



Week 6 CSA Contents:

1 whole chicken
1/2 lb kale
2 acorn squash
1 lb brussel sprouts
1 lb watermelon radishes (a radish with a thick, white skin and deep purple core)
2 lbs turnips
1 lb onions
1 lb carrots
1 lb beets
1 dz eggs
8 oz pepper havarti
Maybe....braising greens/salad mix

Ginger Pickled Winter

Carrots

Ingredients

1 lb. carrots, peeled
1 ¼ cup water
1 cup apple cider vinegar
2-3 oz raw sugar
2 cloves garlic
1 tsp dill seed
½ Tbsp sea salt
1 finger fresh ginger-peeled and sliced thin
Dash Cayenne Pepper

Directions

Cut the carrots into sticks about the size of your fourth finger. Bring a medium sized pot of lightly salted water to a boil. Drop the carrots into the boiling water and simmer for 1 minute. Drain into colander and rinse under cold water. In the same pot heat all the remaining ingredients-this is the pickling solution. Once the solution begins to boil, reduce heat and simmer for 1 hour. Remove from heat and cool to room temperature. Put the carrots into sanitized jars. Pour the pickling solution over the carrots and seal the jars. Chill in the refrigerator. Pickle for at least one day and for up to 4 weeks in the fridge.

Tart Winter Beets

Ingredients:

1 lb beets
1 cup water
1 cup white vinegar
1/3 cup honey
1 tsp ground cinnamon
2 tsp sea salt
1 sprig of fresh rosemary

Dash cayenne pepper

Directions:

Remove the tops of the beets and scrub them clean, removing all the dirt. Place in a baking dish, cover, and bake for 45 minutes at 350 degrees. Cool. Peel and cut into wedges.

In a large pot make pickling solution from remaining ingredients. Bring to a boil, then simmer for about an hour. Remove from heat and cool to room temperature. Place the beet wedges into sanitized jars. Pour the solution over the beets and seal the jars. Put the jars into the fridge for at least one day and up to 4 weeks.

Watermelon Radishes

The Watermelon radish, given name Shinrimei, is an heirloom Chinese Daikon radish. The Watermelon radish is made up of an edible globular root attached to thin stems and wavy green leaves. Its exterior is a creamy color with pale green shoulders. The Watermelon radish's flesh is white closest to the exterior becoming bright circular striations of pink and magenta. Hence the watermelon reference. Its flesh is tender crisp, succulent and firm. Its flavor is mild, only slightly peppery with almond-sweet notes. Depending on when harvested, Watermelon radishes can range in size from golf ball to soft ball.

Watermelon radishes can be served fresh or cooked, hot or cold. They pair well with fennel, apple, cheeses such as feta and chèvre, butter, creamy based dressings, vinaigrettes, bacon, white fish, cucumbers, mild salad greens, cooked eggs, noodles such as soba and udon, citrus, cilantro, mint and tarragon.

Ingredients:

1 pound watermelon radishes, trimmed
3 tablespoons olive oil, divided
1 teaspoon coarse sea salt

Directions

Preheat oven to 375°. Cut radishes into wedges. Mix with 2 tbsp. oil and put in a 2-qt. baking dish. Roast radishes, stirring occasionally, until fork tender, about 1 hour. Drizzle with remaining 1 tbsp. oil and sprinkle with sea salt.

Kale Salad with Quick-Pickled Watermelon Radish

Ingredients

1/2 cup white wine vinegar
1/4 cup sugar
Kosher salt
1 (6-ounce) watermelon radish (can substitute regular radishes)
1 (8-ounce) bunch kale
2 tablespoons extra virgin olive oil
1 tablespoon toasted pumpkin seed oil
1 teaspoon lemon juice
1 teaspoon fresh thyme leaves
Freshly ground black pepper
1/4 cup pumpkin seeds, toasted

Directions

Do ahead: In a medium bowl, combine vinegar, sugar, and 1 teaspoon salt. Thinly slice the radish using a mandoline or chef's knife, add to the bowl, and stir to combine, making sure the slices are well coated. Let stand at least 30 minutes or refrigerate up to a day before serving.

Wash the kale and pat off excess water. If the center stems are tender enough to eat, simply trim the bottom inch or two. If the center stems are thick or tough, cut or tear them out and discard or save for another dish. Slice the leaves crosswise into 1/4-inch-wide ribbons. In a large bowl, combine olive oil, pumpkin seed oil, lemon juice, thyme, a generous grind of black pepper, and a little salt. Add the kale and use your hands to massage the dressing into the leaves until they soften and wilt. Drain the radishes. Toss with the kale - OR - arrange the slices on individual plates and place the kale on top. Garnish with pumpkin seeds and serve.

Crock Pot Chicken

Rinse your chicken. Rub the outside with your favorite spice blend. You can fill the bird's cavity with carrots and onions or with lemons. Place in the crock pot. I prefer to add a cup of white wine and a cup of water. You can use apple cider and water, or even dry (depending on your type of crock pot). Roast on low for anywhere from 4-8 hours depending on your slow cooker.