

ROLLING PRAIRIE

notes from rolling prairie farmers alliance

WEEK OF OCTOBER 11
2009

Coming Up



Buttered Radishes?

From a British [website](#):

Traditionally served raw, the radish is delicious cooked, as in this quick, simple and tasty pan-cooked side dish to accompany poultry or game.

Ingredients

250 g radishes
25 g butter
pinches of salt and sugar
balsamic vinegar
fresh dill leaves

Method

Top and tail the radishes then wash them well. Melt the butter in a saucepan over medium heat. Don't let it get too brown, as it will then taste burnt and bitter. Add the radishes, sugar and salt. Shake the pan to coat the radishes then saute for 2 to 3 minutes. Add a splash of water and a similar amount of balsamic vinegar to the pan, shake again, then cover and cook gently for around 10 minutes. Serve hot, garnished with feathery dill leaves. The peppery flavour of the dill complements the radishes very well, while the sugar and balsamic vinegar add a sweet and sour note.



MICHAEL POLLAN :
IN DEFENSE OF FOOD

FOOD FOR THOUGHT

EAT FOOD * NOT TOO MUCH * MOSTLY PLANTS

RADISHES AND TURNIPS MAKE A COMEBACK

Fall is a good time to revisit the cool season vegetables. Many of those are the leafy greens that are so good for us, but don't forget those good ol' root veggies and their unique flavors.

I know, "unique" can be a euphemism for "weird." But, really, the unique flavors of radishes and turnips can be an enjoyable treat, by themselves or in combination with other foods.

Bob Lominska has some helpful suggestions:

"Fall radishes are abundant now. This is good news for most, but

some of us do not care for radishes that are consumed in the classic way: That is, raw with dip or sliced in salads, adding color and crunch.

Radishes can also be cooked. They are excellent in stir fry dishes, added to soup or stew, or roasted with other root crops. An online search will reveal a wealth of recipes.

Enjoy the bounty. This is part of what eating seasonally is all about."

And while you're at it, don't forget to eat your greens!

