



Notes From the Pea Patch

Foxtail Community Farm ~ Vol. 11, No. 6 ~ February 21, 2016

Farmer's Notebook

Let's face it, February is not the most inspiring month of the year. Even a mild winter tends to drag on, and it's a challenging time for those aspiring to eat local. Yesterday's 60° sun found me wishfully (but ridiculously) checking the front beds for asparagus or chives. Hoping I might I have overlooked some local treasure, I googled up a site with state-by-state monthly profiles of what's in season. The February listing for New York State was "dormant".

The reality is, come late winter things are starting to feel a bit thin. Of course I still love the stalwart root vegetables hanging out in the cooler, the onions in the pantry, the salad mix in the high tunnel, the frozen peppers and peas in the freezer - but I'm getting just a bit tired of looking at them. These days, it's hard to get revved up about making another roasted chicken, soup or stew.

So this February, I'm trying to take a fresh look at the doggedly familiar ingredients in my fridge and pantry. A nice surprise this week was a cold mixed green salad with julienned cabbage, carrots and kohlrabi, a sweet Asian dressing, crunchy noodles and almonds. It's cousin to a dish we eat all the time in the summer, but on a February night the fresh crispness was a novel and welcome contrast to stewed or roasted veggies. Another night, the lone acorn squash rolling around the back of the cupboard, cubed and roasted with cumin, coriander and chili powder, added earthy sweetness to black bean burritos topped with last summer's salsa verde.

The daikon in this week's share boxes is the perfect pick-me-up for this midwinter culinary endeavor. I'm going to ferment some with the last of our green cabbage for a small batch of kimchi, pull out the bag of edamame I froze last summer, fry a few Foxtail eggs and try my hand at homemade Korean bibimbap. Why not? It's February. ~ Rachel

This Week's Harvest

our best guess for what will be in this week's share boxes - subject to change at packing time:



daikon - these special radishes are distinguished by their white color, mild flavor and large size (the English name "daikon" is derived from the Japanese term for "large root"). These have become a staple for our fall fields because they grow well in nearly any conditions, have outstanding storage life and even help replenish soil. Often pickled or shredded in traditional Asian dishes, daikon can also be diced with other root vegetables and roasted or braised in soups and stews. See reverse for some recipe ideas. Refrigerate in a plastic bag.

chili peppers - dried in the fall from last year's harvest. Making your own crushed red pepper flakes couldn't be easier with a mortar and pestle, plastic bag and rolling pin, food processor, blender or spice grinder - take your pick of methods depending on how fine you want it and what is most convenient. You'll be very happy to have a cheerful jar of red pepper flakes in your cupboard to use as needed.



Also...

carrots
garlic
lettuce
onions
popcorn
potatoes
spinach

See the winter crop guide included with the December 12 2015 (Vol 11, No 1) newsletter for additional descriptions of winter crops.



Recipes of the Week: Daikon Inspirations

Do Chua

Translated as “pickled things”, these sweet-sour-salty Vietnamese pickles are traditionally served on Banh Mi sandwiches or as a ubiquitous table pickle. Try them with cooked Asian noodles, atop an Asian-style taco, or as a flavorful side dish.

- 1-2 daikon roots
- 1 carrot
- 2 tsp kosher salt
- 2 tbs sugar
- ½ cup white or rice vinegar
- ½ cup warm water



Peel the daikon and carrot. Cut them into very thin julienne strips, place in a colander and toss with salt. Set colander over a bowl for 30 minutes to drain (vegetables will be limp). Squeeze out as much remaining water as possible. Rinse to reduce salt, then squeeze dry again.

Combine the sugar and vinegar with warm water. Stir to dissolve the sugar completely (it may help to do this in a small pan warmed on the stove).

Pack the vegetables into a clean pint glass jar – you want to stuff them in full! Pour the brine over the vegetables in the jar. Close and refrigerate for at least two hours, preferably a day or more. Store in fridge for up to one month (this is a refrigerator pickle – if you want to keep it in the pantry, you'll need to can it in a hot water bath).



From the archives

Need more recipe ideas? Previous CSA are on our website (archive re-building in process)

<http://foxtailcommunityfarm.com/Newsletter.html>

Here are a few favorites to re-visit this week:

June 8 2015 ~ lasagna with spinach, ricotta & walnuts

June 15 2015 ~ bacon hash with duck egg

August 9 2015 ~ Moroccan spiced roasted carrots



Foxtail Farm...

pass it on

We have some CSA shares available for new members for the upcoming summer season. Our goal is to be full by April 1st. Word of mouth from current members is our best advertising, so please spread the word! If you send someone our way, ask them to let us know that you referred them – you'll receive a \$10 thank you credit from us for each new member enrolled!

Please direct anyone who may be interested to our website:

<http://foxtailcommunityfarm.com/CSA.html>

Crispy Daikon Pancakes

An Asian spin on the latke. Try these with a sriracha mayonnaise or spicy apricot sauce.

- 1 1/2 cups grated daikon
- 2 tsp salt
- 1 clove garlic, minced
- 1/2 onion, chopped
- 1 egg, beaten
- 1/2 cup bread crumbs
- 1/2 tsp ground black pepper
- 1/2 tsp paprika
- ½ tsp [chili-garlic sauce](#)
- 1/2 cup oil for pan frying

Place the daikon in a colander placed over a bowl. Sprinkle with salt and toss well. Refrigerate for 30 minutes. Remove and discard drained liquid.

In a bowl combine daikon with garlic, onion, egg, bread crumbs, pepper, paprika, and chili garlic sauce. Mix well. Form into 8, small round patties.

Heat oil in a large skillet over medium heat. Fry patties in hot oil until firm and browned on both sides, ~3 minutes per side. Drain on paper towels.