



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

April 2019

April

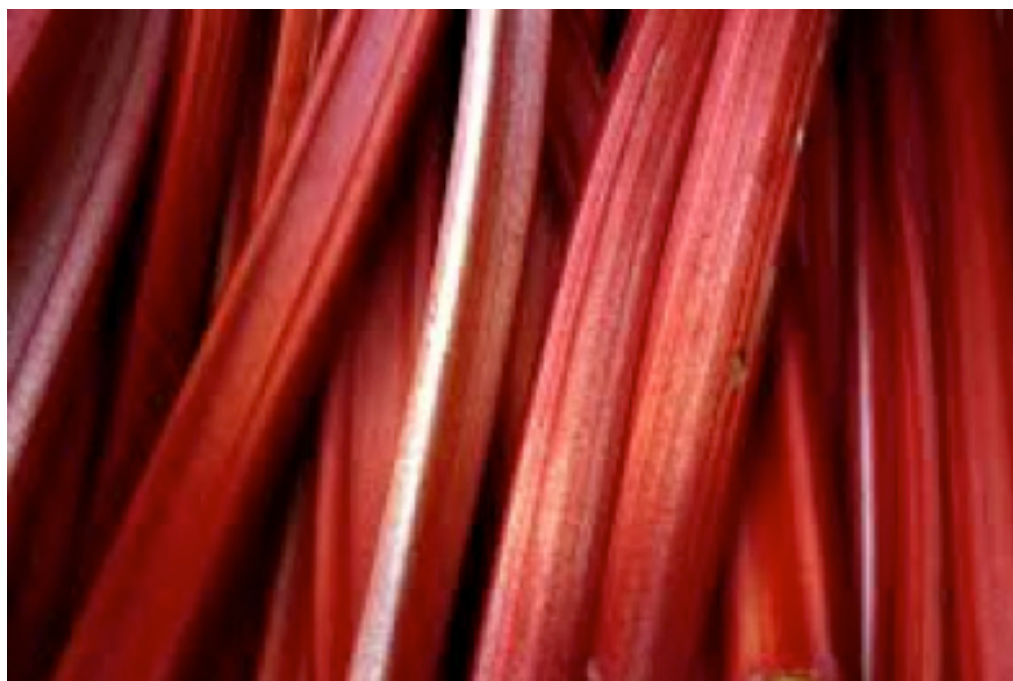
The Start of the Local Season!

You can expect to see a few locally grown greens in April—arugula, spinach, salad mix, and maybe bok choy if we're lucky. Fresh spring greens are tender, juicy, and such a treat after a winter of eating greens grown for shipping rather than for their delicate flavor. You can also expect to see radishes and rhubarb. I was wishing there was a recipe that called for both, and of course with some Googling, I found that there is! It's called Strawberry, Rhubarb and Radish Salad, but we all know its secret name is Spring R&R! I haven't made it yet, but it sounds delicious, and I can't wait to try it out. One note from the recipe—raw rhubarb is SOUR. I love it, but be prepared for that. ■

Strawberry, Rhubarb and Radish Salad

Adapted very slightly from Louisa Shafia's New Persian Kitchen

- 2 T. white balsamic vinegar, divided (use regular balsamic if that's what you have)
- 3 T. olive oil, divided
- 1 clove garlic, finely minced
- 4 cups loosely packed salad mix
- 1 handful fresh spearmint leaves
- 1 rhubarb stalk, thinly shaved into half moons
- 3 radishes, thinly shaved
- 5-7 strawberries, hulled and quartered (about 1 cup)



Savor: Radishes

from foodandnutrition.org

- Toasted pistachios, chopped, for garnish
- Sea salt and freshly ground black pepper

In a large bowl, whisk together 1 tablespoon vinegar, 2 tablespoons olive oil and the garlic. Add the salad mix and mint and toss to coat with your hands. Season with salt and pepper and arrange on a large plate.

In the same bowl, combine the rhubarb, radishes, and strawberries. Drizzle with the remaining 1 tablespoon vinegar and 1 tablespoon oil, and season with salt and pepper. Mix well and spoon over the greens.

