



## Chow Locally News

Thanks, as always, for participating in our **Chow Share** program. We hope you're loving it, feeling healthier, and feeling great about supporting local agriculture! More and more is going on all the time at Chow Locally, so check out the updates and info below.

### **If you are new to the Chow Share...**

We sent along some details of how the program works (and of course you can read more on our site). But, as a refresher, you can expect to receive 7-10 varieties of fresh local produce each week in your share. The food, recipes, nutrition info, billing, and all other details are handled automatically for you! If, however, you want to postpone your share, change account details, or cancel at any time, you can easily do so by logging into your account and using our simple account tools.

### **Even more pick-up locations!**

We've had lots of requests for new Chow Locally pick-up locations, and we're happy to oblige. You can now choose any of the following locations to pick up your Chow Share:

- [Downtown Phoenix Farmers' Market](#) (Saturday mornings)
- [Old Town Scottsdale Farmers' Market](#) (Saturday mornings)
- [Ahwatukee Farmers' Market](#) (Sunday mornings)
- [Tempe Farmers' Market](#) at Farmer and University (Friday evenings 'til midnight!)
- [The Hive & Bees Knees](#) at 16<sup>th</sup> St. and McDowell (Saturday afternoons)
- [Spread the Weird Studio](#) at 5<sup>th</sup> St. and Garfield (Sunday mornings)
- [Gangplank](#) at Arizona Ave. and Frye Rd. in Chandler (Wednesday nights)
- [44 Munroe](#) at Munroe and 1<sup>st</sup> Avenue in downtown Phoenix (Saturday mornings)

We're adding locations all the time, and if you're interested in establishing a pick-up location for your neighborhood or business, you can let us know here:

<http://www.chowlocally.com/community/coordinate>

### **Download the full pamphlet pdf:**

Some of our customers like the hard copy pamphlet, and others like an electronic version. So, from now on we'll supply our news and sharelist as a hard copy, with the full pdf available online! You can access that here:










<http://www.chowlocally.com/files/chowshare6a.pdf>

We love helping you connect with local foods and businesses! Please keep in touch with us if you have questions, ideas, or comments.

Derek and Chris, Chow Locally Co-Founders

# Your Chow Share

This week's share includes fruits and vegetables from five local farmers: Crooked Sky Farms, Maya's Farm, Seacat Gardens, Blue Sky Farm, and Agritopia Farm. To learn more about our farmers, visit their profiles at: <http://www.chowlocally.com/farms>

Item	Picture	Farm	Description
Daikon Radish		Agritopia Farm	Daikon is a white, spicy radish that is filled with vitamin C, potassium, and fiber. Enjoy raw or cooked (see recipe).
Oro Blanco Grapefruit		Agritopia Farm	Oro Blanco grapefruit is sweeter and has fewer seeds than a standard grapefruit. Great as a snack or juiced.
Red Romaine Lettuce		Blue Sky Organic Farms	Red romaine is an excellent green for fresh mixed salads. See the recipes for other ideas as well.
French Breakfast Radish		Blue Sky Organic Farms	French breakfast radishes are generally milder than summer radishes and good raw or cooked.
Peacock Kale (purple or white)		Blue Sky Organic Farms	Peacock kale is beautifully purple or white, sometimes resembling coral. Cook up just like any other kale and enjoy!
Fennel		Blue Sky Organic Farms	Fennel is an amazingly flavorful vegetable and adds an exciting hint of licorice to any recipe.
Batavian Head Lettuce		Seacat Gardens	Seacat's farm specializes in unique heirloom varieties of leafy greens, such as this amazing Batavian Lettuce.
Sweet Potatoes		Crooked Sky Farms	Can't go wrong with these stand-by's. Enjoy sweet potatoes as part of a dish or heated up as a snack!
Bunching Onions		Maya's Farm	Bunching onions are excellent in salads, soups, and a variety of other recipes.

# Recipes

Provided this week by the New York Times, EatingWell.com, and your very own Chow Locally

## Sweet Potato Quesadillas

### *Ingredients*

- 2 sweet potatoes
- 1.5 cups shredded Monterey Jack cheese
- 1 large, sliced zucchini
- 2 cups spinach
- 1 cup red onion, diced
- 4 large, whole wheat tortillas

### *Preparation*

1. Peel and coarsely chop sweet potatoes, then boil until soft (easily pierced by fork). Drain, mash, and set aside.
2. Meanwhile, sauté onions and zucchini together with olive oil on medium heat, until onion is tender, but still a bit crispy.
3. Spray a large pan or skillet with Pam or similar spray oil, then lay one tortilla down over medium heat. Create a layer of shredded cheese, then sprinkle sliced zucchini and onion evenly. Evenly distribute sweet potato mash as another layer.
4. Add a layer of spinach and sprinkle more cheese (it'll act like a glue, holding the quesadilla together). Finally, top with another tortilla. Cook until browned on the bottom, then flip and cook for another 2-3 minutes.
5. Slide onto a plate, and serve with a dollop of sour cream (or plain non-fat Greek yogurt) and/or guacamole.

