



Tucson Community Supported Agriculture

Newsletter 524 ~ February 8, 2016 ~ Online at www.TucsonCSA.org

Winter 2016

Harvest list is online

The Back Page Recipes

Hakurei Turnips and Greens
Pennsylvania Dutch Cabbage
and Noodles
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More recipes on our website

Reminder: No Barrio Bread on Tuesday Feb. 16

Bread share subscribers will not be charged for bread on that day.



Black Mesa Ranch

Kidding season has begun at Black Mesa Ranch! For pictures of the kids and to read more about the kidding season, check BMR's web page at

www.blackmesaranchonline.com



Hakurei Turnips

One of the most delightful and elegant winter vegetables we get during winter and spring is the Hakurei turnip. The Hakurei, also known as Tokyo turnip or salad turnip, originally came to us from Japan. It is crisp and juicy, mild and sweet with just a hint of spice, and sophisticated: we like to call it the Coco Chanel of turnips! It is delicious raw and works wonderfully in salads or slaws, but cooking enhances its natural sweetness.

The greens are edible too but they must be cooked. We like to braise Hakurei turnips whole, root and greens, in some oil or butter, and flavor them with a touch of mirin and soy sauce, or according to the recipe on the back page. You can also just eat them on your way home from the CSA!



Black Mesa Ranch Candy – The Last Of The Season!

Candy season is reaching its end. David from Black Mesa Ranch only makes candy during the cold months, from October to February, as it keeps better in cool temperatures. Since he doesn't use any preservatives, stabilizers or artificial ingredients, he can only make chocolates during the cooler months of the year.

Did you know that many (even "high quality") candies commonly include questionable ingredients like paraffin (to keep chocolate from melting), preservatives such as Potassium Sorbate (to keep them from going moldy during storage), emulsifiers like Glycerol monostearate, lecithin or Magnesium stearate, antioxidants like Butylated hydroxyanisole (BHA) to prevent rancidity and other "weird" ingredients like Invertase (an enzyme that inhibits sugar re-crystallization), and Sorbitol (a "polyol" sugar alcohol used to maintain moistness)?



So, really, unless you make it yourself, it is harder to get candy as natural as Black Mesa Ranch's candy. David uses Belgian chocolate and the dairy he uses includes milk from his own goats! All his confections are made to order from scratch in small batches.

What is on our shelves now is the last of this season's candy and after it is gone you will have to wait until Thanksgiving to see it again.

We have six varieties of candy: Spicy Fudge, Regular Fudge, Vanilla Bean Caramels, Salted English Toffee, and Dark and Milk Chocolate Barks and Rubbles.

Hakurei Turnips and Greens

Sara Jones, Tucson CSA

Hakurei turnips served over their own greens are delicious. If you don't plan on using your turnips for a few days, separate the greens from the roots to keep both parts fresher.

1 bunch Hakurei turnips, cut into quarters (greens removed)
1 bunch turnip greens, washed well and roughly chopped
2 cloves garlic
2 teaspoons oil
Soy sauce to taste
Ground pepper

Heat a skillet with oil over medium high heat and add turnips. Cook about 8 minutes stirring until beginning to brown. Add greens and garlic to pan. Stir until wilted, then remove from heat. Season with soy sauce, sprinkle with pepper and serve.

Pennsylvania Dutch Cabbage and Noodles

Inez Whipple, Tucson CSA

This is pretty simple and tasty cabbage recipe that I make frequently for dinner.

1 tablespoon canola or corn oil
1 medium onion, chopped
1 chinese cabbage, coarsely chopped
1/4 cup water
2 cups whole wheat or egg noodles, cooked
Salt, pepper
1/4 cup cheese, cheddar or goat work well, shredded (optional)

Heat the oil in a large frying pan and add the onion. Cook until the onion begins to become transparent. Then add the cabbage and the water. Reduce the heat a bit and stir occasionally. When the cabbage is steamed through, add the cooked noodles, salt and pepper to taste and stir gently. Divide onto 2 plates and sprinkle with cheese. If you want to make this extra special, toast some breadcrumbs in a little butter and add those to the top of the dish before serving.

Irish Garden Soup

Wendy McCrady, Tucson CSA

This is a vegan recipe, if you want to use beef stock, omit the nutritional yeast, soy sauce, and sage.

1 teaspoon olive oil
2 onions, diced
2 garlic cloves, minced
4 cups vegetable stock
1/4 cup nutritional yeast
3 tablespoons soy sauce
1/4 teaspoon dried sage
2 tablespoons pickling spice, tied up in cheesecloth
4 large potatoes, chopped
3 turnips, diced
Several large handfuls kale and Chinese cabbage, chopped

Sauté onion and garlic in oil over medium heat in soup pot until translucent. Add stock, seasonings, potatoes, and turnips. Bring to a boil. Reduce heat and simmer until vegetables are barely tender. Add cabbage and cook just until tender.

Risotto with Greens

Philippe, Tucson CSA

Any leafy greens would do well in this recipe, with slight flavor differences with each. Some people stir-fry or boil the greens separately. I like to add them directly to the rice to preserve their full flavor.

1 bunch (or bag) greens, chopped
1 cup arborio rice
1 cup dry mushrooms
1 onion, finely chopped
2 cloves garlic, minced
2 tablespoons olive oil
2 cups vegetable or chicken stock, heated
1 teaspoon thyme
1/2 cup grated Parmesan
Salt (or dried chile flakes) and pepper to taste

Place dried mushrooms in a bowl, cover them with 1 cup of boiling water and soak for 5 minutes. Drain and reserve the drained water.

In a skillet, heat oil to medium hot and sauté mushrooms and onions until onions are translucent, about 5 minutes. Add rice and stir. When rice is hot, add 1/4 cup reserved mushroom water. Add thyme and garlic. Stir gently and continuously until liquid is almost absorbed.

Repeat the process, 1/4 cup at a time, with the rest of the mushroom water and heated stock, stirring the rice continuously. The rice should be kept to a mild simmer throughout this process which will take about 20 minutes. Add more stock if necessary. Never let the rice dry entirely, nor make it swim in liquid.

When rice is almost cooked (it should still be al dente), gradually add the greens and fold them into the rice. Add a little more stock if the mixture becomes too dry. Continue to stir until the greens are cooked (another 5 to 10 minutes, depending on the greens). At that point, the rice should be soft and ready. Add grated Parmesan and salt and pepper to taste.