



Tucson Community Supported Agriculture

Newsletter 529 ~ March 14, 2016 ~ Online at www.TucsonCSA.org

Winter 2016

Harvest list is online

The Back Page

Curried Turnips
Easy Minestrone Soup
Very Quick Green Garlic Soup
Amish Turnips
Sautéed Greens with Sardines

Many more recipes
on our website

Midnight Friday deadline

There are certain things you can only do from the day after your pickup day until midnight Friday:

- Change your subscriptions.
- Change your pickup day.

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Other things can be done at any time but must be done by midnight Friday if they are to affect the following week:

- Place your subscription on hold for the next week.
- Recharge your account if your balance is less than \$20 (unless you only have a bread share, in which case the amount is \$5.50).

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Why midnight Friday?

Because on Saturday morning we need to figure out who will be on hold and who will not be on hold and how many subscriptions need to be canceled if they have an insufficient balance. We need to determine those things so that we know how many shares of each type to order for the following week.

Greens, Italian style: Rapini

This week, we'll be taking home an old school Italian vegetable that is better known as *broccoli rabe*. Tight clusters of buds resemble broccoli florets but that's where the similarity ends. The stalks are thinner and more tender and there's a hefty amount of leaves which tend to run along the more pungent, strongly-flavored spectrum of greens. The name "rapini" is the Italian diminutive of the word "rapa" or *turnip* - and rapini is actually part of the mustard family and a close cousin to the turnip. Rapini is a cruciferous vegetable and therefore chock-full of vitamins and minerals.

Because of its tendency towards bitterness, this is one of those greens that goes well with other robust flavorings like garlic, onions, red pepper flakes, olives, capers and pork products such as bacon and sausage.

The cooking technique you use, however, can make all the difference. Undercook it and the bitterness may overwhelm you. Overcook it and you can be left with a stringy mess. The key is to blanch it - plunge in boiling water with plenty of salt for a minute, perhaps two, just until tender and then sauté in olive oil and garlic. Don't bother draining the vegetable much when transferring from pot to pan, you want some of that salt water clinging to it to help make something of a savory broth.

Sweet and Crunchy Spring Peas are Here!



Not much says spring like PEAS! We don't get them very often - it's very hard to harvest them in sufficient quantity for our members - so when we get them, it's pretty exciting.

Freshly harvested peas taste vastly different from frozen or canned varieties - so fresh and bright, the epitome of spring. But their appearance is brief - they only have one peak time for harvest, then they must be picked as soon as possible before the vine dies. So make

sure you prepare them and eat them soon to enjoy this truly seasonal experience.

This week, your produce bins will have either Royal Snow or Sugar Snap peas - they are both "snap pea" types which means the pods are edible and they can be eaten raw or lightly steamed or stir-fried - but first take off a tough string along the seam of one side of each pod - just snap off a tip and pull the string right off.

Green Garlic

Here's another herald of spring - green garlic, which is really just young garlic that hasn't matured into the paper-husked dried bulbs we're more familiar with. Because of their tender youth, the flavor is milder and sweeter than you would expect from their older counterparts. But it's still quite spicy, so use it where you would normally use scallions, but want a stronger bite!

Curried Turnips

Sara Jones, Tucson CSA.

These turnips, in a delicious curry sauce, are great served over rice. Add garbanzo beans or sliced hard-boiled eggs for a complete meal. Curry spices are also delicious sprinkled over roasted turnips as well! And the curry spices, cumin, coriander, turmeric and ginger are all powerful digestive aides, for those who find turnips hard to digest.

1 bunch turnips with greens, cleaned, roots diced and greens roughly chopped
1 small onion
1 tablespoon chopped green garlic
About 1 tablespoon freshly grated ginger
1 tablespoon good curry powder
1/4 cup canned, chopped tomatoes
Oil
Fresh chopped cilantro, for garnish
Salt to taste

Heat oil in a large skillet over medium high heat. Add onions and cook until beginning to brown. Smash garlic and ginger into a paste and add to skillet, then add curry powder. Cook stirring well for one minute then add turnips and tomatoes and about 1/4 cup of water. Cover and cook until turnips are tender. Stir in greens and cook until wilted. Season to taste with salt and garnish with fresh chopped cilantro.

Easy Minestrone Soup

Sara Jones, Tucson CSA.

This soup can accommodate most CSA veggies. Almost any greens will do nicely in here, but remember they will shrink a lot. One whole bunch isn't too much.

3-4 turnips peeled and diced
1-2 bunches greens, cleaned and chopped
4-5 baby carrots, sliced
1 sweet yellow onion, diced
1 small head green garlic
1 tablespoon tomato paste
1 can diced tomatoes
1 can beans, drained
1/2 cup small pasta shapes
1 teaspoon oregano
1 teaspoon thyme
1-2 tablespoons oil
Salt and pepper to taste

In a large saucepan, sauté onion in oil over medium high heat until beginning to brown. Push onion to one side and add tomato paste to pan. Cook, stirring continuously, until paste has darkened a shade or two. Add garlic, herbs, canned tomatoes and about 3 cups of water. Stir in remaining veggies, except greens. Bring to a simmer and cook for about 10 minutes. Add beans, pasta and greens and continue cooking until pasta is ready. Season to taste with salt and pepper and a drizzle of balsamic vinegar, if desired. Serve garnished with shredded parmesan and croutons and a drizzle of oil.

Very Quick Green Garlic Soup

Adapted from Chester Aaron's *Garlic is Life: A Memoir*.
Contributed by Lissa Gibbs, Tucson CSA.

1 bag green peas, cleaned
1/2 bunch greens, cleaned
1 stalk green garlic, white and tender green parts
1 pound red potatoes (peeled and boiled until tender)
6 cups chicken or vegetable broth (seasoned to your liking with salt and pepper)

Put green vegetables in a blender or food processor with garlic. Blend/puree. Add potatoes and blend/puree. Working in batches, add broth and blend/puree at high speed. Pour blended/pureed ingredients into a large pot, warm, and serve. This soup reheats well. For a creamier version, add 1/2 cup of warmed half and half. To intensify green color, blend/puree in a handful of chopped fresh flat-leaf parsley.

Amish Turnips

Philippe, Tucson CSA. Adapted from Phoenix CSA.

3-4 medium turnips
2 cup bread crumbs
1 tablespoon sugar
Salt to taste
2 eggs, beaten
2 cups milk
2 tablespoons butter

Scrub turnips and cut into chunks. Put the chunks in a large saucepan and cover with water. Add 1 teaspoon of the salt. Bring to a boil; reduce heat, cover, and simmer for about 15-20 minutes or until tender. Drain and let dry in a colander or in the pan with the top ajar. Mix with all remaining ingredients and only half of the bread crumbs. Place in greased casserole. Cover with the rest of the crumbs and bake 45 minutes at 350°.

Sautéed Greens with Sardines

Dhanya Sullivan, Tucson CSA.

This is simple and yummy (and incredibly nutritious!)

1 can sardines in olive oil (and chile if desired)
1 bunch greens
Sea salt to taste
Walnut halves (optional)

Open a can of sardines in olive oil. Pour oil into frying pan, add greens and sauté till cooked. Add sardines to warm them up and you're done! Season with salt. Oh...I started with warming up some walnut halves and added them in when serving.