

Ongoing Care: When you receive the boxes place them outside on a porch or in your yard. The whole box can be above ground or placed in a hole in the ground. On hot summer days water the plants. The radishes should be ready to pull out of the ground and eat within 3-4 weeks. The strawberries are ready to eat when red. The sunchoke are ready to dig up and eat November through January. One or two of the sunchoke tubers can be planted in the ground in the fall for harvesting next year. The mint and strawberry plants can be planted in the ground in the fall and should come back next year. They can be left in the box but will do better if they are in the ground.

Contributors: Initially we hope to serve 50 families and expect this program to grow in the future in terms of the number of families provided with the garden boxes and vegetables, as well as the number of volunteers from Spokane's various faith communities. To donate make checks out to Congregation Emanu-el, put Spokane Radish Initiative in the memo section and send to PO Box 30234, Spokane, WA 99223. For info or dirt, seed, or time donations contact SpokaneRadish@gmail.com (Kimberly Burnham)

Thank You

Volunteers from Congregation Emanu-El

Boxes: One box contains a Jerusalem artichoke bulb and radish seeds or lettuce. The other box contains a mint plant / seeds and a strawberry plant.

Potatoes and Sunchoke

In the 1600's the Russian Orthodox Church banned potatoes simply because they were not mentioned in the Bible. A particular fan of the potato, King Frederick II of Prussia, fed them to his troops. However, when he offered them to his subjects during the 1774 famine, they refused this relatively unknown food from South America. Frederick's new approach was to declare the potato a royal vegetable and placed guards around the royal potato fields. Before long, there was a huge underground market in potatoes and everyone started growing them. Today, the relatively unknown, sunchoke or Jerusalem artichoke has the potential to feed many people in a nutritious way.

Spokane Radish Initiative with Congregation Emanu-el

The Spokane Radish Initiative is a small step toward getting fresh fruits and vegetables into the hands and mouths of families in Spokane area food deserts.

The Recipient Families: Each family who participates in the project, will be given two boxes full of dirt, plants, and seeds. Families will be contacted before delivery. The boxes can be put outside on a porch or yard area like mini-raised beds. Watering and harvesting are the only responsibilities of participants. Another option is to dig a hole and placing the whole box ground.

Spokane Hunger: A lack of nutritional food contributes to obesity and diabetes. In 2007, one in ten Spokane County adults cut or skipped a meal because they did not have money to buy food. Among these adults, 41% say that this occurred every month. (Behavioral Risk Factor Surveillance System, 2007).

Volunteers: Initiated by Congregation Emanu-El, the Reform Jewish community of Spokane, volunteers are welcome from the entire Eastern Washington Jewish community and other communities interested in being part of an interfaith solution. Local companies have partnered with Congregation Emanu-El to make this, Tikkun Olam (healing the world) a reality.

Sunchokes (Jerusalem Artichokes) with a sweet nutty flavor can be eaten like a potato or like a cucumber. Eaten raw in a salad, Jerusalem artichokes are high in B vitamins, important in brain health. They are also high in potassium (twice as much as bananas), which is good for heart and muscle health. Growing one Jerusalem artichoke (sunflower family) in the box will produce 10-15 Jerusalem artichokes for eating. One or two of the produced bulbs or tubers can be planted for growing the following year. The sunchoke plant will grow 6-8 feet tall and have small sunflower like flowers. The edible part is underground and can be dug up in the late fall or early winter. Leave one in the box or plant one tuber in the ground to grow for next year when you dig them up November through January.

Jerusalem Artichoke Latkes: In a medium bowl, cover 3-4 cups peeled and grated Jerusalem artichokes. 1 cup peeled and grated potatoes can also be added. Rinse with cold water. Drain well and squeeze out as much water as you can. Add 1 small red onion sliced and squeeze again if the mixture doesn't seem dry. In another bowl, mix together 1 tsp salt, pepper to taste, 3 eggs and 1/4 cup gluten-free or regular flour. Add to the Jerusalem artichoke, potato and onion mix.

Heat oil in a 12-inch frying pan. Add half of the latke mixture and spread it in an even layer or fashion small potato pancakes. Cook until crisp and golden on the bottom. Flip the latke and cook until crisp and lightly browned and tender in the center. Transfer to a plate. Serve warm, with sour cream, yogurt and/or apple sauce. Garnish with parsley.

Jerusalem Artichoke Salad: Use your favorite salad dressing or whisk with 2 Tb orange juice, 1 Tb red wine vinegar, and 1 teaspoon Dijon mustard. Gradually whisk in 5 Tb olive oil. Season vinaigrette to taste with salt and pepper.

Combine 2 cups peeled and chopped Jerusalem artichokes, 2 cups lettuce or arugula, and 1/4 cup grated Parmesan or cheese in large bowl. Drizzle with vinaigrette and toss to coat.

Radish Coleslaw: In a bowl toss together the 2 cups of grated radishes, 3 cups shredded cabbage, 1 cup grated carrots, 1/2 cup thinly sliced red onion, 2 Tb lemon juice, 1/2 tsp sugar, 2 Tb olive oil, 2 Tb coriander, mint, or parsley leaves, then salt and pepper to taste.

Radishes are one of the most satisfying vegetables to grow. Plant the seeds, water, and 3 weeks later there are radishes to pull up and eat and by four weeks from planting there are huge radishes.

Iced Mint Tea: Boil 2 cups of water, take it off of the heat and add 5-10 fresh mint leaves. Let the leaves steep or soak for 5-10 minutes. Tea can be refrigerated for iced tea or drunk hot.

Specialty mints include chocolate mint, pineapple mint, and orange mint. These plants are perennial which means one plant will grow bigger and spread from year to year. Don't plant it in a vegetable garden because it grows like a weed and takes over.

Mint leaves are a good source of vitamin A, which promotes healthy skin and supports the immune system. They are a tasty low calorie treat and can be made into a relaxing tea. Mint tea can also be soothing for stomach aches.

Raw Organic Strawberries are very low in saturated fat, cholesterol, and sodium and are a good source of dietary fiber, vitamin C, manganese, folate and potassium.

Strawberries overwinter in Spokane and will come up and have fruit next year as well. In the late fall the plant can be planted in the ground or left in the box. Each plant will usually send out runners that grow into new plants.

Seeds for the Future

Several Spokane County libraries (including Otis Orchards) have seed exchange programs and free seed packs available. If you would like to receive boxes next year please email SpokaneRadish@gmail.com

According to Rabbi Ahai ben Yoshiya Avot de Rabbi Natan 31:1: *"During the time that a person eats from what he has grown himself his mind is tranquil."*

Consider: *"What is the connection between satisfaction, a place called home, and growing your own food."* (Hazon Food For Thought).

*"If old Walt Whitman were sitting at our table,
Supping with us today, he'd be celebrating
That wild old slumgullion stew that all of us
together make,
Singing a song that goes like this:
Taste America's uniqueness, taste this earth,
Taste our terroir, savor its worth,
And by tasting, you will see!"* Gary Paul Nabhan