

Moonshadow Farm's Moonshadow News

Summer Veggie Share August 11th, 2008
This week on the farm

Week 9



Everything is growing beautifully out in the fields. We are getting a lot of blossoms on our tomatoes and peppers out in the field and our eggplants are just beginning to fruit. We are hoping to get them in your boxes in the next few weeks. We are also very excited that our strawberries are beginning to fruit as well.

We will hopefully start harvesting them this week and be getting them in boxes once they are producing a lot of fruit. (See pictures of baby eggplant *above* and strawberries *below*.)



As anyone who shops for organic food at the grocery store you will see how corporate organics has gotten. By simply being a part of Moonshadow farm and buying locally not only lessens your dependence on big organic corporations, but it also puts money back into the local economy. For more information on this topic check out: <http://www.cornucopia.org/>

Focusing on Daikon

Daikon Radishes, which look like long white carrots, are actually members of the cabbage family! Daikon radishes can get massive; they have been known to weigh in at 50 pounds. Daikon radishes are great in salads, but even better in cooked Japanese and Indian cuisine. Since they are milder in flavor they can also be used like any other root vegetable in cooking. Daikon radishes are also known for their medicinal properties. Macrobiotic and Ayurvedic traditions rate them highly as a health promoting food. To store remove the greens from the root and store separately in a plastic bag (use the greens within a week). The unwashed root will keep in a plastic bag for up to two weeks. It is not necessary to peel the daikon radish, just wash in cold running water to remove any dirt.

In the box...

- Bell Peppers
- Daikon
- Cucumbers
- Basil
- Summer Squash
- Oregano
- Cabbage
- Beans
- Tomatoes
- Farm fresh eggs

Next Weeks Guess:

Beans, cutting celery,
Squash, dill, kale
Cucumber, peppers
farm fresh eggs
Jalapenos, cabbage

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Please remember to
return your CSA
boxes and egg cartons
to your drop-off site!

Recipes



Stir Fried Daikon (Farmer John's Cookbook, 2006)

A simple satisfying meal, which can be whipped up in minutes; this a great with teriyaki salmon and a bowl of rice.

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| 2 Tbsp. peanut oil | $\frac{1}{4}$ cup sliced scallions |
| 1 medium daikon, thinly sliced | 10-12 red radishes, thinly sliced |
| 2 Tbsp water | 2 Tbsp soy sauce |
| 1 tsp sugar (optional) | $\frac{1}{4}$ tsp hot chili oil or more to taste |

Heat the peanut oil in a wok over high heat. Add the scallions; stir-fry for 30 seconds. Add the daikon and red radishes; stir fry for 1 minutes. Add the water and continue stir-frying until all the water has evaporated. Add the soy sauce, sugar, and chili oil, mixing everything together vigorously and cooking for 30 seconds more. Immediately transfer to a serving platter.

Serves 4

Balsamic-Glazed Onions with Green Beans (Farmer's market Cooking, Sally Ann Berk, 1996)

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| 1 pound pearl onions | $\frac{1}{4}$ cup balsamic vinegar |
| 1 Tbsp unsalted butter | 1 Tbsp vegetable oil |
| 1 tsp finely chopped fresh thyme or $\frac{1}{2}$ tsp dried thyme | 1 tsp ground pepper |
| $\frac{1}{2}$ tsp salt | 2 Tbsp olive oil |
| 1 $\frac{1}{2}$ pounds green beans | |
| 1 $\frac{1}{2}$ tsp Dijon Mustard | |

Beans, which are indigenous to Central America can come in many different colors, from the most popular green to yellow wax, purple and many more.

Preheat the oven to 400 degrees. In a large saucepan of boiling water, blanch the onions for 1 minute. Drain and rinse under cold water. Trim the root ends, slip off the skins, and place in a large bowl. In a small saucepan, combine 2 Tbsp. of the balsamic vinegar, the butter, vegetable oil, thyme, $\frac{1}{4}$ tsp or salt, and $\frac{1}{2}$ tsp of the pepper and stir over low heat until the butter is melted. Pour the vinegar mixture over the onions and toss to coat. Spread the onions on a baking sheet and roast, stirring frequently, for about 40 minutes, or until evenly browned. Remove from oven and reduce temperature to 350 degrees. In a large pot of boiling salted water, blanch the green beans until just tender, about 4 minutes. Drain, refresh under cold water, and drain again. Set aside. In a large bowl combine olive oil, mustard, and whisk in the remaining 2 Tbsp on balsamic vinegar, $\frac{1}{4}$ tsp salt and $\frac{1}{2}$ tsp pepper. Add the roasted onions and green beans to the dressing and toss well. Transfer vegetables to a large casserole. Cover and bake for about 20 minutes or until heated through. *Serves 4*

Sage Roasted Squash (From Asparagus to Zucchini, 2004)

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| 2 medium zucchini | 2 Tbsp chopped fresh sage |
| 2 medium yellow crookneck squash | 1 Tbsp minced garlic |
| 2 Tbsp olive oil | salt and pepper |

Heat oven to 350 degrees. Cut squash and zucchini into 1-inch dice, toss with other ingredients, and roast until tender; 15-20 minutes. Season with salt and pepper to taste. Makes 4 servings.