

CHEQUAMEGON BAY



May/June



Did you know...

Radishes

- ✓ Radishes are members of the crucifer family and are related to broccoli, cauliflower, and cabbage.
- ✓ Radishes have been grown for thousands of years in China, Greece, and Egypt. They were once so valued in Greece, that gold statues were fashioned in their image.
- ✓ The name radish is derived from “radix” which means root.
- ✓ Radishes vary in size, shape and color. They can be white, red, purple or black, long and cylindrical or round and fat.

How to Select and Store Radishes

Radishes may be sold with or without their leaves attached. If the leaves are attached, look for bunches with crisp, green leaves as these can be added to salads. Choose globe radishes that are 1 inch or less in diameter to assure a mild flavor and a non-woody texture. Lightweight radishes are an indication that they are “pithy” and should be avoided. If the radishes have their leaves intact, remove them and store the leaves separate from the roots. Radishes should keep well for a couple weeks if stored in the vegetable crisper of the refrigerator. Scrub radishes well before use.

Ways to Eat Radishes

Radishes are most often served raw—on a veggie tray or sliced into salads. They can also be steamed, baked, or roasted. Try roasting radishes in olive oil along with other root vegetables such as beets, carrots, and potatoes.

Nutrition Benefits of Radishes

Some of the most important nutrients and minerals found in radishes include potassium, vitamin C, folate, fiber, manganese, copper, magnesium, calcium, vitamin B6, riboflavin and sodium. Radishes also contain glucosinolates – – beneficial sulfur-containing compounds that might protect you from cancer and are only found in members of the cruciferous vegetable family.



****BUY LOCAL****

Want a steady supply of local produce, but don't have the time or space to garden? **Join a local CSA!**

Community Supported Agriculture (CSA) has become a popular way for consumers to buy local, seasonal food directly from a farmer. Interested consumers can purchase a share from a CSA farmer and in return receive a box of seasonal produce each week throughout the growing season. This arrangement creates several rewards for both the farmer and the consumer.

Farmers get to spend time marketing the food early in the year, before their long days in the field begin, receive payment early in the season, which helps with the farm's cash flow, and get to know the people who eat the food they grow.

Consumers get to eat ultra-fresh food, with all the flavor and vitamin benefits, are exposed to new vegetables and new ways of cooking, can develop a relationship with the farmer who grows their food and learn more about how food is grown.

Chequamegon CSA

Ann Rosenquist, manager (715) 779-3254

<http://www.localharvest.org/chequamegon-csa-M55949>

"Weekly deliveries of fresh produce, fruit, herbs, and flowers straight from our farms. Deliveries usually begin in early to mid June and continue weekly through the fall. Optional fall boxes and bread and jam share." Pick-up sites in Ashland, Bayfield, Washburn, Cornucopia, Herbster, Iron River, Brule, LaPointe, Port Wing, and Superior.

Elsewhere Farm CSA

Clare Hintz (715) 774-3153

<http://www.elsewherefarm.com/>

"We run a 20-week summer CSA from June through October. Each week will feature six to ten different crops plus occasional cheese from Sassy Nanny and eggs from Elsewhere on a biweekly basis. We also run a winter CSA featuring fresh greens and storage crops, plus treats like apple butter and apple cider." Pick-up sites in Herbster, Washburn, Bayfield, Ashland and Iron River.

Hermit Creek Farm CSA

Landis and Steven Spickerman (715) 492-5969

<http://hermitcreekfarm.com/>

"We offer several share options for spring, summer, fall, and winter. Shares include a mix of what's in season and typically include 8 to 12 items." Pick-up sites in Highbridge, Ashland, Washburn, Bayfield, Mason, Minocqua, Superior, and Duluth.

Lake Superior CSA

Stefanie - CSA Manager, at 218-409-6406

<http://www.lakesuperiorcsa.com/>

"Cheese, fruit, meat, bread, and more. The Lake Superior CSA promotes Whole Diet local eating." Pick-up sites in Ashland, Iron River, Superior, and Duluth.

Cooking Corner



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Roasted Radishes and Greens

Ingredients

- 2 bunches radishes, bulbs and green tops (about 10 radishes)
- 1 TBSP olive oil
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper

- 1** **Cut** all but 1/2 inch tops off radishes. Roughly chop greens and place in a large heat-proof bowl. Cut radish bulbs into halves or quarters so they're all roughly the same size. Preheat the oven to 450 degrees F.
- 2** **Toss** with oil, salt and pepper and arrange on a large rimmed baking sheet.
- 3** **Roast**, stirring halfway through, until golden brown and just tender, about 18 to 20 minutes. Immediately scoop roasted radishes into the bowl with greens and toss

Find more local foods recipes at
<http://chequamegonbayfarmtoschool.weebly.com/local-foods-recipes>