator until you are ready to use them. Peeling is optional, but you may wish to take off a very thin layer of the skin for a more refined appearance.

**BROCCOLI RAAB:** This is a green in the mustard family that has little broccoli like florets. It's tasty cooked with olive oil, garlic, onions, white beans, pork products, sweet and hot peppers and pasta.

**CILANTRO:** We're likely in our final month of harvesting cilantro before we come up on the long winter gap. Take advantage of this fresh flavor with another batch of salsa or add it to rice, salads or stir fry.

**WHITE CAULIFLOWER OR MINI SWEET PEPPERS OR GREEN SAVOY CABBAGE:** The cauliflower wasn't quite ready to harvest by Friday, so some boxes will receive Mini Sweet Peppers or Green Savoy Cabbage instead.

## VEGETABLE FEATURE: DAIKON RADISHES

By: Chef Andrea Yoder

**Description:** Daikon radishes have a variety of different common names depending on the culture they are being used in, such as Japanese radish, Chinese radish or simply winter radish. They are a mild flavored winter radish that are extremely popular in Asian cuisines. Their crisp, juicy texture is complemented by a sweet, slightly peppery bite. We grow three different types of daikon including the traditional white daikon along with purple and pink varieties. Although the typical white daikon will measure between 15-20 inches in length, certain varieties can grow to be 36 inches long! The purple and pink varieties are slightly smaller than the white variety we produce and have stunning lavender and pink hues throughout the skin and flesh. We find daikon to have a slightly sweet and spicy flavor that is more mild than spring radishes. In its raw form, the flesh is very juicy and crunchy. When cooked, the flavor becomes more mild and the texture becomes tender, similar to a cooked turnip. If you are a radish lover, you'll likely prefer them raw. If you're still learning to like radishes, you may find them more to your liking when cooked.

**Preparation & Use:** The skin of this radish is edible, but most often a thin layer is peeled away before use. Pickling and stir-frying are the most predominant methods of preparing daikon radishes, and they are perfectly good to eat raw as well in slaws or as garnishes dressed with a simple vinaigrette. Daikon radishes may also be roasted or sliced thinly and made into vegetable chips, either baked or fried. We enjoy daikon radishes in fall and winter stir-fries, cabbage slaw and braised meat dishes.

In Chinese cuisine, daikon radishes are also featured in a variety of soups, braised meat and vegetable dishes as well as baked goods. A popular Bangladesh dish finely grates daikon and adds it to a mixture of fresh chili, coriander, lime juice, salt and flaked steamed fish in a light and refreshing side dish known as mulo bhorta. In Korean culture, daikon is often fermented.

**Storage:** Daikon radishes should be stored, in a plastic bag in the vegetable drawer of your refrigerator. They will last this way for several weeks. Cut daikon stores well in its raw form, but can produce an odor that is absorbed by other items in your fridge if it is not contained in a closed container.

**Additional Fun Facts:** The word Daikon comes from Japanese, and literally means “big root!”

### Quick Pickled Carrots and Daikon

Yield: 10 servings

#### Pickle Brine:

10 ounces daikon radish, julienned

1 cup water

7 oz carrots, julienned

1 cup sugar

1 cup apple cider or rice vinegar

Pinch of salt

1. Combine the pickle brine in a saucepan and boil on medium heat until the sugar dissolves (3 to 4 minutes). Stir occasionally. Remove from the heat and cool it down.
2. Place the julienned radishes and carrots into a sterile pickling jar and pour over the brine. Close the lid. Gently move the jar around a little bit to make sure the brine is touching all the radishes and carrots.
3. Leave the jar at room temperature for 3 to 4 hours, then move to the fridge. Chill the pickles for 30 minutes to 1 hour before serving for optimal taste.

Recipe borrowed from [www.mykoreankitchen.com](http://www.mykoreankitchen.com).

### Spicy Roasted Daikon “French Fry”

Yield: 4 servings

“Look, I’m just going to be totally honest with you. While they may look like potato fries, they’re not—nor are they trying to be potato fries. They’re Daikon Fries, and proud of it.”---Chef Valentina Wein of [cookingontheweekends.com](http://cookingontheweekends.com)

5 cups daikon radish, peeled and sliced (see instructions below)	3 ½ Tbsp grapeseed oil or vegetable oil	1 tsp soy sauce or tamari	½ tsp granulated sugar
	1 ½ tsp chili-garlic paste	½ tsp freshly grated ginger	½ tsp salt

1. Preheat the oven to 475°F, and position an oven rack in the center of the oven.
2. Cut the daikon into sections approximately 3-inches long, then cut lengthwise into ¼ inch thick slices. Stack a few of the slices and cut them again to make ¼ inch square “French Fries.” Spread the daikon slices on a baking sheet and set aside.
3. In a small bowl, combine the oil, chili paste, tamari or soy sauce, ginger, sugar and salt.
4. Drizzle this over the daikon slices and then use your hands to toss them until they’re all evenly coated and in a single layer.
5. Place the baking sheet in the preheated oven and roast until they are golden brown on all sides, about 30 minutes. You should gently toss/flip them about halfway through the cooking time.
6. Add a double layer of paper towels to another baking sheet, and when the fries are done, add them on top of the towels to drain before serving.

This recipe was also a member-recommended recipe that several people in our private Facebook group tried last fall and posted positive comments!