



# Tucson Community Supported Agriculture

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## Winter 2016

Harvest list is online

### The Back Page Recipes

Making sauerkraut or kimchi

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)

## The Savoy Cabbage: class and elegance



After Crooked Sky Farms' Napa and Chinese cabbages we've had over the past few weeks, now comes one of their prettiest cabbages! The Savoy cabbage looks more like a traditional cabbage, but its appearance is deceiving: it is a delicate and tender one. While it has the round, compact head of the classic green cabbage, its outer leaves are deep green and deeply crinkled and they get more pale green and yellow toward the center.

Savoy cabbage is named for the region where it is believed to have originated: the Savoy which straddles the Alpine regions of Italy and France. It has become a favorite of chefs and cooking shows because it is so versatile. Despite its sturdy appearance, its leaves are tender, even when eaten raw, and it has a mild and earthy flavor. This makes it an ideal choice for salads, vegetable wraps, or as a bed for rice, fish, or other dishes. This in sharp contrast to the leaves of "green" or "red" cabbages, that are hard and rubbery and are used raw mostly in coleslaws. You can make coleslaw out of a Savoy cabbage too of course: surprise your family and friends with a much tastier and more tender coleslaw. While its tender leaves and sweet flavor make it an ideal choice to eat raw in salads, the Savoy cabbage is also great cooked in just about any recipe that includes cabbage, such as soups, stews, stir-fries, stuffed cabbage, etc. Because it's already so tender, it requires less cooking than other cabbages.

As a side note, the terms "green" and "red" cabbage, refer to specific types of cabbages. Green cabbage is the typical hard, rubbery cabbage that most people are familiar with. Red cabbage is also fairly common. It is also hard and rubbery, with a slightly bolder flavor, than the green, and is most often used for the color contrast, rather than for the flavor. These are both high in many nutritional factors. Unfortunately, due to their texture and taste, people use them sparingly in their raw state. They become more tender, and less bitter tasting, when cooked, but they lose a lot of nutritional value in the process.

In addition to its taste and texture, on the other highly beneficial trait is that it lacks the sulfur-like odor that most people, who have cooked cabbage, are more than familiar with. This makes Savoy cabbage the perfect cabbage for cooking, as well.

Like the rest of the cabbage family, savoy cabbage has high nutritional value. It is very low in calories, and contains no fat or cholesterol. It is a good source of dietary fiber, and protein. It is also rich in many vitamins and minerals, as well as tremendous antioxidant and disease combating properties. These properties make cabbage one of the worlds healthiest foods.

A Savoy cabbage will keep up to 6 weeks in your refrigerator's crisper. Wrap it in a wet towel for best results. If the outer leaves start deteriorating after a while, just peel them off.

For something different, try making sauerkraut or kimchi out of it! See Sara's instruction on the back page. It's easy and fun. And home-fermented veggies contain enzymes that are super healthy for you!

### Making sauerkraut or kimchi

Sara Jones, Tucson CSA

Are you interested in making a batch of your very own kimchi or sauerkraut? This is a great time of year to try, several bunches of greens can fit into one jar. The process of fermenting vegetables can seem intimidating but is really quite simple. If you keep your supplies clean it is a pretty foolproof endeavor. The basic theory of this kind of fermentation is that you have enough salty liquid to cover your veggies. The salt prohibits the growth of unwanted bacteria, ensuring that the lactic acid fermentation that you want takes place. The fermentation can take a couple of days to a couple of weeks, depending on the temperature of your kitchen, how much salt you use, and how sour you want your final product. Generally, you can salt a ferment to taste, as if you were preparing a salad. If you are anxious about it spoiling you can make a saltier batch, but remember you still want the finished product to be palatable. If you are on a low salt diet you can use less salt. If using less salt, keeping your jar of fermenting veggies in a cool place will be more important. A quart jar is a good size batch to experiment. Use a wide mouth jar to facilitate the packing process. With leafy greens, you will be packing the vegetables very tightly into the jar, eliminating air pockets and forcing the vegetables to exude their natural juices.

### **Sauerkraut**

For sauerkraut, winter greens that have succulent stems or thick leaves will work best. Chinese cabbage, Napa cabbage, Savoy cabbage, bok choy and tatsoi work great, although you can use any combination of greens or shredded root vegetables.

Clean the veggies well, drain and cut into shreds. Place in a large bowl and sprinkle with a teaspoon or so of salt, to start. With clean hands, toss greens well and begin to massage salt into the leaves. Taste for salt and add more if needed. Continue to squeeze and massage salt into leaves until limp and properly seasoned. Add caraway, fennel, oregano or other spices, if desired. Pack greens into a jar by the handful, taking time to thoroughly pack each layer. This will take a bit of muscle. If your hand is small enough to fit into the jar you can pack with your fingertips or knuckles, or use any clean kitchen implement that seems appropriate for the task. A plunger from a Vitamix or food processor works well. If you are packing the veggies tight enough, layer by layer, you should see liquid appearing. Once the jar is packed full (reserve about 2 inches of head space at top of jar) top with a large leaf to keep small pieces from floating. Use a small glass of water or a plastic ziplock bag filled with water to weigh the veggies down. Cover with a cloth napkin and set on a plate to catch any liquid. Let sit overnight.

The next day, press the contents down again to exude more liquid. If there is not a good 1/2" or so of liquid covering the mixture after this you need to add just enough lightly salted water to cover to that depth. Put the weight back in place and then tuck the jar and plate away where it won't be bothered. Taste after a few days. You may have to skim some foamy liquid of the top of the jar, this is normal. Continue to taste every couple of days until desired sourness is achieved. Put lid on the jar and store in the refrigerator.



### **Kimchi**

Another method for fermenting vegetables is a simplified variation on kimchi. This method is good if you want to use sliced or diced root vegetables, or if you want a little more spice in your ferment.

Start by submerging your veggies for several hours in salted water (use about two tablespoons of salt for each quart of water. Drain veggies, reserving about 1/2 cup of salted water. Taste veggies for salt, you want them just a bit saltier than if you were using them in a salad. If they are too salty, drain and rinse in fresh water. Make a paste using a few cloves of garlic, 1 tablespoon or so of freshly grated ginger, and ground chile powder, thinning it out a bit with the leftover salted water. Rub the paste into the veggies and pack them into a jar, following the same method as sauerkraut. If you are using larger chunks of root vegetables you will need to add the reserved water to cover the vegetables completely. Follow the same instructions as with sauerkraut, making sure to keep the veggies submerged in liquid.

**A great resource for information about fermenting vegetables are books by Sandor Katz, notably *Wild Fermentation* and *The Art Of Fermentation*.**