

RADISHES AREN'T JUST FOR SALADS

They're just as good for you cooked, maybe even better, because cooking tames their spicy flavor, so it's easier to eat more of them.

Roast, Air Fry, Saute or Dehydrate

Prep your radishes ahead of time but washing & trimming the greens & roots.



WEEK OF JULY 5 Farm Box Meals

Radishes ~

Radishes get a soft, potato-like texture when you cook them, and taste great when fried crispy on the outside. Cook & serve them where you would serve potatoes for a tasty, keto side dish!

Air Fryer Radish Chips

- 1 bunch radishes
- 2 tsp Toomey's seasoning
- Or a mix of garlic powder, onion powder, salt, paprika, black pepper
- 1 T Coconut Oil (it has a high heat point)

1. Wash radishes well and cut off roots. Trim steams, leaving 1/4-1/2 inch.
2. Use a Food Processor or Mandolin and slice the radishes.
3. Add coconut and mix well. Grease Air Fryer basket.
4. Add radishes to basket.
5. Cook at 360 degrees for 8 minutes, shaking a few times.
6. Dump radishes back into mixing bowl. Add seasoning and cook at 400 for 5 minutes, shaking halfway through.



Mushrooms ~

Put a meatfree Mushroom Burger on the grill!

- 1 T olive oil
- 8 oz sliced fresh mushrooms
- 1/2 onion, finely chopped
- 2 cloves garlic, minced
- 1/2 tsp salt
- 1/2 tsp black pepper
- 1/2 tsp dried oregano
- 1/3 C rolled oats
- 1/2 C dry bread crumbs
- 1 eggs, beaten
- 1/4 C freshly shredded Parmigiano-Reggiano cheese
- 1 T olive oil

1. Heat 1 T olive oil in a large skillet over medium heat; add mushrooms, onion, and garlic to the hot oil and season with salt, black pepper, and oregano. Cook and stir mushroom mixture until mushroom juice has almost evaporated, about 10 minutes. Transfer cooked mushrooms to a cutting board and chop into small chunks with a knife or gently pulse in a food processor.
2. Transfer mushrooms to a large bowl. Mix in rolled oats & breadcrumbs; taste for salt and black pepper & add more to taste. Stir Parmigiano-Reggiano cheese into the mixture, followed by eggs. Let mixture stand for the crumbs to soak up excess liquid, about 15 minutes. (At this point you can refrigerate the mixture to cook later if desired.) Moisten hands with a little vegetable oil or water, pick up about 1/4 C of mixture, and form into burgers.
3. Heat remaining olive oil in a skillet over medium heat and pan-fry burgers until browned & cooked through ~ 5 minutes.



In honor
of the
4th of
July

We won't be
delivering on
Mon, July 5th

YOUR DELIVERY DAY MAY BE CHANGING

Some of our delivery days have changed in order to optimize our delivery routes & minimize our carbon emissions. None have been pushed more than one day. We'll contact you with the new schedule prior to your next delivery. Contact us if you have any questions.
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