

# NEWSLETTERS

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OCTOBER 23 2013 NEWSLETTER

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Tuesday October 22, 2013

Greetings CSA Members,

What a wild ride this season has been. The growing conditions were as tough as any we have experienced other than the turmoil during the Hurricane Irene year. The very wet weeks we encountered early in the season melted into extremely hot and humid conditions out in the fields. We saw much smaller than usual yields of many of our full season storage crops (onion, potato, winter squash, carrots).

On the other hand, many of our shorter season and summer crops were strong, healthy, and productive such as peppers, melons, radishes, cooking and salad greens, and surprisingly, sweet potatoes.

Whatever the year, you, our CSA Members, always come first in receiving what we harvest. We are so grateful for your commitment and all the support you provide!

All The Best – Justine and Brian

**Remember the Winter Vegetable Boxes.**

**Here's the link:** <http://denisonfarm.wsg.net/pdfs/2013-Winter-Vegetable-Box.pdf>

**October 30th marks the final pick-up of the vegetable boxes.**

**Week 21 at Denison Farm CSA**

Greetings, fellow Community of Supported Agriculturists! This week in your CSA you will most likely be receiving:

**Daikon Radish**

**Garlic**

**Lettuce**

**Onions**

**Bunch Turnips**

**Spinach**

**Bag of Beets & Carrots**

**Winter Squash**

**Sweet Potatoes**

**Bread Share: Baker's Choice**

**Step 1: Triage**

Short Life: Lettuce, Turnip Greens, Spinach

Medium Life: Daikon Radish, Turnips (depending on storage)

Long Life: Garlic, Onions, Beets & Carrots, Winter Squash, Sweet Potatoes

For best storage of Daikon, remove their tops and store in a sealed plastic bag. Stored this way, they should keep for up to 2 weeks. Their taste will be slightly milder than a red radish and they are delicious sliced thinly into salad. Alternatively, the daikons can be combined with your turnips, garlic and onions into this delicious soup:

#### **Turnip Soup with Daikon**

*Adapted from Healthaliciousness.com*

2 medium turnips and their greens

1 daikon

1 onion

2 T olive oil

5 garlic

1 tomato

3 chili peppers (optional)

Juice of one lemon

Red pepper or chili flakes (optional)

1. Soak turnip greens, ensuring they are well washed. Gather all ingredients.
2. Dice onion and garlic. Add olive oil to a medium large stock pot and set to medium high. Add onions and garlic to sauté, stirring occasionally.
3. Chop turnips and daikon. Add to pot and stir.
4. Add to turnip greens, giving them a tear or two with your hands. Don't worry if they overflow the pot - they will shrink down thoroughly as they cook.
5. Chop and add the tomato, and chopped chilies if desired. Let the soup come to a boil and barely cook for 5-10 minutes. Make sure the vegetables maintain their texture - don't boil too long!
6. Garnish soup with lemon juice. Sprinkle chili/red pepper flakes on top if desired.

#### **Step 2: Divide and Conquer**

As previously stated, all greens should be separated from their roots for best storage. For the most part, they can all be sautéed with olive oil and some of that delicious garlic we're getting this week. When cooking the spinach and other greens, be aware of the thickness of the stems and remove if necessary.

For winter squash and sweet potatoes (and beets for that matter), I find that the best flavor comes through when they are not divided from the skins, but rather roasted with minimal prep. For winter squash, halve and scoop out the seeds. Place face down on a greased pan. Allow to bake at 375 for 45 minutes until able to be pierced with a fork.

#### **Step 3: Everything in its Place**

One of my all time favorite soups involves a mountain of garlic with a mountain of squash or other winter vegetables. The original recipe calls for pumpkin, but a combination of squash and sweet potato would be delicious:

#### **Roasted Garlic and Sage Winter Squash Soup**

*A Noshing Confessions original*

3 or 4 heads of garlic

2 T olive oil

2-3 T fresh sage, chopped

1 T brown sugar

1 large onion

2 ribs celery, diced

3-4 cups fresh pumpkin, sweet potato or squash, peeled and 1 inch cubed

Salt and Pepper

1/2 tsp cumin

1 tsp ground coriander

1 top ground coriander

2 T honey

6 cups broth or stock (chicken or vegetable)

1. Preheat oven to 400 degrees. Remove the outer wrappings from the heads of garlic. Slice off the top of each head, so that the cloves are exposed. Place garlic on aluminum foil. Drizzle olive oil over each. Tear several sage leaves over each and press the brown sugar into and onto the exposed cloves. Wrap the garlic mixture completely in the aluminum foil and allow to roast for 30-35 minutes.

