

Produce list

[Note: This is the most up-to-date list, but we may not get all of these items at our pickup]

Green or Red Boston Lettuce: 1 head

Chiongia Beets: 1 bunch

(Fancy red and white striped. They look like candy canes on the inside, but taste like... beets.)

Broccoli Raab: 1 bunch

Round Carrots: 1 bunch

(This is what grew when Bugs Bunny didn't take that left turn at Albuquerque.)

Scallions: 1 bunch

Cilantro: 1 bunch

Daikon Radish: 1 bunch

Rutabagas: 2 pieces

(These are like yellow turnips.)

Potatoes: 2 lbs

More info on the share is available at:
<http://goldenearthworm.com/newsletter.htm>

CSA News

Hello, neighbors!

Winter share signup is today! The price is \$175 for 5 deliveries to take place on December 13, January 3 & 24, February 14, and March 6. A fruit share can be added on for an additional \$65.

Wanna free winter share?!? We need a site coordinator for the 5 dates. Talk to Diane and Carol at the pickup/signup tonight!

Reminder: there will be no pickup on Nov. 22nd because of Thanksgiving. Pickup for that week *only* will be Monday, Nov. 19th. The final pickup of the regular season is on Thursday, Nov. 29th.

Have a great week,

Kevin

The dish on Daikon

DAIKON RADISH (*raphanus sativus*) is also known as Oriental radish, icicle radish or Chinese radish. Daikon has a high water content and is very low in calories. It is rich in vitamin C, potassium and folate, and is a good source of magnesium. The leaves contain beta-carotene, calcium and iron, in addition to vitamin C.

From the ayurvedic perspective, daikon is a cleansing vegetable that also fortifies the liver and enhances digestion. It has a mildly pungent taste when raw (sweeter than the conventional red-skinned radish), which mellows with cooking.

To prepare the vegetable, scrub thoroughly with a brush under running water, peel with a peeler as you would a carrot, then dice or grate for use. Daikon (including fresh tops) can be stir-fried in a little olive oil, diced and added to soups or lentils during the cooking process, or it can be cut into larger pieces or rounds and steamed, grilled or baked.

Two simple recipes for Daikon are on the back!

DAIKON & SOY

from *Golden Earthworm*

- 1 ½ pounds fresh daikon, peeled and diced
- 1 teaspoon sugar
- 2 tablespoons light cooking oil
- 1 ½ tablespoons soy sauce

Put daikon in saucepan, cover with water, and boil 5 minutes. Drain well. Heat skillet, add oil, and cover, and bring to boil. Reduce heat to medium-low and cook, stirring occasionally, until daikon is tender but not mushy, about 30 minutes. Serve hot.

BEEF & DAIKON SLAW

from *Golden Earthworm*

- 2 beets, peeled and cut into 1/8-inch julienne (matchsticks)
- 1 six-inch daikon radish, peeled and cut into 1/8-inch julienne
- 1 teaspoon toasted sesame oil
- 2 teaspoons canola oil
- 1 teaspoon unsalted rice vinegar
- 1 teaspoon sea salt

Combine all ingredients in a non-reactive bowl, cover and let stand at least 1/2 hour, season to taste and serve.

MASHED RUTABAGA & APPLE

from *Veggie Venture via Golden Earthworm*

- 2 medium rutabagas
- 2 cooking apples
- 2 tablespoons butter or olive oil
- 1 tablespoon maple syrup
- Generous salt & pepper

Fill a large pot with water to cover rutabaga and apple, bring to a boil over medium high. While water heats, peel rutabagas and cut in a half-inch dice. Add to boiling water and let return to a boil. Reduce heat to medium, cover and cook until soft, about 20 minutes. Meanwhile, peel and chop apples. Once rutabagas are soft, add apples and cook another 10 minutes. Drain in a colander and transfer to a food processor. Add butter and maple syrup, process until quite smooth. Taste, season with salt and pepper. Serve immediately.

Announcements

Announcements by and for the Sunnyside CSA community. Send items to newsletter@sunnysidecsa.com by Tuesday evening; please keep them to 50 words or less.

Free range turkeys are available from Dines Farm. Order from them NOW!

Thanksgiving week: there will be no pickup on Nov. 22 because of Thanksgiving. Pickup for that week *only* will be Monday, Nov. 19.

CSA DISCOUNT AT NOURISH NYC

There is a great new health food store in the neighborhood at 43-15 Queens Blvd. The manager, Claire, is really awesome and has offered to give Sunnyside CSA members a discount now through 11/30/07. So go in and buy some healthy stuff, support local business, and mention that you are a CSA member while at the checkout for the following discounts:

- 20% off Vitamins
- 5% off Health Food & Body Care

AMAZING AND EASY BROCCOLI CHEESE SOUP

adapted by *Diane Kolack from Bon Appetit Magazine, September 2003*

- 8 cups broccoli florets (about 1 ¼ pounds)
- 2 cups low-salt chicken broth
- 1 cup cream
- 3 tablespoons butter
- 2 small diced potatoes
- 1 chopped onion
- 2 oz. good sharp cheddar
- Pinch of nutmeg
- Pinch of cumin
- salt and (white) pepper to taste

Cook broccoli until very soft but still bright green. Drain, if applicable. Ditto for the potatoes. (Steaming in a pressure cooker works great and saves time.) Sauté the onion in butter in a heavy large saucepan, and then add broth and 1 cup cream, and bring to a boil. Working in batches, puree the broccoli, potatoes, cheese, and broth mixture in a blender until smooth- about 45 seconds per batch. (Alternatively, you can use a rotary electric hand mixer directly in the pot.) Return the puree to the original pan. Add nutmeg and cumin, and season to taste with salt and pepper. Makes four filling servings.