



# Tucson Community Supported Agriculture

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## Winter 2016

Harvest list is online

### The Back Page Recipes

Gyoza/Dumplings  
Cilantro Chimichurri Sauce  
Lentil Soup with Italian Sausage

More recipes on our website

### NOW TAKING ORDERS FOR GRASS-FED BEEF SHARES

We are now taking orders for grass-fed, grass-finished, pasture-raised beef shares from Josh's farm, Chiricahua Pasture Raised Meats. Josh's beef is pasture-raised in the truest sense as his cattle, sheep and poultry are entirely raised on irrigated pastures. They are fed on pastures that offer a variety of different grasses and legumes to meet their nutritional needs. No antibiotics, hormones or other additives are used. And of course, water and protection from the elements are available to them at all times.

As usual, the CSA purchases a whole steer from Josh and we divide it up in 40 shares. The shares can be ordered at the front desk with a \$20 deposit per share. They will be ready around mid-March.

Beef shares weigh around 8 lbs. and cost approx. \$7.50 per lb. They typically include 1 roast, 2 steaks, 2 lbs. of ground beef and 1 miscellaneous cut (short ribs, BBQ ribs or stew meat).

For more info on beef shares, go to our website and go to Products > Meats.

For more info on Josh's farm, go to [www.cprmeats.com](http://www.cprmeats.com)

## Chinese Cabbage

The long, gracefully floppy bunches of Chinese cabbage are really two vegetables in one: the delicate, soft leaves and their crisp, juicy stems. Chinese cabbage can be crisp and fresh used raw in salads or slaws, or tender and juicy braised or added to soups and stews. It absorbs the flavors of what it is cooked with, like garlic, onions, soy sauce or miso. Its stems retain their texture when cooked, making it a good candidate for risotto.



They're part of the cruciferous family of veggies - like broccoli and cauliflower - and include many cancer-fighting nutrients, and are high in dietary fiber, calcium and potassium.

According to the not-for-profit *World's Healthiest Foods* website ([whfoods.com](http://whfoods.com)) the healthiest way to prepare Chinese Cabbage is a quick sauté with broth. Heat a few

tablespoons of broth in a pan. As soon as it starts to simmer, add thinly sliced cabbage and sauté for four minutes. Add grated ginger, rice vinegar and sesame seeds to taste for a fast and tasty side dish.

## World's Healthiest Harvest

Speaking of *World's Healthiest Foods* - turns out all of this week's harvest appear on this list. This site condenses the latest scientific research on food and nutrition and provides healthy methods for storage and preparation. Let's see how our harvest stacks up in the nutrition department:

**Oranges** - Their combination of vitamin C and phytonutrients provides protection against oxidation and supports the immune system. There is also evidence oranges have anti-inflammatory, anti-tumour and anti-viral effects, may lower cholesterol, can reduce the risk of kidney stones, and provide protection against rheumatoid arthritis.

**Arugula, Turnips, Radishes, Kale and Cabbage** - All of these are part of the cruciferous family of vegetables, which includes a wealth of nutrition: carotenoids (vitamin A precursor), Vitamin C, folic acid and fiber as well as Vitamin K and other minerals and are said to provide protection against certain cancers, inflammation and oxidation. They also include a surprising amount of protein and omega-3 fatty acids.

**Salad Mix** - The variety of green and red pigments provides a wide spectrum of flavonoid phytonutrients: green leaves provide anti-histamine effects, promote cardiovascular health, balance blood pressure and protect against the effects of stress; red leaves are said to have anticarcinogenic, anti-inflammatory, anti-obesity and anti-diabetes effects.

**Cilantro** - One of the oldest culinary herbs in human history, cilantro has a long-held reputation for fighting diabetes and inflammation. Its unusually high array of phytonutrients helps control blood sugar, lower cholesterol and suppress free radicals. There is even evidence that its antibacterial compounds can kill salmonella.

## Gyoza/Dumplings

Sara Jones, Tucson CSA

You can buy round gyoza/dumpling wrappers at most grocery stores. These are delicious deep fried, but can also be boiled or pan fried in a small amount of oil. One head of Chinese cabbage will make enough stuffing for quite a few dumplings. Make extra and place them on a cookie sheet to freeze. Once they are frozen, remove from the tray and place in freezer bags to freeze for up to 6 months.

1 head Chinese cabbage (including stems), finely chopped  
1/2 inch ginger, grated  
3-5 green onions  
3 or 4 grated turnips  
Soy sauce, to taste  
Pinch black pepper  
1 package dumpling/gyoza wrappers

Mix first five ingredients together, seasoning to taste with soy sauce. To stuff dumplings, place a small amount of filling on the lower half of a wrapper. Moisten edges with water and fold top half down over filling. Use the tines of a fork to seal the edges. To cook, drop in boiling water and remove once dumplings float. Or, coat the bottom of a large skillet with oil and cook on each side until golden brown. Prepare frozen dumplings, straight out of the freezer, the same way. Serve dumplings with a pre-made dipping sauce or soy sauce with sugar, minced garlic and sesame oil added to it.

## Cilantro Chimichurri Sauce

Rani Olson, Tucson CSA

3-4 garlic cloves  
Large bunch of cilantro  
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, like a sesame oil)  
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 more dynamic the flavors are. Good for about 1 week in the fridge.

## Lentil Soup with Italian Sausage

Lisa Janz, Tucson CSA

This recipe offers a good way to use wilted greens that have been sitting in the fridge a bit too long. I used kale and arugula, but any green can be substituted (I bet dandelion greens would be amazing). If using frisée, it's probably better to add them to the sausage mix just before combining it with the lentil soup. It has quite a few ingredients, but is quite simple to make and fairly quick (about 1 hour).

2 cups dried red lentils  
5 cups broth (chicken, beef, or whatever else you have around)  
3 cloves of garlic peeled and crushed  
1/2 large onion  
2 teaspoon sage leaves  
2 sprigs of rosemary  
2 tablespoon extra virgin olive oil  
1 teaspoon salt

Combine the above ingredients in a soup pot and bring to a boil over medium-high heat. Turn heat down and simmer with lid slightly ajar until lentils are soft and begin to combine to form a thick liquid. This takes about 1 hour. If needed, add more water during cooking process. Pick out the rosemary and sage leaves before adding sausage mix. Prepare the sausages while waiting for the lentils to cook.

1 tablespoon extra virgin olive oil  
3 Italian sausages cut into 1/2 to 1 inch lengths  
4-5 small turnips, diced  
3 tablespoon fresh cilantro, chopped  
1 cup broth (as above)  
1 bunch baby carrots (thin carrots from shares)  
1-2 bunches of greens, chopped into 1 inch lengths (I used leftover kale and some arugula that was growing in my back yard)  
1/8 teaspoon whole nutmeg, freshly grated  
Salt and pepper

Clean carrots and cut off ends, but do not peel. Heat olive oil in a pan over medium high heat. Add sausage and cook until sausage is browned all over and juices are beginning to show. Add broth and carrots and turnips. Cook over medium heat until beginning to soften (about 5 minutes). Add greens and continue to cook until greens are wilted and carrots are soft, but still a bit firm. Sausage should be cooked by this time. Transfer contents into soup pot and add nutmeg and cilantro. Cook for two minutes and then taste. Season with salt and a generous amount of freshly grated black pepper. Especially good as a main dish with whole wheat bread and salad – in which case it will serve 3 people.