

Cruciferous Vegetables Are Superstars!



Cruciferous vegetables belong to the large Brassicaceae or mustard family and contain sulfur-containing glucosinolates that gives them a distinctive aroma and taste. In terms of conventional nutrients (vitamins, minerals, proteins, carbs, and fats), you will not find another vegetable group that is as high in vitamin A carotenoids, vitamin C, folic acid, and fiber as the cruciferous vegetables. As a group, the cruciferous vegetables are simply superstars in these conventional nutrient areas.

Cruciferous vegetables that you may see in your farm shares later this fall/winter include: Brussels sprouts, broccoli, several leafy vegetables such as bok choy, collard greens, kale, cabbage, Swiss chard, turnip greens, arugula, mustard greens, kohlrabi, and some of the commonly consumed cruciferous root vegetables such as radishes and turnips.



The cholesterol-lowering ability of steamed mustard greens is second only to steamed collard greens and steamed kale in a recent study of cruciferous vegetables.

RECIPES

These are the most bountiful vegetables this week: radishes, roselle pods, okra, arugula, eggplant, Malabar spinach and rosemary. Check out our [Newsletter Archive](#) for additional recipes.

[Roasted radishes with rosemary](#)

3 Cups Radishes,
halved
2 Teaspoons Sea Salt
10 Black
Peppercorns
3 Sprigs Fresh
Organic Rosemary
3 Tablespoons Olive
Oil
Radish Tops, Stems
Removed

Preheat oven to 425 degrees. Remove the stems from the radish, separate leaves from the stems and set leaves aside. Chop radishes in halves or quarters, depending on the size and shape. You want the radishes to be cut roughly the same size so they will roast evenly.

With a mortar & pestle, grind 1 teaspoon sea salt along with your peppercorns until well ground. Give the rosemary a rough chop.

Toss 2 tablespoons of olive oil, rosemary, salt and pepper in with the radishes until well covered. Pour onto a non-stick baking sheet. Bake in the oven at 425 for 30-35 minutes, or until the radishes are browned and crisp. Remove from oven. In a large sauté pan, heat remaining tablespoon of olive oil over medium heat. Add the radish top leaves, 1 teaspoon salt and sauté until wilted. Toss radishes in with radish tops and serve immediately.

Roasted Eggplant and Arugula Salad

5 tablespoons olive oil
One 1-pound eggplant—peeled,
sliced crosswise 1 inch thick and
each slice cut into 4 strips
Salt and freshly ground pepper
2 tablespoons balsamic vinegar
8 cups bite-size pieces of arugula

Preheat the oven to 450°. Pour 2 tablespoons of the oil onto a baking sheet and dip each strip of eggplant into the oil to coat. Season the strips with salt and pepper. Roast the eggplant on the bottom shelf of the oven until tender and deep brown on the underside, about 25 minutes. Using a metal spatula, scrape up the eggplant and transfer to a plate. In a small bowl, combine the remaining 3 tablespoons olive oil with the balsamic vinegar, 1/2 teaspoon salt and 1/4 teaspoon pepper. In a large bowl, toss the arugula with 3 tablespoons of the dressing. Transfer the salad to a platter and arrange the roasted eggplant on top. Drizzle the eggplant with the remaining 2 tablespoons of dressing and serve.

Veggie ID

Sweet potato greens/leaves



These are the delicious leaves of the sweet potatoes. To prepare, blanch first (drop in boiling water for 1-2 minutes), then add to stir-fry or curries. Another great way to enjoy these tasty greens is to blanch, then sauté in sesame oil and top with soy sauce and toasted sesame seeds.

Sweet Potato Greens in Coconut Cream

Ingredients:

1 large bunch sweet potato greens
1 tablespoon vegetable oil
2 shallots, minced
1 clove garlic, minced
1 teaspoon minced fresh ginger root (from a 1/2-inch piece)
2 teaspoons grated fresh turmeric root, or 1 teaspoon ground turmeric
1 red thai chili, finely sliced
2-inch lemon grass stalk, trimmed and finely sliced
1 to 2 teaspoons soy sauce, or to taste
1 cup coconut cream plus 1 cup water (or substitute 2 cups light or regular coconut milk)
2 to 3 teaspoons raw or brown sugar, or to taste
Salt and pepper, to taste

Directions:

Bring a large pot of water to a rolling boil. Trim off any thick stems from greens. Add to boiling water and blanch for 60 seconds, then immediately transfer greens to a bowl filled with ice water to stop the cooking. Drain.

Heat oil in a large pan or wok over medium heat. Add shallots, garlic, ginger, turmeric, chili, and lemongrass and stir until fragrant, 1 to 2 minutes. Stir in soy sauce.

Add coconut cream and water (or coconut milk) and bring to a simmer. Add blanched greens and return to a boil; reduce heat to low and simmer for 2 minutes. Add sugar and season with salt and pepper to taste. Spoon into bowls and serve with rice.