

# July's Healthy Harvests

## Minnesota Grown's Guide to Summer Produce

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We can't wait for July's fresh produce! Now that summer is in full swing, we're looking forward to all the flavorful and farm-fresh produce that are signatures of the season. Get tasty cooking tips and learn something new about daikon radishes, fennel, green beans, and beets in this guide to June's healthy harvests. As always, we've included some fantastically fresh recipes using seasonal produce you can find at your local farmers market, co-op, or grocer!



DAIKON RADISH

**Daikon Radishes** originate from the Mediterranean region and are an integral part of Japanese culinary traditions, but we're lucky enough to have them growing right here in Minnesota! Daikon have long, cylindrical roots, smooth, creamy white skin, and crisp, juicy white flesh. Its flavor varies throughout the plant. The thickest part of the root closest to the top is the sweetest whereas the narrow bottom part of the root is peppery and pungent.

**Storage:** Daikon stores well in the refrigerator placed in a sealed container to maintain high humidity. You can extend their storage life to eight months by blanching them for two to three minutes and freezing.

**Tasty tips:**

- Add raw leaves to rice dishes, soups, or salads. Daikon leaves are particularly spicy—a biting and delicious wakeup call for our Minnesota taste buds!
- Replace shredded cabbage with daikon radishes for a refreshing summer slaw.

# Pickled Daikon Radish

1 lb daikon (1 very large radish or 2 medium)  
¼ - ½ cup sugar  
1-2 Tablespoons salt  
2 Tablespoons rice vinegar  
1 quart jar

Cut the daikon in half lengthwise. Slice very thinly - to about 1/16th of an inch.

Bring the sugar, salt, and vinegar to boil, stirring to dissolve sugar. Once it boiling, take the mixture off heat and pour over the sliced daikon.

Let cool and pour in the quart jar. Place closed jar in the refrigerator and let sit for 3-4 days before eating.

Recipe courtesy of [Minnesota Food Association](#)



FENNEL

**Fennel**, commonly used as both a vegetable and an herb, has a distinct but mild flavor with an aroma reminiscent of licorice and anise. The bulb, stalk, leaves, seeds, and flowers of fennel can all be eaten, making for a deliciously diverse plant! Its pollen, though not often seen outside of fine-dining establishments, is sought after by culinary enthusiasts for its signature hints of citrus and honey as well as its ability to heighten savory, umami flavors in culinary dishes.

**Storage:** Store stalks and bulb separately in plastic bags for up to one week. Fennel can be blanched and stored in the freezer, but has been found to lose some of its flavor in the process. Dried fennel seeds can be stored in an airtight container or in the refrigerator to preserve freshness.



### Tasty tips:

- Slice fennel stalks and mix into stir-fries or tomato sauces. To avoid over-cooking and losing its delicate flavor, add fennel late in the cooking process.
- Eat it as you would a carrot or celery stick for a light, but refreshing snack.
- Pan-fry fennel slices coated with egg and bread crumbs until golden brown for a delicious side dish.

## Arugula, Fennel and Prosciutto Flat Bread

2 pieces lavash or other flatbread, halved  
1 tablespoon extra-virgin olive oil, plus more for brushing  
1/2 cup grated fontina or parmesan cheese (about 2 ounces)  
4 ounces thinly sliced prosciutto, torn  
4 cups arugula, sliced thin  
1 bulb fennel, halved, cored and thinly sliced  
2 tablespoons roughly chopped fresh parsley  
1/2 red onion, thinly sliced  
2 tablespoons balsamic vinegar  
kosher salt and freshly ground pepper

Preheat a grill to medium. Lightly brush the flatbread with olive oil, then grill until marked on the bottom, about 2 minutes. Flip the bread and immediately top with the cheese. Continue grilling until the cheese melts, about 2 minutes. Transfer to a platter and top with the prosciutto.

Combine the arugula, fennel, parsley and red onion in a large bowl. Drizzle with the vinegar and 1 tablespoon olive oil; season with salt and pepper and toss. Pile on top of the pizzas.

Recipe courtesy of [Minnesota Fresh Farm](#)



## GREEN BEANS

Minnesota is a great place to find fresh, local **green beans**. Though we usually think of traditional dark green beans, this vegetable comes in many colors and patterns! Look for yellow wax beans, dark purple beans, or striped purple/green/yellow bean varieties next time you're at the market, co-op or local grocer! They are also good sources of vitamins A and C.

**Storage:** Refrigerate green beans unwashed and in a sealed plastic bag. To freeze, blanch for two to three minutes and they will last up to six months in the freezer.

### Tasty Tips:

- Fry green beans in tempura batter following [this recipe](#) from the New York Times. It's the perfect fried snack to satisfy our cravings for the unique fried foods we look forward to enjoying at the Minnesota State Fair every year.

- Pickle green beans and garnish a homemade bloody Mary or serve as a side with local pork.
- Try roasted green beans on your next hot sandwich — they pair deliciously with bacon and eggs in a breakfast sandwich!

## Lesty Green Beans

2 pounds green beans with the ends trimmed off  
 1 tablespoon extra-virgin olive oil  
 3-4 tablespoons butter or margarine  
 3 large garlic cloves, minced  
 1 1/2 teaspoons red pepper flakes  
 Lemon zest or lemon pepper to taste  
 Sprinkle salt to taste  
 3 tablespoons Parmesan cheese

Use a steamer to blanch the green beans. Steam them until they are as bright green as you can get them while still remaining crisp and crunchy.

In a skillet, heat butter, oil, garlic cloves, and herbs over medium heat until the garlic is clear, but not dark brown. Add the green beans and cover with the oil.

Remove from heat and add the Parmesan cheese while oil is hot.

Recipe courtesy of [Pahl's Market](#)



BEETS

**Beets** have it all! This veggie is packed with vitamins and minerals, has a wide range of flavors and textures, can be prepared in a multitude of ways, and is grown easily here in Minnesota. We typically think of its popular ruby-red hue, but beets can also be white, yellow, or red with white stripes! Though often thrown away, beet greens are terrific whether cooked or uncooked, have a similar flavor to Swiss chard, and are full of nutrients.

**Storage:** Trim leaves from the beet root and refrigerate separately in plastic bags for up to one week.

### Tasty Tips:

- Keep your appetizers fresh and local with [this recipe](#) for Roasted Beet and Walnut Dip.
- Concoct a vibrant beet cocktail using flavor pairings like ginger, rosemary, or citrus.
- Sauté beet greens and add to your next pasta dish or sauce.



# Beet and Apple Salad



4 medium beets  
1 cup apples, peeled and diced  
2 tbsp. vegetable oil  
2 tbsp. red wine vinegar  
2 tbsp. lemon juice  
1/4 cup honey  
1/2 tsp. salt

In a covered saucepan, cook beets in boiling water until tender, about 20 minutes. Peel and dice.

In a medium bowl, whisk together oil, vinegar, lemon juice, honey and salt.

Add beets and apples and toss to coat.

*Recipe courtesy of [St. Paul Farmers Market](#)*