



Boánn's Banks

Sustainable Agriculture Along the Broad River

May 18, 2002

This Week at Market

- Lettuce "Rouge de Grenoblouse" and "New York Head"
- Mesclun Salad Mix
- Mustard "Minzuna", "Purple Wave", "Tatsoi", and "Osaka Purple"
- Arugula
- Chinese Cabbage "China Choy"
- Lambs' Quarters
- Turnip Greens
- Edible Broccoli flowers
- Beet Greens
- Turnip Roots, "Gold Ball"
- Radishes, "Black Spanish", "French Breakfast", "Cherry Belle", "White Icicle"

Spring Potato Salad with Radishes

2 oz. new potatoes, peeled and cut into 1/2 inch pieces, about 3 1/2 cups

8 oz. asparagus or broccoli raab, trimmed and cut into 1 inch pieces

1/4 cup green peas

1 T rice or white wine vinegar

3/4 cup sliced radishes

1/2 cup creamy herb dressing

Place potatoes in a large saucepan with enough water to cover and bring to a boil. Boil until potatoes are nearly tender, about 2 minutes. Add asparagus and peas and cook until asparagus are barely tender, about 2 minutes. Transfer vegetables to a colander and drain. Place vegetables in a large bowl, add vinegar and toss to coat. Add the radishes and the creamy tarragon dressing and toss to coat. Serve warm or cover and refrigerate until cold, about 1 hour.



Hello! Spring is quickly turning to summer, and the farm is beginning to show it. The tender spring greens are losing their battle to the sun and are fading. The mustards greens love the heat, becoming more fiery themselves. The spring root crops are nearly ready, including carrots, parsnips, turnips, beets, radishes, and rutabagas. The tomato plants are starting to bloom (even those still in their trays), and the other plants in the ground are starting to spread their leaves.

We still have a lot to plant, but the weather is cooperating and the ground is ready. Our soil was good to begin with, but with the addition of organic cricket manure (spread by hand) has made it better.

Tragedy struck the farm this week when a pack of domestic dogs made a quick run though our land. In a terrible few minutes, half our chicken flock, nearly forty birds, was killed. These dogs were

people's pets allowed to run free, and our animals paid the price for the dog owners' irresponsibility. We'll replace the birds, but this means there won't be enough eggs to go around until late fall. We'll still have ten or twenty dozen available each week beginning late next month or early July, and we'll let you know when to be expecting them.

One way to reserve yourself a steady supply of eggs and unusual heirloom vegetables is to become a Boánn's Banks Meal Plan subscriber. Pre-paying makes market buying easier and more economical for you and gives us the financial flexibility to better work with what Mother Nature surprises us with. Ask us or visit our website for more information.

Thanks for coming to market this week. Eat well!

-- Chris and Eric Wagoner
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Featured Vegetable

This week's featured vegetable is one of the oldest heirloom vegetables of all: the Spanish Black Radish, *Raphanus sativus*. Radishes get their English name from the latin *radix*, meaning "root". These roots, members of the mustard family, were domesticated in China at the dawn of civilization. They made their way to Egypt before the pyramids were built. They were so revered by the Greeks that they carved replicas out of gold (turnips only warranted lead).

This cultivar of radish is was widely grown in Spain throughout the middle ages. It was one of the first plants brought over by the explorers and conquistadors to the Americas. It has a medium heat level, and its white flesh contrasts beautifully with the black skin, making a striking presentation when grated onto a leafy salad. It is often boiled as well, and can be cooked with mashed potatoes to add a little bite. You can also use it as you would a daikon, adding it to stir fry dishes. This radish keeps very well, and can be kept in the refrigerator. Simply cut or grate off a little as you need it. The leaves ca also be eaten, used just like mustard greens.