Garnish with pistachios and serve. ■

On average, a 1-cup serving of raw radishes has about 4 grams of carbohydrate and nearly 1 gram of protein in fewer than 20 calories. This serving is an excellent source of vitamin C. A cup of raw radishes also delivers 8 percent of the Daily Value of potassium and 7 percent of the Daily Value of folate. Additionally, radishes are considered low-FODMAP and are among the most hydrating vegetables with a water content of more than 95 percent. Brightly colored varieties — including the common red globe, bi-colored French breakfast, watermelon and purple daikon, as well as Spanish black radishes — contain pigments with antioxidant properties. Rich hues

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indicate the presence of anthocyanins, which research suggests may help decrease inflammation and cancerous tumor growth, possibly offering protection from heart diseases and certain cancers.



Like other cruciferous vegetables in the Brassica family, radishes are rich in a unique group of phytochemicals called glucosinolates. When radishes and other raw cruciferous vegetables are broken down by chopping or chewing, sulfurous isothiocyanate compounds with potential anticarcinogenic properties are produced. These isothiocyanates are responsible for some of the spiciness in radishes — the greater the isothiocyanate concentration, the hotter the taste. ■

In Season Elsewhere...Mangoes!

April is mango season in much of Mexico, and if you've ever been to Mexico in April, you likely remember the many tables of fresh mango for sale. When mangoes are in season, they strike that perfect balance between sweet and tangy, and the texture can range from creamy and smooth to firmer and juicier. Some mangoes like the Ataulfo variety pictured here, turn yellow as they ripen. Other varieties such as Tommy Atkin and Kent, start to turn slightly red, but retain a green color on the outside, while having bright yellow flesh inside. Mangoes are a delicious treat, and when they're perfectly ripe can be just about one of the tastiest fruits out there. Recently a co-worker brought chunks of fresh mango to a meeting and I was reminded of just how fabulous they are. If you are longing for peach season to be here, try a fresh mango... they really capture that luscious, sunny flavor I associate with summer. ■

Mango Nutrition

from eatfresh.org

Mangoes are good sources of:

- Vitamin A keeps our eyes working, our immune system strong, and our cells growing.

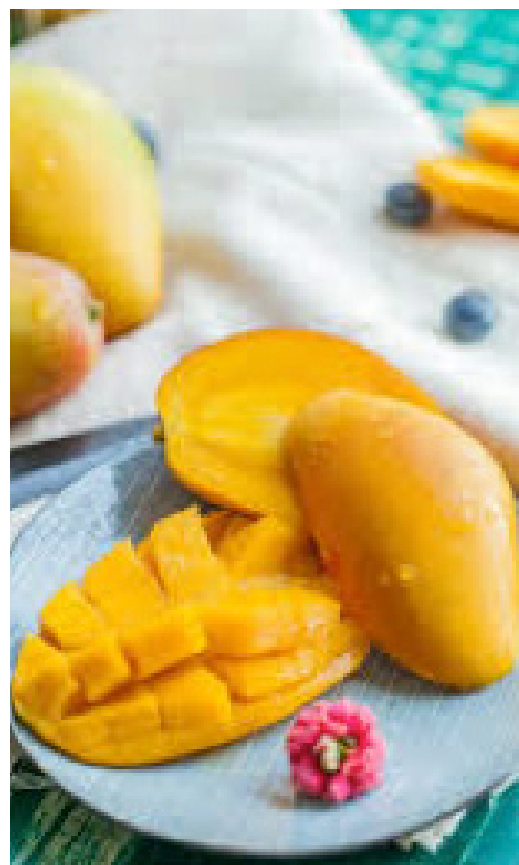
- Vitamin C keeps our immune system strong and helps our bodies heal quickly.
- Vitamin E protects cells in our body from damage and keeps our immune system healthy.
- Potassium, a type of electrolyte, helps build muscle and keeps your heart healthy.

Mango Salsa

from cookieandkate.com

- 3 ripe Ataulfo mangos, diced
- 1 medium red bell pepper, chopped
- ½ cup chopped red onion
- ¼ cup packed fresh cilantro leaves, chopped
- 1 jalapeño, seeded and minced
- 1 large lime, juiced (about ¼ cup lime juice)
- to ¼ teaspoon salt, to taste

In a serving bowl, combine the prepared mango, bell pepper, onion, cilantro and jalapeño. Drizzle with the juice of one lime and mix well. Season to taste with salt. For best flavor, let the salsa rest for 10 minutes or longer. ■



*-Erin, Produce Manager
Olympia Food Co-op*