



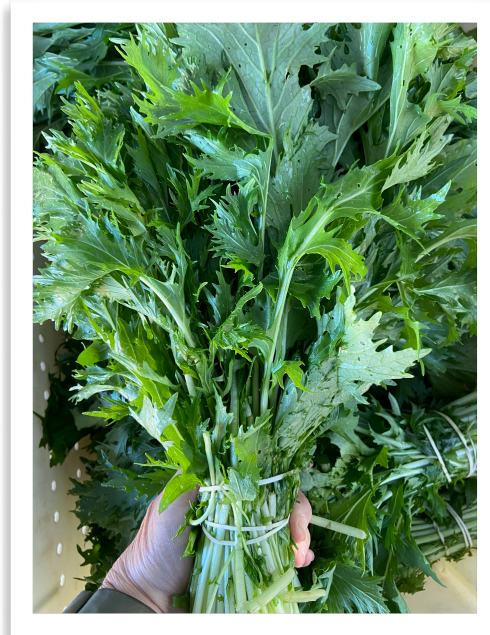
WEEK OF OCTOBER 24, 2022 WEEK 42/52

### Mizuna

It is that time of year, time for the GREENS. In this week's boxes we have Mizuna. Mariko, the owner of Aedan Fermented Foods, always comes to our stand to grab an armful of bunches each week. She says we grow excellent Mizuna.

What is Mizuna, you might ask? And what do I do with it?

Mizuna is a Japanese Mustard, also known as Spider Mustard. The leaves are fairly dainty, delicate and so do not require a lot of cooking. You can eat Mizuna raw in salads, it does have a mild peppery flavor, but not as much as Arugula. It is part of the brassica family, which includes favorites like broccoli and cauliflower, kale and many more.



The leaves are serrated and a lovely rich green. And like most greens, Mizuna is very nutritious. It has high amounts of vitamin C, containing approximately 13% of the RDA in just 2 cups. This is pretty high for a bunch of greens. It is an excellent source of Vitamin K, weighing in at over 100% of the RDA. Vitamin K is not often talked about, but it plays an important role in bone health and helps in the production of proteins required for blood clotting. This can also limit bruising. The cruciferous family is always high in antioxidants, and Mizuna is no exception; particularly lutein and zeaxanthin. These two anti-oxidants play an important role in keeping our eyes healthy.

So that's the nutrition side of things, but what do I do with it in the kitchen? I always look forward to the mineral rich greens that come with the cooler months, for their simplicity of use. It's so nice to add a little to a broth soup, even a simple miso in the morning. Last weekend I made an amazingly delicious omelette with some sautéed arugula, but could have easily used mizuna or dandelion greens. I washed and chopped a small handful of greens. While they were drip drying, I chopped and sautéed (in butter) a tiny bit of onion and some mushrooms. Once they were done I tossed in the greens and cooked until they were well wilted. Pulled everything out of the pan, wiped it clean and added fresh butter and once heated through, poured in my beaten eggs. I don't add salt to my eggs. I let the eggs cook enough to the point of being able to gently lift the edge and tilt the pan to let the uncooked egg slide under. I do this as I turn the pan to make it even and get all of the liquid egg underneath my omelette. I don't flip!). Then with the temp on low, I cover the pan for a minute or two, until the egg is all cooked, but don't over cook, unless you like it that way. Put your onion, mushroom and greens on one

half side, grate a little cheese, sprinkle with salt and pepper. Fold over the empty side and slide onto your plate.

As I mentioned earlier, you can eat mizuna raw. Chop it and use it in salad. It does well with a heftier dressing, like a miso dressing. I found a fantastic recipe that would take advantage of the radishes in the box too. Here is a link to it on [Chopstick Chronicles](#).

### Need A Bump

We did not see as big a bump in membership this fall as we typically do. This is making life pretty challenging because after a summer of vacation holds we count on membership taking a bigger jump to catch us up. I have also observed that the farmers market overall is a lot more quiet than it has been in the past. So it is time to ask everyone to share your farm with friends and families. We have post cards available, which you can order to come with your box to share with folks. And of course they are free. And I

have created a QR code to make it easy for people to jump right to the sign up page.

Your orders for add-ons are tremendously helpful. As we move closer to the holiday season please keep us in mind. The 2 oz salt gift boxes are wonderful, as are the salts individually and in their larger 6 oz size. Gift Certificates are an easy gift and a great way to support the farm.



Last week working the market, I had so many people ask if we had a pillow or room spray. I don't use those products so I never really thought about making one. But I realized, if that many people ask me for a product, I really should put one together. So I spent some time researching and I think I have come up with a pretty nice Pillow Spray. I took advantage of the hops essential oil I had distilled from Ruhstaller's fresh hops and of course our lavender essential oil. I think the combination of hops and lavender makes for a very nice blend that promotes a good night's sleep. The ingredients are Lavender Hydrosol, Grain/Cane Alcohol, Red Turkey Oil and the essential oils; I hope you will give it a try.



