



# Bountiful Clatskanie!

"Bringing the Farm Right to You!"

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Free! Please Take One! Volume 2, Issue 2



Well, it isn't a carrot, and it isn't a parsnip... it's a giant winter radish! Daikon is also called Icicle Radish or Oriental Radish. It is available in stores now and it is low carb, fat-free, and loaded with nutrients! Just a 3-oz. serving has 25% of your recommend daily intake of Vitamin C! As we move out of Winter and head in to Spring, this recipe uses up the last of your stored root vegetables, and can be combined with the new spring crop of zesty radishes to make a very pleasing baked au gratin dish. Watching fat intake? Use half & half instead of heavy cream, along with lower fat cheeses. Enjoy!

## DAIKON AU GRATIN

4 red or gold potatoes, un-peeled, sliced thinly, 4 cups  
(or parsnips or sweet potatoes – about 4 cups total)  
1/2 large daikon radish, peeled & sliced, about 4 cups  
1 cup thinly-sliced yellow, white or red onions  
6 Tbsp. butter  
2 cups heavy cream  
2 cups shredded cheese (Swiss, Provolone, Pepper-jack)  
2 Tbsp. dried parsley  
2 Tbsp. dried chives  
1/2 tsp onion powder  
1/2 tsp garlic powder  
1-2 tsp freshly ground black pepper  
1/2 cup grated Parmesan or Romano cheese

Remove outer skin from daikon radish; slice potatoes and radish as thinly as possible into rounds using a knife or food processor. Soak sliced vegetables in cold, salted water (2 TBSP per quart) for 20 minutes. Rinse & Drain.

Preheat oven to 325 degrees. Arrange sliced potatoes and radishes in an ungreased 10" x 15" casserole dish.

Over medium heat, in a large saucepan, cook onion in butter until transparent, stirring occasionally.

Add parsley, chives, garlic powder and pepper and stir briefly. Add cream and stir occasionally, just until bubbling (about 5 minutes).

Remove from heat and add cheese. Stir until cheese is melted and worked into the sauce. Pour the thickened cream sauce over the vegetables. Bake, covered, for 45 minutes, or until cheese sauce is golden and bubbly.

Uncover and sprinkle with Parmesan cheese. Bake for 10-20 minutes more, uncovered, to crust up the cheese slightly. Tip – broil for the last 2 minutes!

Cook's suggestion:

\*Use 1/4 cup each fresh, chopped parsley and chives in place of dried herbs.

\*Use any cheese, even sharp cheddar or Monterey jack.

*Makes 12 side dish servings.*



## VENDORS WANTED

The Clatskanie Farmers Market (CFM) is entering its fourth year. We are thrilled to be the local source for fresh vegetables, imaginative crafts, and delicious value added items. We invite you to join us as a 2017 market vendor.

We are proud of becoming a Saturday gathering place in northwest Oregon. Folks come from far and near to take part in our market. Attendance has trended up year after year and we have made exciting plans for the 2017 season.

Some markets attract big crowds, but not all have a strong core of loyal weekly shoppers. The CFM does. Last year we sponsored several festivals, cooking classes, and children's programs, with plans to add even more this season. We have a 501(c)3 non-profit designation, therefore food literacy education is a strong component of all we do. We put a lot of thought and energy into advertising each of our events and it has paid off for all the vendors. We track sales, attendance, and purchasing trends week by week and share that information with all our vendors. A success by one is celebrated by all. We pool our strong individual skills and together put on a fun event each Saturday June through September.

If you grow fruits or vegetables, are a maker of original crafts, or produce value added products and would like to join the "coolest little market in Oregon", an application can be found on our website- [www.clatskaniefarmersmarket.com](http://www.clatskaniefarmersmarket.com). Find out more about our market experience by visiting our Facebook page.

Come, join the fun!