### *Makes 2 servings*

Nutrition facts for one serving: 770 calories; 28g fat (16g saturated fat); 16g carbohydrates (16g fiber); 34g protein; 75mg cholesterol; 770mg sodium

## **Butter Poached French Radishes**

(see demo at: <http://vimeo.com/31213100>)

### *Ingredients*

- 3 tablespoons butter
- 1 bunch radishes, greens removed
- Salt and pepper, to taste
- 1 tablespoon olive oil
- 2 tablespoons balsamic vinegar
- 1/4 vegetable broth
- 1/4 pound or more red romaine lettuce

### *Preparation*

1. Slice radishes in half length-wise. In the meantime, heat up a sauté pan at medium to high heat. Melt 3 tablespoons butter in the pan.
2. Add radishes and salt to taste.
3. Add pepper and olive oil.
4. Bring down to medium heat and cook for roughly 3-4 minutes. Finally, add balsamic vinegar and vegetable broth. Cook for another 2-3 minutes.
5. Dish out radishes onto a bed of greens, and use remaining liquid as dressing.

Makes 2 servings

Nutrition facts for one serving: 225 calories; 24g fat (12g saturated fat); 2g carbohydrates (1g fiber); 1g protein; 46mg cholesterol; 700mg sodium

## Simple Fennel and Chicken (or Veggie Meat) Flatbread

### *Ingredients*

- 2 teaspoons extra-virgin olive oil
- 1 bulb fennel, quartered, cored and thinly sliced, plus 1 tablespoon chopped feathery tops for garnish
- 1 red bell pepper, thinly sliced
- 8 ounces boneless, skinless chicken breast, very thinly sliced crosswise (or vegetarian meat equivalent, such as seitan)
- 4 6 1/2-inch whole-wheat pitas, or eight 4-inch whole-wheat pitas
- 1 cup shredded provolone cheese (or your cheese of choice)
- Freshly ground pepper, to taste

### *Preparation*

1. Preheat oven to 500°F.
2. Heat oil in a large nonstick skillet over medium heat. Add fennel and bell pepper and cook, stirring often, until the vegetables begin to soften, about 5 minutes. Add chicken and cook another 5 minutes, stirring often, until the vegetables are tender and the chicken is cooked through.
3. Place pitas on a baking sheet and top each with an equal portion of the chicken and vegetable mixture; sprinkle with cheese and pepper. Bake until the cheese melts and turns golden, 10 to 15 minutes. Sprinkle with chopped fennel tops and serve warm.

### *Makes 4 servings*

Nutrition facts for one serving: 447 calories; 13g fat (6g saturated fat); 53g carbohydrates (10g fiber); 30g protein; 6mg cholesterol; 660mg sodium

## Sweet, Pickled Daikon Radish (you *can* pickle, really!)

### *Ingredients*

- 1 cup rice vinegar
- 1 cup water
- 1 cup sugar
- 1/4 teaspoon turmeric
- 1 pound daikon radish
- 1/4 cup kosher salt

### *Preparation*

1. In a small saucepan, over medium heat, add the vinegar, water, sugar, and turmeric. Bring to a boil, stirring to dissolve the sugar. Remove from heat and allow it to cool.
2. Meanwhile, peel the daikon radish and slice into 1/4-inch thick rounds. (If your daikon is very large, slice the rounds into semicircles.) Place in a colander with salt and mix well. Place the colander over a bowl and let drain for 1 hour.
3. Rinse the salt off with a couple of changes of water and dry the daikon well. Put into a sterilized glass jar. Pour the cooled brine through a coffee filter (or cheesecloth or lined strainer) into the jar to cover the radish slices.
4. Refrigerate at least 4 hours, preferably overnight. Will keep for about 2 weeks.

### *Makes 5 servings*

Nutrition facts for one serving: 200 calories; 0g fat (0g saturated fat); 44g carbohydrates (2g fiber); 2g protein; 0mg cholesterol; 500mg sodium

# *Snack Ideas*

*Prepared by Christopher Wharton*

1. *Salad-in-a-Bag throughout the week (still a good one!):*
  - a. *Chop and mix your greens from this week's share. Simply bag up (or put in glass, sealable containers) 1-2 cups of greens per bag. Store in the refrigerator and pack in your lunch for daily salads on-the-go at work. (Divvy up 1-2 tablespoons of your favorite dressing into mini-containers to bring with your portable salads.)*
  
2. *Sweet Potato Burritos*
  - a. *If you follow one of the recipes above and make the sweet potato quesadillas, you might end up with some extra sweet potato mash. If that's the case, scoop some into a reusable container and pack it into your lunch with a tortilla or two and some shredded cheese. If you have a microwave at work, just scoop the mash out onto the tortilla, sprinkle the cheese on, roll up and nuke! You'll have yourself a 2-minute, healthy-as-heck lunch!*