

Rethink

The Radish

THE ORGANIC BOX NEWS

Issue #2, Week of May 24th, 2010

Welcome to the second issue of **The Organic Box News!** The newsletter provides members with a list of their weekly Box contents, along with useful tips and news regarding composting, the sustainability fund, and organic food stories and recipes. Please send all your stories, recipes and ideas to Miranda at miranda@theorganicbox.ca.

Did you know that the Sunny Boy Cereal you know and love is produced in Camrose, Alberta? Their mill has maintained organic certification for over 13 years and will be participating in the new Canadian Organic Standard! www.sunnyboyfoods.com

This week's Organic Box:

	Item	Source
Bunch	Broccoli	Lakeside
1	Celery	Deardorff Family Farms
Bunch	Green Onions	Earthbound
Bunch	Radishes * Recipe in Box	Evergreen Gardens
Bag	Spring Mix Lettuce	Peas On Earth
Bag	Spinach	Peas On Earth
2	D'Anjou Pears	CMI Washington State
Bunch	Nante Carrots	Something Good
5	Valencia Oranges	Sonora Growers Association
3	BC Vine Tomatoes - Orange	Fresh One Farms
5	Pink Lady Washington State Apples	Dovex Fruit Company
Bag	White Button Mushrooms	Mountainview
1	Long English Cucumber	Origino
Medium	Avocado	Fairtrasa (Fairtrade)
Bunch	Bananas	Bos Salitral (Fairtrade)

Many people have been asking us about organic add-ons (bread, honey, wine, etc) and the short answer is stay-tuned! We are already planning for Bread, Eggs and potentially En santé Winery products! Stay tuned for more details about this soon.

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Radishes are inexpensive to buy and easy to grow but they're also a bit of an acquired taste. Their peppery bite is unusual and sometimes radishes get overlooked because people don't really know what to do with them. Typically they are eaten raw or sliced up into a salad but they are also



delicious roasted, or with sea salt, or pickled with herbs. A very popular way to eat radishes is on bread with butter, plain or herbed, and topped with slices of radish and a sprinkle of sea salt. Simply slice some good white bread, top each piece with a slather of butter, top with thinly sliced radishes and

sprinkle with sea salt. Garnish with chopped chives and fresh ground pepper if desired. Radishes contain significant levels of vitamin C and are also known to stimulate appetite. Cruciferous plants, which include radish, broccoli and cabbage, are linked with anti-cancer properties.

Roasted Radishes with Soy Sauce and Toasted Sesame Seed

(Makes 3-4 servings, recipe from Kalyn's Kitchen and slightly adapted from Vegetables Every Day by Jack Bishop.)

20 medium radishes, trimmed and cut into fourths (use all red, or a mixture of red and white)

1 1/2 Tablespoons roasted peanut oil

1-2 Tablespoons soy sauce (I used about 1 1/2 Tablespoons)

2 green onions sliced thin

1 Tablespoon sesame seeds, toasted in a dry pan

Preheat oven to 425 F. Wash radishes, trim ends, peel if needed, and cut into same size pieces. Cut green onions into thin slices. Toss radishes with peanut oil, then roast about 20 minutes, stirring one or two times. When radishes are tender and starting to brown, remove from oven, toss with soy sauce to coat and mix in green onion slices. Put back in oven and roast about 5 minutes more. During final five minutes roasting time, put the sesame seed in a dry pan and toast over hot stove for about 2 minutes, or until starting to brown. Remove radishes from oven, place in serving bowl and sprinkle with toasted sesame seeds. Serve hot.

The Shared Heap – Composting Tips and News

Included in this week's box are composting information pamphlets from The City of Edmonton. Miranda recently graduated from the City's Master Composter/Recycler Program which is the longest-running of its kind in Canada. There are currently over 240 graduates of the program who learn about environmental stewardship including the history of waste management in Edmonton, home composting, household hazardous waste, vermin-composting and residential recycling. If you would like help with your compost, you can request a 'compost doctor' from the Waste Management Branch and a Master Composter Volunteer will come to your house!

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