



WEEK OF DECEMBER 13TH, 2021 #51/52

### Black Radish

Wow, one of my new favorites! I have been poking my toe into the new waters of not yet tried and true, crops to grow. This Nero Tondo, or Black Radish, is one of my test runs. I ordered the seeds a few months back. I think the guys thought something might be wrong

when they first pulled them out of ground. We debuted them at the farmers market a week ago, before I had had a chance to try one.



One of the chefs coming through shopping was pretty excited to see them and he told me they taste a bit like Wasabi, which I thought was really intriguing. So we cut one open and everyone took a piece to try. Indeed after several chews, there is a definite wasabi-like hit in the back of your throat. I love wasabi, so that was pretty exciting to me. Diving into a bit of history on the black radish, I found a German Black Radish, but the most common is the Spanish variety. The earliest sign of cultivation was in ancient Egypt, where illustrations were found in tombs, but it is believed that the area of today's Syria is where they originated. By the mid 1500's it was the most common radish in Europe, eventually being replaced in popularity by the red spring varieties. What I read on [specialtyproduce.com](http://specialtyproduce.com) is this

*Ancient remains of black radishes were found in Egypt and shows they were cultivated as long ago as 2500 B.C.E. It is believed that Egyptian workers used Negro Tondo radishes as an expectorant to relieve coughing and phlegm during the construction of the pyramids. The old German reference 'Herbal Medicine' prescribed Spanish black radish as a treatment for issues related to the gallbladder, kidneys and digestion.*

Interesting, because I did find that Black Radish extract comes in pill form. Diving a little deeper, I read that it may stimulate bile production, which is needed for healthy digestion of fats; and therefore can improve digestion. It is also believed to reduce cholesterol, probably true given its fiber content. Regardless, these radishes have a good amount of vitamin C and B complex, fiber, potassium, copper and iron.

I can't remember how much I ordered, so not sure if they will make it into the box, but they are

available to order as an extra. And now that I know more about them, I will definitely add them to our lineup

### A Rainy Start To The Week

The heavenly rain came in yesterday. Here on the farm, we had that perfect gentle rain coming down all day. Today it is raining harder and the wind has picked up. When I looked outside early this morning, I could see major puddles everywhere, and knew immediately that this will be a rough day for the crew. Days like today, cold, wet and windy, makes me appreciate their commitment to getting the work done so that our CSA shares can go out this week. How many of us would be willing to head out in this weather and work all day? Or in the summer months, when it can reach 114? Boy, that is tough! I think tomorrow morning I will have to get them donuts, or better yet, bring them a big pot of hot Mexican chocolate.

If you would like to share your appreciation for the



crew, we do have an option for you to **gift \$10** for the holidays. Many of you have already generously gifted to the guys, and I thank you all for your thoughtfulness.

As long as we are talking about the upcoming holidays, I wanted to let you know that the **CSA Subscription** Gift Certificate is now a live option for you to order. Perhaps a veggie box will be the perfect gift that gives all year long! Also I wanted to remind y'all that we are delivering boxes right on through the new year as we will not be taking our annual winter break this year. The guys want to work and they are pretty thrilled to have two 4 day weekends without any market prep. I will miss going to the market, because it is always so festive and everyone is pretty jolly during the holidays, but, I too am looking forward to two long weekends in a row. If you are going on vacation please remember you do have the option to hold or donate your box. We accumulate those boxes donated throughout the year and donate as we go.

# RECIPES AND IDEAS FROM LORRAINE

## Kraut

If you get cabbage in your box this week, I would like to remind you all how easy and quick it is to make a small batch of Kraut. I made some for my cousin who was visiting last week. In my family, it was always tradition to eat pork, potatoes and kraut on New Year's Day. Since I won't be with her for New Year's I thought I would send a bit of me and the farm home with her. It was bubbling over by the next day, and in 3 days it was beginning to smell like kraut! Here is the simple way I make it: First, get the tare weight on the bowl. Remove a few of the outer leaves, then thinly slice the cabbage, add it to the bowl. Weigh, then add 1 1/2 to 2% salt. Mix really well with your hands, massage the cabbage to get the breaking down process started. You can literally feel the juices begin to release. It's pretty great. Then put some of the salted cabbage into a wide-mouth mason jar and pound it with the bottom end of a wooden spoon. If you have a wooden mallet you can pound it in the bowl for a while beforehand. Very quickly you will see a lot of juice release and feel the cabbage break down. Add more cabbage to the jar, pound, and repeat until it is all in there. You need to pound long enough to create enough juice to cover the cabbage. The key thing is to make sure the cabbage remains under the juice. I do this by using one of the outer leaves of the cabbage and lay it over the top of the kraut, then you can find a small pinch bowl or even a clean rock to weigh it down. If that doesn't work for you, just keep an eye on it and push it down as often as you can. Don't tighten the lid too much, pressure is going to build up with the creation of CO2 as the cabbage ferments, and it becomes difficult opening it. Keep the kraut out on the counter, to ferment to the flavor you prefer. Then enjoy and refrigerate what is left. This makes a very basic kraut, and of course you can always add extra things like caraway seeds, or some turnip or radish to spice it up a bit. Fennel is also delicious, as well as apple. So many options when you make your own, and you don't have to make a big project of it, just do a cabbage at a time.

