

# Fresh Veggie Series



## Vine & Fig Educational Outreach Program

Produce provided by Radical Roots Farm, St. Isidore Homestead & Permaculture, and Jubilee Climate Farm

### This Week's Produce Items:

Lettuce/Salad Mix, Head Lettuce, Spinach, Herb,  
Salad Turnips or Radishes

### Recipe of the Week:

Pickled Radishes or Salad Turnips

#### Ingredients:

- 1 bunch radishes or salad turnips (stems and roots removed) and cut into slices
- ½ cup white or apple cider vinegar
- ⅓ cup sugar
- ¼ cup water
- 1 tsp. salt
- 1 tsp. mustard seeds (yellow or black)
- ½ tsp. ground black pepper
- 1 bay leaf
- ½ tsp. crushed dry red pepper flakes

#### Instructions:

1. Place radishes or salad turnips in a hot, sterilized jar. Bring vinegar, sugar, water, salt, peppers, mustard seeds and bay leaf to a boil.
2. Ladle hot pickling liquid over radishes. Cover with lid to finger tight. Let cool on a wire rack (about an hour). Chill for 6 hours before serving. Store in the refrigerator for up to 4 months.

#### Notes:

- Greens from radishes, turnips and beets can be used similar to other greens like kale, swiss chard and spinach! Storage tips for fresh radishes and salad turnips:
- Store radishes and salad turnips unwashed in a plastic bag in the refrigerator for 1-2 weeks or wash and put in water for up to 1 week.



[vinefigeducation.org/recipes](http://vinefigeducation.org/recipes)

