

Gazy Brothers Farm

Where freshness is always in season

April 21, 2009



When I pulled into Gazy Brother's Farm on Thursday to pick up my CSA box, the first thing I noticed was the beautiful new farm stand. It looks so welcoming with the flowers blooming in the window boxes and the hanging plants. I couldn't resist taking a picture of it so that all of Lexi's CSA customers could see it. Isn't it nice?



Amazingly Fresh Vegetables

I was so excited that the CSA season started last week. I felt like a kid in a candy store. As I washed my lettuce and arugula I couldn't help sampling it. OK, I did more than sample it. I ate a lot of it. The lettuce was so crisp. The arugula was perfectly spicy. They were both so fresh. Goodbye grocery store produce, CSA season is here!

Vegetable Spotlight – Radishes

The word radish comes from the Latin root *radix*, which means root. Radishes are in the same plant family as mustard. Radishes are a cool-season crop. They



grow best in the spring and winter.

Nutrition facts according to

<http://www.urbanext.uiuc.edu/veggies/radish1.html>:

A 1/2 cup serving (about 12 medium) of sliced radishes provides a good amount of potassium, vitamin C, folate (folic acid, a B vitamin) and fiber.

Recipe Corner

Do you sometimes find vegetables in your farm share that you haven't cooked with before? Or maybe you're looking for a new recipe for an old favorite. Share your recipes with other customers through this newsletter. Email your recipes to: gazybrothersfarm@sbcglobal.net.

- Slice radishes and use them on salads.
- Mix radish leaves with your lettuce to spice up your salad.
- Dip radishes into ranch dressing and eat as a snack.
- Toss radishes into a stir fry to add some extra color and flavor.
- Juice radishes with carrots, celery and greens for a healthy vegetable drink.

Baked Radishes

Courtesy of *Farm Fresh Recipes* by Janet Majure

1/2 lb radishes, trimmed and halved

1 tbsp honey

1 tbsp butter

1 tsp cinnamon

Steam radishes 5 minutes. Drain and arrange in a shallow baking dish. Combine honey, butter and cinnamon in a small saucepan. Warm and stir until butter is melted. Pour mixture over radishes. Bake uncovered at 350 degrees until tender, about 30 minutes. *Serves 4*

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Radish Chips

10-15 radishes

Salt

Spices of your choice such as chili powder, garlic salt, paprika, cayenne, or Italian seasoning

Slice radishes into thin chips. Spread on greased cookie sheet. Spray lightly with cooking spray and dust with spices. Bake in 375 degree oven for 5-10 minutes until crisp.

Cream of Radish Soup

Courtesy of CSA customer Dawn

4-6 cups radishes, sliced

1 cup onion or leeks, chopped

2 tbsp butter or margarine

3 tbsp all-purpose flour

2 tbsp butter or margarine

3 cups milk, warm

2 tsp salt

1/4 tsp black pepper

1 tsp ground nutmeg

Parsley

In a skillet, sauté onions and radishes in 2 tbsp butter or margarine until both are limp. Put vegetables in blender and process until smooth. In a medium pot, melt 2 tbsp butter or margarine, stir in flour, and cook over low heat, stirring constantly for 2 minutes. Add milk all at once and bring to a boil, stirring. Reduce heat and stir until thickened. Add vegetables, salt, pepper, and parsley. *Serves 6*

Greens Recipe

Courtesy of CSA customer Dawn

1 pound greens

3 tbsp butter

1/4 cup chopped onion

1 large garlic clove, minced

3/4 cup water

1 tsp granulated sugar

1/4 tsp crushed red pepper flakes

1/4 cup cider vinegar

Wash the greens in a sink filled with cold water. Drain greens and wash a second time. Drain greens

and remove any heavy stems. Tear leaves into bite-sized pieces. Set aside.

In a 3 qt saucepan, melt butter. Add onions, cook over medium heat 5 to 7 minutes, stirring occasionally, until onions softened and start to brown. Stir in garlic. Add water to the hot pan, stirring to loosen any particles from bottom of pan. Stir in sugar and red pepper. Continue cooking until mixture boils. Add greens, reduce heat. Cover and simmer for 10-15 minutes (up to 30 minutes for kale or collard greens). Stir in vinegar. For kale or collard greens continue cooking additional 20 to 25 minutes or until desired tenderness. *Serves 4*

Basil Green Goddess Dressing

Courtesy of CSA customer Tracy, adapted from

<http://www.foodnetwork.com/recipes/in-a-garten/bibb-salad-with-basil-green-goddess-dressing-recipe/index.html>

Tracy used this dressing on salad and also over tortellini. Everyone loved it and her kids even ate their salads.

1 cup good mayonnaise

1 cup chopped scallions, white and green parts (6 to 7 scallions)

1 cup chopped fresh basil leaves

1/4 cup freshly squeezed lemon juice (2 lemons)

2 tsp chopped garlic (2 cloves)

2 tsp kosher salt

1 tsp freshly ground black pepper

1 cup yogurt

3 heads Bibb lettuce

2 to 3 tomatoes

Place the mayonnaise, scallions, basil, lemon juice, garlic, salt and pepper in a blender and blend until smooth. Add the yogurt and process just until blended. If not using immediately, refrigerate the dressing until ready to serve.

Cut each head of lettuce into quarters, remove some of the cores, and arrange on 6 salad plates. Cut the tomatoes into wedges and add to the plates. Pour on the dressing and serve. *Serves 6*