

**News from the farm:** Soon, we'll be in over our heads in a whole lot of veggies--many of which are great for canning and preserving. Each year I make roasted heirloom tomatoes, salsa, pesto, kimchi, dilly beans, apple sauce, and I freeze as many berries as I can get my hands on. I like to make sure I've got the staples in my pantry as we head into winter--it makes me feel so rich and full. This year, we'll be posting bulk canning veggies for sale over our website. I'll send a link by email when we're offering these in case you'd like to get in on the fun. Delivery will be included with your usual CSA pickup to make it quick and easy. If this is up your alley, get your canning supplies ready!

**Here's what's in your box:** Fava Beans, Carrots, Sprouting Broccoli, Green Radicchio, Raspberry, Collards, & Green Romaine

**Did you know?** Green radicchio looks very much like a head of Cos (Romaine) lettuce, with all of the bitterness and flavor of Radicchio. Pulling away the dark, oblong-shaped green outer leaves reveals a light green to almost yellowish-white center of tightly clustered leaves. Green radicchio is the mildest of the radicchio varieties. The flavor is sweet with a hint of bitterness and a distinct crisp, crunchy texture. Cooking Green radicchio will mellow its bitterness even more. It can be used in fresh applications such as a **salad** or as an **edible cup or wrap**, it is also sturdy enough to hold up in cooked preparations. It can be **grilled, baked, roasted, sautéed, poached or boiled into soup, stews and risottos**. Its hardness makes it ideal as part of a **bed of greens for grilled meats**. Green radicchio's **subtle bitterness compliments fatty, salty and tart ingredients such as citrus, pears, cream based dressings, olive oil, balsamic vinegar, pork, anchovies, garlic, polenta and robust cheeses**. To store keep refrigerated in a produce bag and use within two to three weeks.

**Quote:**

"I think of my canning as fast food, paid for in time up front."

*Author: Barbara Kingsolver*

**Recipe: Gratin of Radicchio with Sautéed Fava Beans**

**Ingredients:** 1 head radicchio, 2 tablespoons unsalted butter plus butter to coat baking dish, 2 tablespoons flour, 1 1/2 cups milk, 1 teaspoon kosher salt or to taste, freshly ground black pepper to taste, 4 tablespoons freshly grated Parmesan cheese, 8 very thin slices of prosciutto, & 1 cup prepared Fava beans.

1. Trim the top of the radicchio and quarter the radicchio lengthwise.
2. Fill a large, deep sauté pan with salted water. Bring to a boil and immediately lower to a simmer. Place radicchio in water in a single layer. Cover with lid. Cook in barely simmering water for 30 minutes.
3. While radicchio is simmering, prepare a béchamel sauce. In a medium saucepan, melt 2 tablespoons butter. Stir in the flour. Cook over low heat 3 minutes, stirring constantly. Slowly whisk in the milk. Whisk over medium heat until boiling and cook 3 minutes longer. Stir in kosher salt and pepper. Remove from heat and stir in Parmesan cheese.
4. Preheat oven to 350 degrees. Butter an 8-inch square oven dish.
5. Drain radicchio. Wrap each section in a few slices of prosciutto. Arrange in a single layer in buttered pan. Pour béchamel on top, smoothing sauce into corners of pan. Bake for 15 to 18 minutes or until bubbly.

Now top the radicchio dish with some prepared Fava beans. [Follow these directions to prepare them.](#)