



Harmony Valley Farm

An update for our Community Supported Agriculture Members - Since 1993

www.harmonyvalleyfarm.com

May 13 - 14, 2022

VEGETABLE FEATURE:

BLACK SPANISH RADISHES

Black Spanish Radishes are an intriguing root vegetable with some unique attributes. For starters, they are one of the very few vegetables that are supposed to be black! They have a charcoal black skin which is a stark contrast to the snow white flesh inside. They are classified as a winter storage radish and may be stored for months. We actually harvested these last fall and have been holding them in our cooler for nearly seven months! Because of their long storage potential, they are used more by people in colder climates such as northern Europe where they are an important winter food.

Black Spanish Radishes are in the Brassicas family, a class of vegetables known to have a wealth of beneficial nutrients. Black Spanish Radishes are unique in that they have the highest levels of a phytonutrient called glucosinolate. This nutrient plays an important role in supporting the liver in its role in detoxifying the body of toxins. If you are interested in more of the science about how this phytonutrient works in our bodies, there is an interesting article at wholisticmatters.com/Spanish-black-radish-whats-old-is-new-again.

Black Spanish Radishes may be eaten either raw or cooked. When eaten raw, they have a stronger flavor with a peppery bite that is similar to horseradish. They can be added to fresh vegetable or grain salads, sliced thinly and added to sandwiches, or eaten raw with creamy dips. I find the flavor and eating experience to be more enjoyable if they are sliced thinly so the flavor is not too overwhelming in one bite. These radishes are also delicious when fermented or made into kim chi. If you do not care for a strong radish flavor, you may enjoy Black Spanish Radishes more when cooked, which helps to mellow out their flavor. They may be roasted, added to soups & stews, stir-fried or sauteed. There are a lot of beneficial nutrients in the skin, so I recommend leaving the skin on.

Store Black Spanish Radishes in the refrigerator in a plastic bag or wrapped in a towel to keep them firm until you are ready to use them. They will store for quite awhile, but we encourage you to use these within the next 3-4 weeks for best results.

What's In The Box?

NETTLES: This bunched green is also called "Stinging Nettles" due to the "stingers" they have on their stems that can cause skin irritation if handled before they are cooked. For this reason, we have packed the nettles in a clear plastic bag. Before you open the bag, we encourage you to read our **previous blog post from 2018** for important information about how to handle and prepare nettles. Once nettles are cooked, the sting goes away and you can handle them with bare hands. They are packed with nutrients and are very flavorful. Check out this week's **Cooking With the Box** article for serving and use suggestions.

BLACK SPANISH RADISHES: Black as the darkest night on the outside and snow white on the inside, you can read more about this mysterious looking root in this week's vegetable feature article. Store them in a plastic bag in the refrigerator until you are ready to use them.

WILD RAMPS: There are two bunches of ramps in your box this week. They resemble a green onion with white bulbs on the bottom and rounded lily-like leaves. If you are not familiar with how to use ramps, read more about them on **our blog**. The leaves are delicate, so it's best to store them in the refrigerator in a plastic bag or wrapped in a moist cloth. Use the leaves within several days. The white bulbs will store easily for 1-2 weeks.

OVERWINTERED SPINACH: This week's boxes contain 2 bags of spinach, 8 oz each! For optimum shelf life, we recommend you line the bag with a paper towel or clean cloth to absorb any extra moisture and keep it in the refrigerator. Enjoy it raw in salads or cook it lightly.

OVERWINTERED PARSNIPS: While we harvest most of our parsnips in the fall, we always leave some in the field over the winter and dig them in late March or early April. One way they are able to survive the winter is by increasing their natural sugars which act as an antifreeze and make them sweet and delicious! Use them in savory dishes or enjoy them in baked goods such as muffins, bread or cake.

OVERWINTERED SUNCHOKES: We have packed the sunchokes in a brown paper bag. Sunchokes contain inulin which is a nondigestible fiber that acts as a prebiotic nutrient in our bodies. We recommend you eat them in moderation as some individuals experience intestinal discomfort if they eat too many at one time. If you are using them for the first time, take a moment to read **last week's vegetable feature** article.

CHIVES: Store chives in the refrigerator, either upright in a glass of water or wrapped in a moist towel to keep them fresh. Use them as a garnish for fresh salads or soup, stir them into cream cheese to make a spread for bagels or wraps, or make a batch of our favorite **Chive & Parmesan Popcorn!**

RED POTATOES: These red skinned-white flesh potatoes were grown by our friends at Driftless Organics. Remember to store potatoes in a cool, dry place and out of direct sunlight. It's the time of year when potatoes naturally want to start sprouting, so we recommend using them within a week or two. Use them in this week's featured recipe for **BBQ Seasoned Roasted Roots & Tubers!**

WATERCRESS: This peppery green is excellent in fresh salads, sandwiches and wraps, but it is also often used in spring soups along with potatoes, etc. We have washed it, but you may need to give it another washing in your kitchen sink before you use it to remove any fine silt that may be on the stems. It is a more perishable green so we recommend you use it within a week.

