



Tucson Community Supported Agriculture

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Winter 2014/15

Harvest list is online

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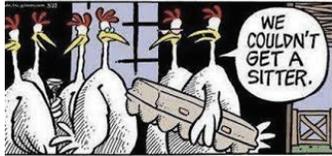
**Many more recipes
on our website**

COOKING DEMO NEXT WEEK!

Next Tuesday and Wednesday,
Sara will have a cooking demo
on how to use Crooked Sky
Farm's lush and delicious
winter greens! There will be
free samples, of course...

NEWS FROM JOSH

Egg news: Eggs production is
still low and we can't get as
many eggs as we'd like from
Josh, simply because he
doesn't have enough. Member
purchases are still limited to
one dozen eggs per
subscription per week. But
days are getting longer, and
chickens will soon start
producing more eggs...



Beef news: Josh said that
demand for grass-fed beef has
increased in 2014 and 2015
beef prices will likely go up.
We should have beef shares
ready by mid to late February
and we will start taking beef
share orders as soon as we get
more information from Josh.

RAPINI (BROCCOLI RABE)



Rapini [rah-PEE-nee] is a vegetable of many names: raab, rapa, rapine, rappi, rappone, taitcat, Italian or Chinese broccoli, broccoli raab, broccoli de rabe, Italian turnip, and turnip broccoli, to name a few. It is a member of the Brassica genus, which includes mustard greens, cabbage, turnips, cauliflower, Brussels sprouts, etc. This genus is remarkable for containing more important agricultural and horticultural crops than any other genus. Brassica

vegetables are highly regarded for their nutritional value. They provide high amounts of vitamin C and soluble fiber and contain multiple nutrients with potent anti-cancer properties. Rapini in particular is a good source of beta-carotene and vitamins C and K, as well as potassium, calcium, and iron.

Rapini is commonly found in Mediterranean and Chinese cuisines. The Chinese cultivars are called hon tsai tai (which we also occasionally get at the Tucson CSA) or choi sum, and they tend to have a milder flavor than their Mediterranean cousins.

Its spiked leaves look like turnip leaves and may surround heads of florets which look similar to small, leggy heads of broccoli. There may be small edible yellow flowers blooming from the florets.

The flavor of rapini is reminiscent of broccoli but more spicy and slightly more nutty. Its flavor is more complex than that of many greens as long as it is not overcooked. It can be steamed, braised, sautéed, broiled, stir-fried or, even better, oven-roasted. It pairs beautifully with beans or lentils, pork (try it with Italian sausage!) and chicken, and it works well as a side dish or in pasta dishes and soups.

Here's an easy way to cook rapini: Cut stalks crosswise into 2-inch pieces and drop them into salted (optional), boiling water. Cook for 1 to 2 minutes and remove with slotted spoon. Sauté the blanched rapini in a little olive oil and as much garlic as you like for 3 to 5 minutes until tender. Optional – add a few dried red pepper flakes.

WHAT TO DO WITH QUELITES?

Well, we didn't get them last week, but Farmer Frank says we'll get them this week.

Quelites are mild, flavorful wild greens and are easy to use. The easiest way to fix them is to use them as you would spinach. Steam them, or sauté them lightly in oil with chopped onions and garlic. You can add them to the braising mix too, to make a lovely green salad.

Use the whole bunch, green stems included, but discard any stems that are woody.

BRAISING MIX

Farmer Frank's braising mix is a combination of a number of mild and spicy greens that usually includes tatsoi, mizuna and arugula. It can be chopped up and eaten raw in salads with a lemony salad dressing, or it can be lightly cooked by, for example, sautéing it in some olive oil with chopped onions and garlic.

Cilantro Chimichurri Sauce

Rani Olson, Tucson CSA

2-5 cloves garlic
Large bunch of cilantro, including stems
1 tablespoon lemon or lime juice, or vinegar (any type you would want on a salad)
1/2 tablespoon dried herb, oregano or thyme would be best
1/2 tablespoon cumin powder
1/2 cup extra virgin olive oil (Spanish varieties are best for this sauce, because they tend to be more peppery in flavor; other good oils will do; sesame oil is also a good option)
1 tablespoon salt
Fresh ground pepper and additional salt to taste
Add more oil to thin, if desired.