**SHOW DATES:** March 17-26, 2017

**ARTIST RECEPTION:** March 17: 6PM-9PM  
(Meet the Artists)

**GALLERY HOURS:** Weekdays 1PM-7PM  
Weekends 1PM-5PM

**GALLERY LOCATION:** 136 N Nehalem St.  
Clatskanie, OR 97016

Clatskanie is blooming! With art that is! With spring just around the corner, it is time for us to crawl out of our snow caves and experience the wonderful world of art. The bloom art show is happening in downtown Clatskanie from March 17<sup>th</sup> to the 26<sup>th</sup>.

Per organizers, "bloom is the grass roots movement of Clatskanie artists who want to jumpstart the creative impulses in our community." To them, the old Hazen Hardware building seemed to be calling out for more art, after housing one of the Portland based Disjecta shows this past summer. The 1929 building, with a demanding façade, is a landmark in Clatskanie's historic downtown. The artists involved in the Bloom art show see its potential as a creative hub and would like to welcome all art lovers and artists to join us in making this a great event that says goodbye winter, hello spring.



**Bloom (cont'd)**... in partnership with the Oregon Food Bank's Community FEAST project. All artwork will be for sale during this event, and 30% of each sale will be donated to help implement a project that will improve and promote the local food system. The FEAST committee is currently reviewing proposals submitted after a community input session in January, at which guests enjoyed a delicious locally sourced and donated meal.

Many thanks to the Clatskanie High School Art Class for creating the fabulous banner facing Hwy 30 and to Josh Olivera for use of the building.



## Oregon Farm Direct Nutrition Program Checks (WIC & Senior) 2017 Update for Farmers

The **Oregon Farm Direct Nutrition Program (FDNP)** is a state-administered USDA nutrition program that will bring over one million dollars to Oregon farmers in 2017. FDNP funds take the form of pre-printed checks and go to some of the nutritionally at-risk young families enrolled in the WIC (Women, Infants & Children) program, and to eligible low-income seniors.



FDNP recipients will receive green \$4 checks to spend with authorized farmers who sell their own produce at farm stands and farmers' markets.

FDNP checks are for locally-grown fresh, unprocessed fruit, vegetables and cut herbs. The FDNP checks are good from June 1st through October 31st of the current year.

**If you were authorized last year to accept the green FDNP checks:** Look for a packet in the mail from the Oregon Department of Agriculture, starting March 1!

**If you are new to the FDNP:** Please call the Oregon Department of Agriculture at 503-872-6600 for an application packet.

## COOKING CLUB SCRAMBLE

O I E V O T S T A J G L M P X  
D N C W E X E O W D I N N E R  
A G H Y D T Y M E C D R O I C  
C R E N O R T S E N I M N O E  
O E E A B K B D U K T O O C L  
V D S S Y E I T C E R K I X D  
A I E Q A A R T L A I R S H A  
S E E N Y I L L C N N T E C L  
C N S W T M I A G H I E I H Q  
B T S I S K M F B X E F R I N  
J S O P S A L U J M N N E C X  
F U S T I R F R Y W A Q C K C  
S F O O D C I W X Q V J O E D  
X J Q C E G E A Z Y G O R N A  
H S I N R A G S C D H F G O Q

AVOCADO KITCHEN  
BEANS LADLE  
CHEESE MACARONI  
CHICKEN MINESTRONE  
COOKING NUTRITIOUS  
DINNER RICE  
FOOD SKILLET  
GARNISH SPICES  
GROCERIES STIRFRY  
INGREDIENTS STOVE  
JAMBALAYA YUMMY



### UPCOMING CLASSES:

**March 23:** One-Dish Dinner: Veggies & Chicken Stir-Fry

**April 6:** Cooking with Kids: Healthy Snacks

**April 20:** All about Eggs

**May 4:** Date Night: An Evening of Cooking for Couples

**May 18:** Make-Ahead Meals

### HOW TO SIGN UP:

- Follow the link to Signup.com from our website: [www.clatskaniefarmersmarket.com](http://www.clatskaniefarmersmarket.com) or
- Email: [cfmnutritioneducation@gmail.com](mailto:cfmnutritioneducation@gmail.com) or
- Call: Becky @ (503) 308-6715