

# BIG ROCK ORGANICS

AT LAMB OF GOD FARM

CSA NEWS LETTER      WEEK 2

## What's in the Box?

This week you will find the following fresh vegetables

Easter Egg Radishes, Green Mixture:  
mizuna, taitzo, arugula, Baby Arugula, Speckled Trout Romaine, Chioggia Beets, Kohlrabi, Dill and Tarragon

## Field News

Rainy week ..always thankful for the rain, but sometimes it just comes so fast and furious..Looks like we are in for some sunny days ahead and 90s next week That should get those veggies going!!

Contact Donna 's cell 331-254-0334 or email her at [donna@esthersplacefibers.com](mailto:donna@esthersplacefibers.com) if you have any questions



## Greetings from the farm....

*Welcome Aboard and Thank you for Supporting our Farm!!*

### **ROASTED Radishes**

Roasting transforms this spicy root vegetable into a mellow and slightly sweet side dish. Most often, fresh radish tops are thrown away. Here, they are tossed and wilted in the fragrant, herbed brown butter sauce, using the whole vegetable in a surprisingly delicious, new way. This dish pairs nicely with grilled fish or roasted chicken. It's so good, though, you might want to eat it all by itself.

#### **Ingredients:**

1 bunch easter egg radishes sliced in half



## Lamb Artisan Sausages

Next week is supposed to be in the 90s.. time to fire up the grill and try some of our locally made sausages.. all the roasted veggie recipes can be adapted for the grill.. just place the veggies in aluminum foil and add to grill for same amount of time.

**CALL, text or email TO PLACE YOUR LAMB ORDERS FROM OUR FARM and I'll bring them to the drop off**

**WE HAVE ARTISAN SAUSAGES:SUNDRIED TOMATO AND FETA, SPRING ONION AND GARLIC, SPICY AND REGULAR (\$14/PACKAGE OF 4)**

**PATTIES, GROUND AND CUBED LAMB \$8/ 1 LB PACKAGE**

2 Tablespoons olive oil

$\frac{3}{4}$  teaspoon Kosher salt

3 Tablespoons unsalted butter

2 Tablespoons fresh tarragon

### Directions

\*Radish leaves tend to be extra gritty. Rinse thoroughly in cold, clean water and let rest on layers of paper towels to dry.

Preheat oven to 425°.

Toss radishes in olive oil and salt in a medium mixing bowl.

Place cut side down on a large baking sheet. Roast in the oven for 25-30 minutes until cut sides just begin to brown and radishes are tender with a knife.

Five minutes before the radishes finish roasting, prepare the brown butter sauce. You want it hot to wilt the radish tops.

Heat a skillet on medium-high heat until hot. Add butter. It will immediately sizzle and foam. Stir with a wooden spoon for 4-5 minutes. The butter will begin to darken. Add rosemary. The butter will crackle and foam again and release the fragrance of the rosemary. Continue to cook another 3-4 minutes until it turns a beautiful, deep brown color yet not burned. Remove from heat.

Place the radishes and leaves in a large mixing bowl. Pour over the brown butter and gently toss. Place on a platter. Season with salt and pepper.

Serve immediately.

### Dress it Up

If you're planning a brunch or dinner party, you can easily double or triple this recipe to serve a large group of guests. The pinkish red radishes and bright green leaves look particularly stunning on a big white platter. They are sure to turn heads on your buffet or at the table. Different salts, like pink Himalayan or truffle salt, are a great way to finish it off. (Source: Josie's Organics)



## **CHIOGGIA BEET SALAD WITH RICOTTA AND HAZELNUTS**

### **INGREDIENTS:**

**CHIOGGIA BEETS SLICED LENGTHWISE**

**1/4 C. LEMON JUICE**

**1/4 C. OLIVE OR HAZELNUT OIL**

**1/2 TEAS SALT**

**1/4 TEAS PEPPER**

**1/2 C. CRUMBLED RICOTTA**

**1/4 C TORN TARRAGON OR DILL LEAVES (YOUR CHOICE)**

**1/2 C. CHOPPED HAZELNUTS**

**WHISK TOGETHER THE LEMON JUICE, OIL, SALT AND PEPPER  
ADD BEETS TOSS AND SPRINKLE ON REMAINING INGREDIENTS**

## What is a Chioggia Beet?

It looks like a vegetable straight out of a Dr. Seuss book, but this striped beet is very real!

The Chioggia beet (pronounced kee-OH-gee-uh), also known as the candy cane or candy stripe beet, hails from Northern Italy and became popular in the 19th century. It's most notable for its striking deep pink and white spirals, and the beet adds a beautiful pop of color to salads and soups.

Though the candy stripe beet can be prepared much like any other beet, the Chioggia has an especially sweet flavor—and it doesn't 'bleed' as much as regular beets, meaning you don't have to worry about bright red beet juice staining your fingers and clothes.

The Chioggia beet "matures very early and has a mild flavor, and so requires less cooking time than most varieties of beet. Also, they caution, "be gentle when washing beets as you don't not want to break the skin, which will allow nutrients to escape."

Tip: When boiling Chioggia beets, add a splash of lemon juice or white vinegar to keep their color from fading.(Source: Food Magazine, Lindsey Lowe, 11-20-2013)

## Health Benefits of Kohlrabi

Organic  Facts

- ✿ Reduces risk of breast and prostate cancer
- ✿ Lowers risk of stroke or heart attack
- ✿ Helps to improve digestive health
- ✿ Improves body metabolism
- ✿ Aids in weight loss
- ✿ Reduces strain on cardiovascular system
- ✿ Helps to improve nerve and muscle function



[www.organicfacts.net](http://www.organicfacts.net)

Another interesting Vegetable You have in your box this week is :

**Kohlrabi...**

**Yes, it does look like an alien vegetable..**

**Kohlrabi comes from the German word "kohl" meaning cabbage and "rabi" meaning turnip. This unusual looking vegetable originated in northern Europe IT was once the favored vegetable of the nobes . Kohlrabi did not become known in the United States until 1800. Kohlrabi tastes like cabbage but is sweeter. The Victory Gardens of the 1940s made**

## **Kohlrabi and Swiss Chard a staple in the American Diet!**

### **Here are some cooking tips we received on our FB PAGE: Big Rock ORganics at Lamb of God Farm**

- \*Raw with a sprinkle of salt
- \*Grate it and use in cole slaw
- \*Gingery Pickled Kohlrabi Matchsticks
- \*Boil until cooked thru, process to a puree in the food processer with a little milk or cream, add salt then top with shallots browned in butter.....

YUMM.. thank you for all the good ideas.. love sharing recipes with you.. until next week! Donna and family