



# PICKIN' & GRINNIN'



Volume 2 Issue 19

The Ledge Ends CSA Newsletter

October 24, 2006

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- Cabbage
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## Calendar of Events

**Sunday, October 29, 1-3pm—"Autumn Walk" with EG Land Trust Members at the farm**

**The last pick-up in Providence is October 31 and the last pick-up in East Greenwich is November 2.**

**LedgeEndsProduce.com**

## Membership Renewals Now Being Accepted

We're asking you to consider joining us again next year for another season of healthy eating. The cost for 2007 will be \$525 if you are **paid in full** by December 31, 2006. This is a special offer for current members only. After December 21, you'll have to pay the same price as our new members: \$550. We've had many inquiries this season and expect we will be filling up quickly, so bring back your renewal slip back next week or mail it in soon to reserve your spot. (You may reserve your spot with a deposit of \$100 or more.)

### Do you Daikon?

Many people have questions about the Daikon radish. What is it? What do I do with it? Do you expect me to eat this? We thought we'd help clear up some of the confusion. The name of this magnificent veggie comes from two Japanese words: dai (meaning large) and kon (meaning root). We're pretty happy with the size of ours, but some growers have reportedly grown roots up to 40 or 50 pounds, and with leaf top spreads of more than 2 feet.

As far as preparation goes, this is an extremely versatile vegetable that can be eaten raw in salads or cut into strips or chips for relish trays. It also can be stir-fried, grilled, baked, boiled or broiled. Daikon also is used in soups and simmered dishes. To prepare, peel skin as you would a carrot and cut for whatever style your recipe idea calls for.

Daikon is very low in calories. A 3 ounce serving contains only 18 calories. Rich in vitamin C, daikon contains active enzymes that aid digestion, particularly of starchy foods. Not only is the root eaten, but the leaves also are rich in vitamin C, beta carotene, calcium, and iron, so they are worth using instead of discarding. <http://whatscookingamerica.net/DaikonRadish.htm>

### Celeriac or Bust

For many of you, this may be the first encounter with celeriac. Although it's often called celery root, it's not actually a root, but a swollen stem. It's not something you often see in the supermarket, but many CSA's choose to grow it. Why? Well, it's very nutritious (high in potassium and fiber, low carbs) and quite tasty. It's great raw in salad or with dips, but is used mostly in fall soups.

For those of you who purchased the Asparagus to Zucchini cookbook, check out the Ode to Celeriac on page 14; also, don't forget to check out the recipes. For those of you who decided to bypass the cookbook, check out the simple

## Simple Recipes

### Radish Slaw

1/2 pound Daikon, grated  
3 cups finely shredded cabbage  
1 cup coarsely grated carrots  
1/2 cup thinly sliced red onion  
2Tbsp. vinegar  
2 Tbsp. fresh lemon juice  
1/2 tsp. sugar  
2 Tbsp. Olive oil  
1/4 to 1/3 cup mayonaisse  
2 Tbsp. fresh chopped mint, cilantro, or parsley

In a large bowl, toss together daikon, cabbage, carrots, and onion. In a smaller bowl, mix all remaining ingredients with salt and pepper to taste.

### World's Healthiest Mashed Potatoes

Ingredients:

1 1/2 pound potatoes, cubed, peeled  
1 1/2 cup diced peeled celeriac (celery root)  
1/2 teaspoon salt, divided  
2-3 cups kale, ribs removed, coarsely chopped  
2 tablespoons butter or stick margarine  
1/4 teaspoon freshly ground black pepper

Place potatoes and celeriac in a Dutch oven; cover with water. Bring to a boil. Stir in 1/4 teaspoon [salt](#); cook 20 minutes. Add kale; cook 10 minutes or until tender. Drain well; place potato mixture in a large bowl. Partially mash potatoes with a potato masher; stir in 1/4 teaspoon salt, butter, and pepper.

### Mashed Root (for people who have no potatoes)

Add carrots, sliced turnips and peeled and sliced celeriac to boiling water and boil for 10 minutes or until very tender. Drain water. Mash, adding butter, milk, salt, and pepper to taste.

### Ants on a Rock (a Trish original snack)

One bulb celeriac  
Peanut Butter  
Raisins

Peel celeriac (It's not as hard as it looks). Halve and slice into 1/2inch thick slices. Put some peanut butter on there. Then sprinkle with raisins.