

# Four Friends' CSA Newsletter

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## The Bean Pole

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September 30, 2008

2008 Season

Issue No. 36

**Dear Shareholders and Friends,**

This week's farm share contains: cooking green bunches, onions, sweet potatoes, watermelon, mixed lettuce, basil, and carrots.

### "Carrot-Yogurt Salad"

1 lb. carrots - coarsely grated  
2 medium apples - grated  
1 cup firm yogurt  
1 Tbs. honey  
Pinch of celery seed  
Juice from one small lemon  
A few dashes each of salt and pepper

Optional variations:

1 Tbs. toasted sesame seeds  
¼ cup toasted sunflower seeds  
    Or almonds or cashews  
A handful of raisins  
½ cup of finely minced celery  
½ cup of chopped fresh pineapple

Combine all ingredients, mix well, and chill.

### Cole Slaw Variation

Make Cole Slaw the same way, but let it sit several hours.

Substitute 4 cups finely-shredded cabbage and 2 large, grated carrots for the 1 lb. of carrots. Increase salt and pepper.

Use half yogurt and half mayonnaise.

Substitute 3 Tbs. vinegar for the lemon juice.

Same optional variations (try using several variations together) and add to your list of choices:

½ cup minced green pepper  
½ cup thinly sliced red onion."

The Carrot-Yogurt Salad recipe and the Cole Slaw variations can be found in The Moosewood Cookbook by Mollie Katzen on page 55.



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## Carrots

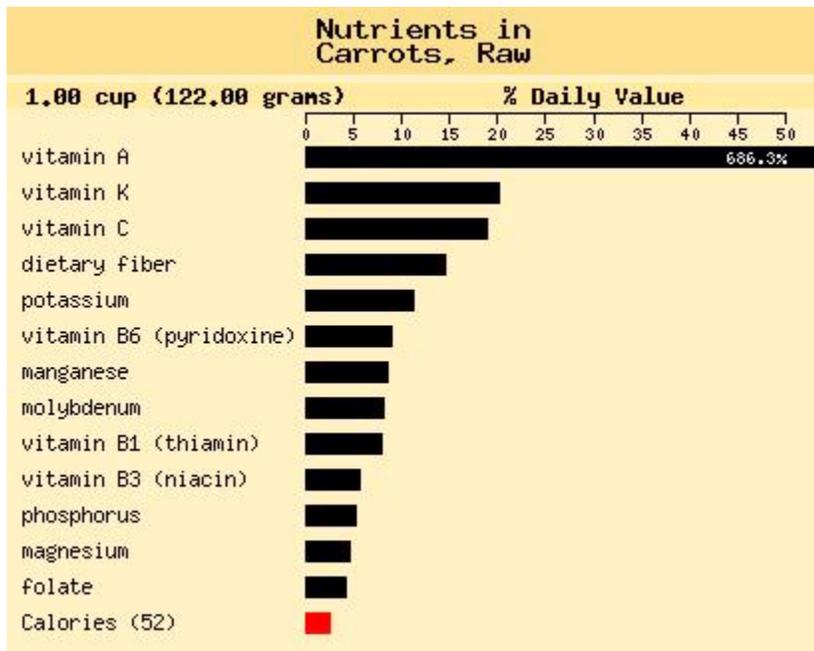
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Easy to pack and perfect as crudité for that favorite dip, the crunchy texture and sweet taste of carrots is popular among both adults and children. Although they are shipped around the country from California throughout the year, locally grown carrots are in season in the summer and fall when they are the freshest and most flavorful.

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The carrot has a thick, fleshy, deeply colored root, which grows underground, and feathery green leaves that emerge above ground. It is known scientifically as *Daucus carota*, a name that can be traced back to ancient Roman writings of the 3rd century. Carrots belong to the Umbelliferae family along with parsnips, fennel caraway, cumin and dill which all have the umbrella-like flower clusters that characterize this family of plants.

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### Tips for Preparing Carrots:

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Wash carrot roots and gently scrub them with a vegetable brush right before eating. Unless the carrots are old, thick or not grown organically, it is not necessary to peel them. If they are not organically grown, peel them; most all conventionally grown carrots are grown using pesticides and other chemicals. If the stem end is green, it should be cut away as it will be bitter. Depending upon the recipe or your personal preference, carrots can be left whole or julienned, grated, shredded or sliced into sticks or rounds.

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Carrots are delicious eaten raw or cooked. Beta-carotene is not destroyed by cooking; in fact, cooking breaks down the fiber, making this nutrient and carrots' sugars more available, thus also making them taste sweeter. Take care not to overcook carrots, however, to ensure that they retain their maximum flavor and nutritional content.

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**FAST FACTS :: :: ::**

While specialty crops grow on less than 3 percent of the agricultural acreage in the United States, their value represents almost 40% of the U.S. crop dollars!

Specialty crops include vegetables, fruits, herbs, tree nuts, flowers and ornamental crops. In 2007, USDA had 192.5 million for specialty crop research, which was conducted in 32 states.