



THE CO-OP **Produce** NEWSLETTER

A monthly publication for members of the Olympia Food Co-op and its surrounding communities

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SPOTLIGHT ON: *Spring Vegetables*

April is upon us, and with it a slow (but magnificent!) stream of local produce is flowing through our department. It's always a little tough to predict what April will bring us, and so much of it depends on how much sun and warm weather we get in the next 2 weeks (as I'm writing this on March 14th, the weather keeps shifting between brilliant sunshine and little bursts of rain). It's always exciting to see and taste the first treats that spring brings us.
-Erin, OFC Produce Manager

Local Produce You Will Likely See In April

- Arugula
- Radishes
- Bok Choi
- Baby Spinach
- Salad Greens (maybe)
- Purple Sprouting Broccoli (maybe)

The greens from early spring radishes are tender, juicy, and delicious...don't compost them, eat them! Try adding them to salad greens or tossing them in with smoothies. Radish greens are also tasty when sautéed briefly in olive with garlic, salt, and pepper.

When you're feeling tired and run down and need a quick snack that will make you feel refreshed and hydrated, try eating a bunch of raw baby bok choy!



Farmers thinning salad turnips at Piece by Piece Farm

With their crunchy stems, mild flavor, and delicate texture, they make a great, quick veggie snack, and are perfect for dipping into hummus. ■

Happy Eating!
Erin
Olympia Food Co-op Produce Manager

RECIPE CORNER

Sautéed Radishes

Gourmet, July 2001

- 2 bunches radishes with greens attached
- 1 1/4 tablespoons unsalted butter
- 1/2 teaspoon sea salt
- 1 garlic clove, minced
- 1 1/2 tablespoons chopped fresh chives or green onions

1. Cut greens from radishes and coarsely chop. Trim radishes and cut lengthwise into 1/2-inch wedges.

2. Heat 3/4 tablespoon butter in a 12-inch heavy skillet over moderately high heat until foam subsides, then sauté radish wedges with salt, stirring, until crisp-tender, about 12 minutes. Transfer to a platter and keep warm, loosely covered.

3. Sauté garlic in remaining butter in skillet over moderately high heat, stirring, until fragrant, about 30 seconds. Add greens and sauté, stirring, until wilted, about 1 minute.

4. Return radish wedges to skillet and stir in chives or green onions.

Arugula Pesto

epicurious, September 2012

- 1/2 cup walnut pieces
- 1 garlic clove, minced
- 2 cups packed arugula leaves
- 1/2 cup freshly grated Parmesan cheese
- Kosher salt
- 1 cup extra-virgin olive oil

In a food processor, combine the walnuts, garlic, arugula, Parmesan, and 1 tsp salt and pulse to blend. With the machine running, pour in the olive oil through the food tube in a slow, steady stream and process until smooth, stopping to scrape down the sides of the bowl as needed. Taste and adjust the seasonings.

Spinach Salad with Strawberries

Gourmet, July 2007

- 2 1/2 tablespoons balsamic or strawberry vinegar
- 3 tablespoons olive oil
- 5 ounces baby spinach (about 8 cups)
- 1/2 pound strawberries, cut lengthwise into thick slices (1 1/2 cups)
- 1/2 cup pecan halves, toasted and cooled

Whisk together vinegar, a rounded 1/4 teaspoon salt, and 1/8 teaspoon pepper in a small bowl, then add oil in a slow stream, whisking well. Put spinach, strawberries, and pecans in a large bowl and toss with just enough vinaigrette to lightly coat.



Top: Arugula Pesto

Bottom: Spinach Salad with Strawberries