Radishes & Carrots

Radishes: In the spring & fall we have round radishes in red, pink, purple & white; in the fall we also have long Oriental daikon radishes, & we're experimenting with other varieties! All are a crisp, zingy addition to salads & slaws, or for snacking. You can also stir-fry, roast or grill radishes; this makes them sweet.

Carrots: One of our favorite vegetables to grow, & everybody's favorite vegetable to dig! Remember that carrots grow deep in the ground, so they might be crooked shapes & assorted sizes -- all good. From pinky-finger size to enormous, they're a delicious source of Vitamin A & beta carotene; big carrots are just as sweet as small ones. Steam or bake carrots; herbs & oil or butter enhance the flavor. Soups & stews need them, & don't forget carrot cake & muffins. Thin-slice, shred or grate raw carrot into salads or slaw; raw carrot sticks are a crunchy, healthy snack, plain or with peanut butter or hummus! Once you've had a fresh, local carrot, you'll NEVER buy supermarket carrots again.

(pictured above: late spring radishes, & early autumn carrots)