

Four Friends CSA News

The Bean Pole

September 9, 2008

2008 Season

Issue No. 33

Dear Shareholders and Friends,

This week's harvest list is as follows: Tomatoes, culinary herbs, garlic, Summer squash, radishes, green beans, peppers, eggplant, and mixed lettuce.

Here's an old favorite recipe for eggplant pate from the Moosewood Cookbook by Mollie Katzen:

"Baba Ganouj"

This recipe makes enough to fill six people who are dipping vegetables and bread into it and calling it Dinner.

Start this 3 hours ahead of time. Eggplants need slow baking and cooling.

2 medium-sized eggplants
Juice from one good sized lemon
½ cup tahini
3 medium cloves of garlic, crushed
½ cup of finely-chopped parsley
1 Tsp. salt (more to taste)
¼ cup finely minced scallions (optional)
Lots of fresh black pepper
1 Tbs. olive oil

Preheat oven to 400 degrees

Cut off the stem-ends of the eggplants, and prick them* all over with a fork. Place them on an oven rack directly, and let them roast slowly until completely pooped (about 45 minutes). When they are sagging, wrinkled, crumpled and totally soft, you'll know they're ready. Remove them gingerly from the oven, and wait until cool enough to handle. Scoop the insides out and mash well. Combine with all other ingredients, except olive oil. Chill the Ganouj completely, and drizzle the oil over the top just before serving.

*Eggplants, not stem-ends."

VEGGIE OF THE WEEK: RADISH

Preparation, uses, and tips

Wash and trim radishes just before using, being careful to remove any sand, and soak them in ice water for an hour or two to increase their crispness. Use sliced raw red radishes in salads, or braise sliced daikon in a little sesame oil and serve hot.

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Nutritional Highlights

Radishes, 1 cup (88g) (raw, sliced)

Calories: 23

Protein: 0.69g

Carbohydrate: 4.2g

Total Fat: 0.63g

Fiber: 1.85g

*Excellent source of: [Vitamin C](#) (26.4mg)

Daikon, 1 radish, 7 inches (17cm) long (oriental radish, raw)

Calories: 61

Protein: 2.03g

Carbohydrate: 13.9g

Total Fat: 0.34g

Fiber: 5.4g

*Excellent source of: [Potassium](#) (767mg), [Vitamin C](#) (74mg), and [Folate](#) (95mcg)

*Good source of: [Magnesium](#) (54mg)

Organic crops higher in flavonoids, better for the heart

(From the Rodale Institute or www.rodaleinstitute.org)

A 10-year comparison of organic and conventional finds higher levels of beneficial flavonoids in organic tomatoes.

Researchers at the University of California-Davis (California) found that the mean levels of the two beneficial compounds measured for the decade were more than 80 percent higher in organic tomatoes. Further, while the flavonoid levels were fairly stable in tomatoes from the conventional fields, the levels increased more markedly over time in the organic samples as soil organic matter quality improved.

Some research suggests that flavonoids protect against cardiovascular disease and, to a lesser extent, against cancer and other age-related diseases such as dementia.

FARM NEWS

Sadly, the 12 week flower share is over. **Blue Skys Flower Farm** would like to thank you for your support. If you have any suggestions or likes/dislikes, please pass them on to Christina.

Reminder that the Southside Community Land Trust **HOE DOWN** is this Saturday at Urban Edge Farm from 4 to 8. Did I mention that John and Mis of **Big Train Farm** will be performing? There will be lots of food prepared by Johnson and Wales, as well as, children`s activities, dancing and farm tours.

HAVE A GREAT WEEK EVERYONE