

# The Fresh Veggie Series

## Vine & Fig Educational Outreach Program

### This Week's Produce Items:

Radish/turnip, kale, salad mix, red lettuce, spinach, herb

### Recipe of the week:

#### Pickled Radish

##### Ingredients

- A bunch of radishes!
- 1 cup white vinegar
- 1 cup water
- 2 ½ tablespoons cane sugar
- 1 tablespoon sea salt
- ½ teaspoon peppercorn

##### Directions

1. Thinly slice radishes and place in a jar.
2. Heat vinegar, water, sugar, and salt in a pan over medium heat. Stir until sugar and salt dissolve.
3. Pour brine over radishes, then stir in peppercorns. Let cool and chill until ready to consume.

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#### Pickled Turnip

##### Ingredients

- 1 ½ cups distilled water
- 2 tablespoons kosher salt
- ½ cup distilled white vinegar
- A bunch of small turnips, cut into batons

##### Optional for color:

- 1 small beet, peeled & cut into batons
- Red pepper flakes

##### Directions

1. In a bowl, combine distilled water and kosher salt. Stir until salt dissolves, then stir in vinegar.
2. Place turnips, beet, and 7 red pepper flakes in a jar. Pour brine into the jar.
3. Cover tightly and refrigerate!

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#### Sautéed Radish & Turnip Greens

##### Ingredients

- 4 cups radish & turnip greens
- 4 whole garlic cloves minced
- 2 tablespoons olive oil
- 1 pinch red pepper flakes
- 1 pinch salt

##### Directions

1. Wash greens thoroughly!
2. Heat olive oil over medium-low heat in a medium pan.
3. Add minced garlic and cook until it browns.
4. Add red pepper and cook for 20-30 seconds.
5. Add greens and stir constantly until they are covered in oil and completely wilted and cooked down. Enjoy!