

Four Friends' CSA News

The Bean Pole

October 14, 2008

2008 Season

Issue No. 38

Dear Shareholders and Friends,

This week's harvest includes: Tomatoes, cherry tomatoes, Winter Squash, sweet peppers, Swiss chard, carrots, and Daikon radishes.

"Italian Tomato Sauce"

This recipe makes plenty for a big pan of Lasagne or Parmesan.

1. Sauté in a large kettle:

3 Tbs. olive oil
1 cup chopped onion
1 Tbs. minced garlic
1 cup chopped green pepper
2 Tsp. Basil
1 Tsp. oregano
2 bay leaves
2 Tsp. of salt

2. When Onions are clear and very soft, add:

1 1 lb.-13 oz. can tomato puree
1 6-oz. can tomato paste
2 Tbs. dry red wine
1 cup freshly-chopped tomatoes
¼ Tsp. black pepper

3. Turn the heat way down. Cover and simmer at least 45 minutes, stirring occasionally, then add:

½ cup freshly chopped parsley
(if necessary, more salt and pepper)

Optional: ...1/2 lb. coarsely chopped mushrooms
(sautéed with step 1)

½ cup grated parmesan or Romano
(add last)**

* The Italian Tomato Sauce recipe is from page 66 of The Moosewood Cookbook, by Mollie Katzen.

VEGGIE OF THE WEEK: DAIKON RADISH

The Daikon radish, also called the Chinese radish, is a popular Asian vegetable. It is a root that looks similar to a carrot except that it is typically white in color and large in size. For example, a Daikon radish is sized from approximately 5-20 inches in length and 2-4 inches in width. While most Daikon radishes are white, there are also some varieties that appear as yellow or black. They can be eaten raw; however, they have a hotter flavor than red radishes so be aware of this when using them in this manner. Daikon radishes can be added to salads or to relishes, and are also commonly used in stir-fries.

One of the benefits to using Daikon radishes in recipes is its nutritional value. An adult serving, containing approximately 3 ounces, is only 19 calories. Additionally, Daikon radishes provide a good source of vitamin C. They are great for dieters who can eat them raw in salads or, who can sauté them in a light broth to eat as a side dish or main meal.

GOOD NEWS FOR CHILDREN AND PARENTS...

(spread the word)

Grant Program to Fund Fresh Produce Programs at Elementary Schools



Deadline: November 7, 2008

[The Love Your Veggies grant program](#) is sponsored by the makers of Hidden Valley Salad Dressings in partnership with the [School Nutrition Foundation](#) and is supported by the [Produce for Better Health Foundation](#)

The program will award grants to elementary schools (grades k-6) across the United States in support of programs that help provide students with increased access to and consumption of fresh, healthy foods made available through an on-campus vegetable consumption program.

The program will award ten grants of \$15,000 each. Each grant award will support an elementary school in developing a program offering fresh vegetables and fruits lasting through the 2009-10 school year.

Grant awards will be based on proposals that demonstrate need, sustainability, innovation, and potential for community involvement. Funding must be spent on any of the following: fresh produce (vegetables and fruits); a vegetable station (such as a dedicated salad bar); kitchen equipment (primary usage must relate to the proposed program); program staffing (cafeteria personnel, lunch-room staff, etc.); nutrition education supplies; or food safety training.

[Visit the program's Website](#) for complete guidelines and an application form.

SURVEY COMING SOON...

Only two more weeks left till the end of the season!

In the next week or two, Four Friends CSA will be sending out a survey to gain your feedback. Your feedback is very important to us! We want to know from you, our member, what works and does not work, along with your likes and dislikes. So keep a look out.