2. Meanwhile prep celery, onions and chosen squash. Heat olive oil in a medium-large stock pot over medium heat. Sauté onions, celery and pumpkin with a sprinkle of salt until onions begin to caramelize and squash begins to soften.

3. Add roasted garlic to pot along with its cooking oil. Add coriander, cumin, honey and remaining sage. Stir until fragrant. Add 1 cup of stock to deglaze the pan, scraping up any yummy bits.

4. Add remaining stock and bring to a boil. Reduce to a simmer. Cook for 20 minutes.

5. Puree or smash thoroughly using a stick blender or a potato masher. Adjust seasoning to taste. Serve with hearty bread and sautéed greens or a squeeze of lime juice, a dab of sour cream, with tortillas and black beans and rice on the side.

#### Step 4: Storage

Nearly all vegetables from this week will store for the long term if kept cool, dry and out of the light. It is how we know that it is fall and the winter is coming.

Speaking of winter, we have enjoyed our winter boxes each time we have received them from Denison Farm - especially turning the purple potatoes into purple latkes come Chanukah. I highly recommend considering the boxes for your household.

Until next time, Leah the Noshier

**Daikon Radish - a link to a great NPR posting: <http://nhpr.org/post/what-do-daikon-radishes>**

#### Pan Fried Daikon Cake (All Recipes)

1 1/2 cups grated daikon radish

1/2 cup Italian seasoned bread crumbs

2 teaspoons salt

1/2 teaspoon ground black pepper

1 clove garlic, minced

1/2 teaspoon paprika

1/2 red onion, chopped

1/2 teaspoon chile-garlic sauce

1 egg, beaten

1 1/2 cups vegetable oil for frying

Place the daikon in a large bowl and sprinkle with the salt. Refrigerate for 30 minutes.

Drain daikon. Stir in the garlic, onion, egg, bread crumbs, pepper, paprika, and chili garlic sauce. Mix well.

Form into 8, small round patties.

Pour oil into a large skillet. Heat over medium heat. Fry patties in the hot oil until firm and nicely brown, about 3 minutes per side. Drain on paper towels.

#### Roasted Daikon, Carrots, and Peppers (Sarah's Cucina Bella)

1 bunch daikon radishes (3 daikons), scrubbed and sliced into 1/4-inch rounds

4 carrots, peeled and cut into 1/4-inch rounds

1 red bell pepper, thinly sliced

1 shallot, thinly sliced

2 tbsp extra virgin olive oil

Salt and pepper, to taste

1/4 cup balsamic vinegar

Preheat the oven to 400 degrees. Combine the daikon, carrots, red peppers, shallot and olive oil on a nonstick baking sheet. Season well with salt and pepper. Roast for 25-30 minutes, stirring once or twice

until tender.

Drizzle the veggies with balsamic vinegar and return to the oven. Roast for an additional 5 minutes. Toss well and then transfer to a serving bowl.

#### **Asian Slaw with Kohlrabi, Daikon, and Hakurei Turnips** (from Eggs on Sunday)

There are two ways to prep the vegetables for this slaw: with the shredding blade on your food processor, or just by slicing them into julienne with your knife. The shredding blade on the food processor cuts them quite thinly, so the slaw will soften more quickly over time — therefore, if you're going that prep route, it's best to serve it the same day you make it. Julienne matchsticks will likely hold up for a bit longer. You could add a handful of chopped cilantro to the slaw; it would make a great addition.

1 daikon radish  
2 carrots, peeled  
1 kohlrabi, peeled  
1/2 large cucumber, sliced vertically in half and seeds scraped out with a spoon  
2 medium hakurei turnips  
4 large or 6 small scallions  
4 tablespoons rice vinegar, divided  
1 tablespoon sugar  
1/2 teaspoon kosher salt  
1 1/2 tablespoons canola oil  
1 teaspoon toasted sesame oil

Shred or julienne the vegetables. Toss them in a bowl with 3 tablespoons rice vinegar, 1 tablespoon sugar, and 1/2 teaspoon kosher salt. Let stand for 15 minutes to soften the vegetables, then drain the excess liquid that accumulates at the bottom of the bowl. Add the canola oil, sesame oil, and a splash of additional rice vinegar (I added another tablespoon) until it's the level of acidity you like.

Serve immediately, or store in the fridge until ready to serve.

Makes about 6 servings.





You received this email because you are a member of the Denison Farm CSA.

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Denison Farm  
333 Buttermilk Falls Road  
Schaghticoke, NY 12154  
518.664.2510

*Community Supported Agriculture (CSA) is a unique collaboration connecting people to a local farm and farmer. When you become a CSA member, you agree to support the costs of running the farm in exchange for a share of the harvest.*

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