

FALL CSA NEWSLETTER, WEEK 2



Hakurei Turnips
Braising Mix
Arugula
Salad Mix
Purple Basil
White Icicle Radishes
Peppers, Farmer's Choice

Hello, Arugula!

I feel like Arugula, *aka.* Rocket or Roquette, has gotten a bad rep as far as greens go. Maybe it is Arugula's many aliases or bitterness? I am hoping you will give this underdog of the mustard family a second chance and so I have compiled a couple of recipes that will make this leafy green (rich in Vitamin C and Minerals, I must add) more palatable.

Raw arugula tossed in a salad or on a bacon sammich isn't for everyone, I agree.

The "horseradish-y" after bite does pair nicely with a well-prepared steak and to accentuate the nuttiness you could use pecans and Asiago cheese for a smooth pesto to dollop on said steak for a delicious dinner and for the next day use as a spread on sliced bread with left over steak slices.

Rocket Pesto!

makes about 1 1/2 cups

1/4 C toasted Inglewood Pecans; toss pecans in your dry iron skillet until they start to brown, cool

2 C Arugula

1/2 C Asiago cheese (1.5 ozs)

1/2 C pecan oil

1 clove garlic, smashed

Salt + Pepper

Combine the arugula, cheese, oil, garlic and pecans in blender or food processor; process until thoroughly incorporated and smooth. Season with S+P to taste. Leftover pesto may be stored in the fridge or frozen for later use.

Roquette Pesto Salad Dressing

Blend Rocket Pesto!, pecan oil, and balsamic vinegar until desired dressing consistency and taste. Serve over a bed of tender salad greens, sliced radishes and turnips and chopped peppers.

Cooking arugula greens and radishes will curb the sharp bite that many associate with these two feisty... wait, did I just say “cooked radishes”? I did! Yes, you can cook radishes and after you do so you will wonder why you have gone this long eating all your radishes raw.

Sautéed Radishes with Radish Greens and Arugula

erves 4

¼ C butter

1-bunch radishes, quartered

4 C radish greens/arugula (or any cooking green, really)

2 TBSP fresh squeezed lemon juice, about one small lemon

salt + freshly ground pepper

Melt butter in large skillet, over med heat. Add radishes and cook, stirring constantly, until tender but crisp, about 5 mins depending on size. Transfer to bowl and cool.

In the same skillet add your greens with wash water still clinging to the leaves. Cook over med heat, stirring constantly, until wilting, 2-3 mins.

Turn off the heat and add the lemon juice and radishes to the skillet; and combined. Season with salt and pepper to taste. Serve immediately.

Expect a large variety of root vegetables this season. As the days become shorter and colder the roots become bigger and sweeter. Carrots particularly love the cold and will become crisp and sweet after the first frost. Carrots require healthy soil to move around and grow deep into the earth. Not only are they the sweetest and most loved of the root vegetables but also Rudolf Steiner considered them the “most truly root of all vegetables”.



Field Manager, Christian, conditioning the field for carrots on our antique Allis Chalmers tractor.

Putting the Community in Community Supported Agriculture, virtually.

Please share your favorite recipes with us! We will be sure to include one member recipe each week in our CSA newsletter. We also encourage playing with your food, so take pictures and share them with us, too! All recipes, pictures, comments and requests can be sent to CSA@inglewoodfarm.com. You can also like us on Facebook and follow us on Instagram.

Enjoy!