Pulse garlic cloves in food processor for about 10 seconds, until finely minced. Add cilantro, lemon/lime/vinegar, dried herbs, cumin, and salt. Pulse for about 1 minute, until cilantro is chopped and ingredients are combined. Add oil and continue to pulse until well combined. Empty into serving dish and add fresh ground pepper to taste, along with more salt and oil, if desired.

Note: I like to make this ahead of time; let sit, covered, in the fridge for a day and you will notice how much stronger and dynamic the flavors are. Good for about one week in the fridge.

Turnip and Potato Gratin

Sara Jones, Tucson CSA

This is an easy recipe to toss in the oven to bake while you prepare the rest of your meal. You can add a handful or two of chopped greens to the casserole as you assemble it.

3 medium potatoes, thinly sliced
3 medium turnips, thinly sliced
1 onion, thinly sliced
1-2 tablespoons butter, melted
3/4 cup heavy cream (or use whole milk yogurt, thinned with water to make it pourable)
1/4 cup bread crumbs
1/4 cup crumbled or shredded cheese
Salt and pepper

Sauté onions in a small amount of oil until lightly browned. Add butter and vegetables and cook for about 5 minutes. In a small casserole dish, make layers of veggie mixture, drizzling each layer with cream and sprinkling with a bit of salt and pepper. Top with bread crumbs and cheese, cover with foil, and bake in a 375° oven for about 40 minutes, until cooked through. Remove foil and cook about 10 more minutes until top is golden brown.

Spanakopita

This recipe is a great way to use up a backlog of greens, as it uses a few bunches. You can vary this recipe according to your own taste. Add in things like cooked ground beef, chopped nuts, hard-boiled eggs or even raisins. If you don't eat cheese, leave it out or substitute crumbled tofu.

Pre-made puff pastry sheets are easy to use. Just follow the directions on the package for assembly. This filling is also great in a pastry crust, either baked in a pie tin or made into individual hand-held pastries.

2 large bunches greens, cleaned and roughly chopped
1 onion, sliced
1 tablespoon olive oil
1 handful feta cheese
About 1/4 teaspoon grated nutmeg
Salt and pepper to taste
2 puff pastry sheets, thawed

In a large skillet, cook onion in oil, over medium high heat. Cook until onion begins to brown then add greens and nutmeg. Stir well and cover, cooking for a few minutes until greens are wilted. Add salt and pepper to taste, then transfer mixture to a colander to drain. Prepare puff pastry by lining a large rectangular baking dish with one sheet. Squeeze greens filling to remove excess moisture then mix in feta and any other additions. Spread filling over pastry sheet. Top with another pastry sheet, tucking pastry down around the edges. Bake according to direction on pastry box.

Greens, Beans and Pasta – Aglio e Olio style

Paula Redinger, Tucson CSA

The key to this recipe is using lots of garlic and pepper. If you don't like the punch of raw garlic, feel free to sauté it with the olive oil and greens. I use a smaller amount of pasta than is traditional. Double the amount of pasta for a more traditional balance of sauce to pasta. Aglio e olio is traditionally made with spaghetti or thin spaghetti, but in this case I think short pasta shapes work better.

Per serving:

2 ounces short pasta shapes (such as penne)
1-2 tablespoons olive oil – this is the time to use the good stuff!
1-2 cloves crushed garlic – take the time to really mash it well with hot pepper flakes
1 bag CSA greens – washed and shredded
1/2 15-oz can cannellini beans
A splash of broth – optional parmesan cheese

Combine the olive oil, crushed garlic and hot pepper flakes. You will have to decide how much you like. I usually do this right in my serving dish. Cook pasta to al dente in heavily salted boiling water. Drain, while retaining pasta in the pot. While pasta is still hot, wilt the greens in the water and add a teaspoon or so of olive oil. Add a splash of broth if you like, cover and cook for a few minutes. Add the beans and cook briefly until all is combined and hot. Add the cooked pasta and heat for a few seconds. Take some time to mix everything thoroughly, since the greens tend to “clump together.” Toss with olive oil mixture and lots of Parmesan.