# RECIPES AND IDEAS FROM KENDAL

## Baked Sweet Potatoes with Tatsoi Pesto

Recipe found on, "Jessi's Kitchen," by Jessi. This is a basic recipe and can be added onto as desired- such as adding spinach or mizuna to the pesto and an additional protein!

- 1 bunch of tatsoi, 4 cups chopped
- ½ c fresh basil
- 3 garlic cloves
- ½ c pecan halves
- ¾ c grated romano cheese
- 1 tsp dried oregano
- ½ tsp black pepper
- 1 tsp salt
- 2 tsp honey
- ⅓ c lemon juice
- ¼ c olive oil
- 4 baked potatoes

Remove the bottom few inches of the tatsoi and then loosely chop the rest. Add it to the food processor with the basil, garlic, pecans and romano and pulse into small pieces.

Add the oregano, pepper, salt, honey, lemon juice and olive oil and pulse until combined.

Serve over baked sweet potato and store the rest of the pesto in an airtight container in the refrigerator.

## Butternut Squash Cheesecake

Recipe found on, "Our Life Tastes Good." This recipe calls for butternut squash puree. Best way to do this is roast the squash in a 350 degree oven for 45-60 minutes, cut in half, gutted and brushed in oil (I do olive oil but any will work) or diced cubes or butter and brown sugar. Then once it is tender and can easily be pierced with a knife or fork, puree in the blender, optionally with cream but it is not necessary.

### For Graham Cracker Crust

- 1 package graham crackers
  - ⅓ c sugar
  - 6 Tbsp unsalted, softened butter
- Preheat the oven to 325.

In the bowl of a food processor, pulse graham crackers until finely ground, add sugar and softened butter. Pulse until combined. Press graham cracker crumb mixture into a 9" springform pan and set aside

### For Pie Filling

- 2 (8 ounce) packages cream cheese, softened to room temp
- ½ c sugar
- ½ tsp vanilla extract
- 2 eggs
- ½ c butternut squash puree
- 1 tsp ground cinnamon
- Pinch of salt
- Water

In a fresh food processor bowl, add cream cheese, sugar and vanilla extract. Pulse 2 times and then scrape down the inside of the bowl. Pulse 2 more times and scrape down sides again. Repeat as necessary until smooth. You don't want to over mix. Add eggs one at a time, pulse in between. Set aside 1 cup of the cheesecake batter and pour into the springform pan as a base.

Add butternut squash puree, cinnamon and a pinch of salt to the remaining batter in the bowl of the food processor and pulse once or twice until just blended. Carefully pour this mixture over the batter in the pan. Spread gently as needed.

Carefully wrap the springform pan in foil to prevent water from reaching the pan. Place the pan on a baking sheet. Pour water into the baking sheet to fill about ½ way/

Place the baking sheet on the center oven rack and bake in the preheated oven for about 35 minutes or until the center is almost set. When you gently shake the baking sheet, the center of the cheesecake will jiggle like jello. Turn the oven off and open the oven door to the first stop. Leave

the cheesecake in the oven for 1 hour.

When the timer goes off, remove from the oven and allow to cool for the rest of the way on the wire rack. Leave the sides of the pan on for now. Once cooled completely, leave the side of the pan on, and place in the fridge overnight. When ready to serve, remove the sides of the springform pan. Optionally top with whipped cream.

## Radishes & Turnips with Bacon

Recipe found on, "My Life Cookbook." The box comes with one or the other so why not just add bacon! Great base for a breakfast bowl with eggs, cheese, more veggies, etc.

- 2 piece of bacon
- 2 c radishes, chopped small pieces
- 2 cups turnips, chopped small pieces
- 1 Tbsp chives, finely chopped

Chop radishes and turnips into small equal size pieces. You want them to look like potato home fries. Place into a microwavable bowl. Rinse and leave about 1 tbsp of water in the bowl. Cover with plastic wrap and microwave for 4 minutes.

While they are cooking, add the bacon to a large skillet and cook to your desired crispiness. Take out the bacon and place on a piece of paper towel. Using the grease from the bacon, turn the heat up to high and then add the pre cooked vegetables. Season with salt and pepper.

Turn it down to a medium heat and fry the turnips and radishes for about 5-10 minutes until nice and golden brown. Take off heat and the crumbled bacon and mix. Then sprinkle the fresh chives over everything and serve.

## Arugula Apple Smoothie

Recipe found on, "Snacking in Sneaker," by Chrissy Carroll.

- 1 medium apple
- ⅔ c frozen mango
- ½ c arugula
- ½ lemon, juiced
- ½ c plain nonfat greek yogurt
- ⅔ c water

Put everything into the blend and blend until

### This Week's Box

- \*Apples
- \*Winter Squash
- \*Sweet Potatoes
- \*Mustard or Mizuna
- \*Tatsoi
- \*Chives
- \*Eggplant OR Zucchini
- Turnips OR Radish
- Garlic
- Arugula OR Spinach
- Dandelion Greens
- \* = Items in Box for 2