## Caramelized Fennel & Apple Tart

Recipe found on Food52 by Foxeslovelemons  
Funny how sometimes you get a strange idea in your head, but then you find a perfect recipe for it!  
1-1/2 TB Olive Oil  
2 Fennel bulbs, cored and thinly sliced  
1 tsp Sugar  
2 tsp chopped fresh Thyme leaves  
1/4 tsp Salt  
1 Pie Crust (refrigerated or homemade)  
3 Eggs  
1/2 cup Heavy Cream  
1 Granny Smith Apple, peeled, cored and thinly sliced  
2 ounces Chèvre (goat cheese)

## A Comment On The Weather

I stepped outside around lunch time today and was "blown away" by the sound our trees were making. The wind has really picked up, but that sound was incredible! It was an audible reminder of the power of Mother Nature. Just wanted to share that with you.

## This Week's Box List

- \*Broccoli OR Cabbage
- \*Fennel
- \* Butternut Squash
- \*Parsley
- \*Satsuma Mandarin OR Lemon
- \*Lettuce
- \*Bok Choy
- Apples from Devoto
- Leeks
- Red Russian Kale
- Rosemary
- Turnips
- \* = Items in Box for 2

1/4 cup Walnuts, chopped  
Garnishes: fennel fronds and chopped fresh parsley leaves  
Heat oil over medium heat in large saucetop. Add fennel and sugar; cook 30 to 35 minutes or until deep golden brown, stirring frequently. Add thyme and salt; cook 5 minutes or until very deeply browned. Meanwhile, preheat oven to 400°. Press crust into tart pan; cut off excess dough

hanging over edge. Use a fork to poke some holes in the bottom of the crust. Line crust with parchment paper and fill tart with pie weights or dried beans. Bake 15 minutes or until light golden brown; remove pie weights and parchment paper. Reduce oven temperature to 350°.

In medium bowl, whisk eggs and cream. Spread fennel in bottom of crust. Arrange apple slices on top of fennel. Pour egg mixture over fennel and apples. Sprinkle with chèvre and walnuts. Bake tart for 30 minutes or until eggs are set. Let stand at least 10 minutes. Serve warm or at room temperature, garnished with fennel fronds and parsley.

## Winter Squash Carbonara with Pancetta and Sage

Recipe Alison Roman from Bon Appetit February 2014

2 TB Olive Oil  
4 oz. Pancetta (Italian bacon), chopped  
1 TB finely chopped fresh Sage  
1 2-lb Butternut squash, peeled, seeded, cut into 1/2" pieces (about 3

cups)  
1 small Onion, chopped  
2 cloves Garlic chopped  
Salt and freshly ground Black Pepper  
2 cups Chicken Broth  
12 oz. fettucine or linguine  
1/4 cup finely grated Pecorino, plus shaved for serving  
Heat oil in a large skillet over medium-high heat. Add pancetta, reduce heat to medium, and cook, stirring occasionally, until crisp, 8-10 minutes. Add sage and toss to coat. Using a slotted spoon, transfer pancetta and sage to a small bowl; set aside. Add squash, onion, and garlic to skillet; season with salt and pepper and cook, stirring occasionally, until onion is translucent, 8-10 minutes. Add broth. Bring to a boil, reduce heat, and simmer until squash is soft and liquid is reduced by half, 15-20 minutes. Let cool slightly, then purée in a blender until smooth; season with salt and pepper. Reserve skillet. Cook pasta in a large pot of boiling salted water, stirring occasionally, until al dente. Drain, reserving 1 cup pasta cooking liquid. Combine pasta, squash purée, and 1/4 cup pasta cooking liquid in reserved skillet and cook over medium heat, tossing and adding more pasta cooking liquid as needed, until sauce coats pasta, about 2 minutes. Mix in 1/4 cup Pecorino; season with salt and pepper. Serve pasta topped with reserved pancetta and sage, shaved Pecorino, and more pepper.