ASPARAGUS: It's your lucky day! With temperatures in the 90's we have had to pick every day! It's best to store asparagus spears in the refrigerator either upright in a glass of water or wrapped in a moist towel.

Barbecue Seasoned Roasted Roots & Tubers

Yield: 4 servings

Barbecue Spice Blend

- ¼ cup chili powder
- 1 ½ Tbsp freshly ground black pepper
- 1 ½ Tbsp brown sugar
- 1 ½ Tbsp coarse salt
- 1 Tbsp paprika
- ½ tsp smoked chipotle powder or smoked paprika

Vegetables

- 2 cups diced Black Spanish Radish
- 1 cup diced sunchokes
- 3 cups diced potatoes
- 3 Tbsp vegetable oil
- 1 cup minced chives
- Salt, to taste

1. Preheat the oven to 375°F.
2. Prepare the spice mixture. Combine all of the spices in a bowl and stir to combine. You will have about ¾ of a cup of the mixture, which is more than you will use for this recipe. Store extra spice mixture in a tightly closed jar. Use it with other roasted vegetable blends or use it to season meat such as beef steaks, pork chops, pork roasts, etc.
3. Dice the radishes, sunchokes and potatoes. You may choose the size of the dice. I like a medium dice that is a nice balance of a moderate cooking time along with the right amount of surface area to hold the seasonings. The important thing is to cut all the vegetables in a similar size. You may choose any ratio of vegetables as long as you have about 6 cups in total.
4. Place the diced vegetables in a large mixing bowl and drizzle with 3 Tbsp of oil. Toss to lightly coat all the vegetables. Sprinkle with about 3-4 tsp of the spice mixture and toss to combine.
5. Spread the vegetables in a single layer on a baking sheet and place in the oven.
6. Roast for 35-45 minutes, or until the vegetables are tender and slightly crispy on the outside. You will need to stir the vegetables about half way through the cooking time.
7. Remove from the oven and taste one vegetable. If desired, sprinkle with additional salt and the chives. Stir to combine and allow the chives to wilt down a bit on the hot pan. Serve immediately.

Recipe by Chef Andrea Yoder, Harmony Valley Farm

Black Spanish Radish & Apple Slaw with Honey Vinaigrette

Yield: 6 servings

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| 1 large Black Spanish Radish (about ¾ lb), finely julienned | 1 medium apple, finely julienned |
| 2 Tbsp honey, plus more to taste | ¾ cup minced chives |
| 2 tsp Dijon mustard | Salt, 1 tsp plus more to taste |
| ¼ cup apple cider vinegar or white wine vinegar | Freshly ground black pepper, to taste |
| ½ cup olive or sunflower oil | |

1. Scrub the exterior of the Black Spanish Radish first, then cut in half and cut each half into finely julienned pieces. Place the radish in a medium mixing bowl and sprinkle with 1 tsp salt. Stir to combine and set aside.
2. Next, make the vinaigrette. In a small bowl, combine the honey, Dijon mustard and vinegar. Using a whisk, stir to combine. While continuing to whisk the mixture, drizzle in the oil. Once fully combined, add freshly ground black pepper, stir and set aside.
3. Cut the apple and put it in a small bowl. Drizzle some of the dressing over the apples, just enough to lightly cover all of the pieces when lightly stirred. This will prevent the apple from browning.
4. Add the apples and chives to the black radishes. Drizzle with just enough of the vinaigrette to lightly coat the vegetables. You will have extra vinaigrette, so do not put it all on the radish mixture! (See Note Below)
5. Allow the slaw to marinate for about 10 minutes before serving. Taste and adjust the seasoning to your liking by adding additional salt, black pepper and/or a drizzle of additional honey.

Note: This recipe was written to intentionally make more vinaigrette than you need. The reason for this is that this honey vinaigrette is a nice, simple one to keep in your refrigerator. Spring is a time of the year when we enjoy a lot of different salad greens, so having a simple vinaigrette on hand will allow you to make a quick salad when you may be short on time. The other way you may choose to use the extra vinaigrette is to make a more substantial salad by tossing the vinaigrette with spinach and then topping it off with this Black Spanish Radish & Apple Slaw.

Recipe by Chef Andrea Yoder, Harmony Valley Farm