



Red Ace Beets
Brussels Sprouts Leaves
Sugarsnax Carrots
Kale
Wildfire Salad Mix
Strawberries
Purple Top White Globe Turnips

Vegetable of the Week: Red Ace Beets

Why beets rule (an abbreviated summary):

- 1) They're good for your brain! Naturally-occurring nitrates in beets are converted to nitric oxide in the body, dilating blood vessels and upping blood and oxygen delivery to the brain.
- 2) They're good for your eyes! Lutein and zeaxanthin in beets support retinal health. So, no real way to demonstrate this one but I was always taught that if the internet says something then it's got to be true, especially if it serves your purposes
- ...
- 1,283) Sugar that isn't high-fructose corn syrup!

Beets really are one of my favorite garden vegetables and Red Ace are my favorite variety in particular. They've got really nice greens, the prettiest vivid red stems and the juiciest, sweetest roots of any beet that isn't golden. Careful with the juice, it stains.

Recipes:

If you don't eat meat, then I understand, but if you're not a vegetarian or a vegan and you're not cooking bacon with your greens, well then I just don't know what you're doing with your life. I can appreciate a good greens' earthy and mildly sweet flavor unadulterated, but I'm not exactly rearing for a plateful of raw collards when I get home at night. Don't get me wrong - I love greens. Love 'em. Adore 'em. But, for me, they're really a pleasant conduit for whatever I'm really trying to get in my belly but would lose my self-respect by eating straight from the jar, i.e. butter, salt, honey, *bacon*...

Best reason to cook greens with bacon: after you enjoy the meat itself, the next 3 meals that come outta that skillet carry bacon overtones. That means those scrambled eggs Sunday morning are now bacon-flavored. Same with the sweet potatoes and the hash browns. They call that value where I come from :).

By the way, it's probably always been like this forever but I feel like my newsletter soapboxing's gotten a little out of hand this session, and I'm sorry. The authoritative big-boy voice is really my only move and if I didn't adopt it whenever I sat down to write this thing it wouldn't get done at all. Just bear with me and feel free to shove a kohlrabi in my yapper the next time you see me at market. My coworkers will be glad to show you how it's done.

Brussels Sprout Greens with Bacon and White Beans

1 bunch brussels sprout greens, shredded
1 can white beans, rinsed
4 oz. bacon ends (we sell them)
1 tsp. hot chili paste (optional)
salt + pepper

- 1) In a large skillet, crisp the bacon ends over medium heat, turning them occasionally and removing the smaller pieces so they don't burn. When they're crisp, remove them from the pan and chop them into small pieces.
- 2) Drain most of the fat from the pan and reserve for later use.
- 3) Turn the heat back to medium. Add a handful of greens and cook until they soften, turning them occasionally. Once they're soft, add more and repeat until all of the greens are in the pan and cooked.
- 4) Add the bacon and the beans to the pan, along with the paste if you're using it. Salt and pepper, to taste, although if you need much salt even after cooking everything in all that bacon you should probably stop putting your tongue on hot irons because your taste buds have been burned complexly off.

Turnip and Kale Hash with Eggs

1 1/2 tbsp. butter
3 medium turnips
1 large shallot or small onion
2 cups kale, chopped
1 tbsp. Dijon mustard
salt + pepper
2-4 eggs
Bacon, optional

- 1) Grate shallots and turnips or chop into thin, short strips.
- 2) Melt 1 tbsp. butter in a large saucepan over medium-high heat. Add shallots, turnips and bacon if you're using. Season with salt and pepper. Sauté ~5-7 minutes, until turnips begin to brown, then add kale and stir until it wilts. Cook 5-7 more minutes. Stir in mustard.
- 3) Carve out 2-4 holes in hash for each egg. Add the rest of the butter to the holes and crack an egg into each. Use a spatula to flip when the bottom sets. (You can just make the eggs in a separate pan if you're not so interested in going for style points).

'Nother quick way to cook up those turnips...

Same way I do mashed sweet potatoes. Chop the bulbs in half and then length-wise. Bring enough salted water to get 'em all submerged to a boil and cook 'em until they soften. Drain the water and mash 'em up with some salt and as much butter as you can handle.