



# Tucson Community Supported Agriculture

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## Spring 2016

**Harvest list is online**

### **The Back Page**

Salad Turnips (or Celtnce) in Miso Mustard Sauce  
Turnip or Radish Fritters  
Sesame Ginger Stems  
Spice Cake with Turnip

**Many more recipes on our website**

### **Do subscriptions get canceled when on hold?**

Yes they do! Any member's subscription gets canceled when their CSA account balance dips below \$22, i.e. the cost of 1 produce share for a week, or below \$5.50 if you only have a bread share.

This rule applies whether a subscription is on hold or not. This is to prevent holds being extended indefinitely when there is no guarantee that a member will resume his or her subscription.

So, if you reach the end of your subscription and you wish to take a break from the CSA for a while but don't wish your subscription to be canceled, remember that placing your subscription on hold will not work; your subscription will be canceled unless you recharge your account by midnight Friday.

### **Black Mesa Ranch Goat Cheese Shares To Resume Next Month**

If you are signed up for a cheese share (check your online CSA account), you will start getting your bi-weekly goat cheese logs on April 19<sup>th</sup>, and every other week after that.

## Celtuce



One of the great things about Farmer Frank is that he loves to try new things. So, here comes celtuce!

Celtuce is one of those vegetables that is popular in other parts of the world, and has been for a long time, and then one day makes an entrance in a different part of the world, often through celebrity chefs or upscale grocery stores. You all remember how shishito peppers, long popular in Japan, took the U.S. by storm a few years ago. Now it seems that we can't live without them! Fast forward a few years, and observe how some of those novelty vegetables have "taken root" in their adopted countries while others have retreated into obscurity. Add even more perspective to that and you realize that this scenario has been repeated for centuries with many of the fruits and

vegetables we eat today.

So, what is celtuce? Celtuce, also called celery lettuce, stem lettuce, asparagus lettuce, or Chinese lettuce, is a cultivar of lettuce grown primarily for its thick stem. It is especially popular in China. The stem is crisp, moist, and mildly flavored. It is typically prepared by trimming away the leaves then peeling the outer skin of the stem with a vegetable peeler. The stem can then be diced or sliced in coins - you can also slice it lengthwise with a vegetable peeler to give it a more designer look. It is then usually cooked with other, more strongly flavored ingredients. It can be stir-fried, steamed, roasted, braised, pickled, or just eaten raw. Although it is not grown for its leaves, you can use the leaves too. However, they are mildly bitter, so it's best to treat them like winter greens and cook them, unless they are very young in which case you can use them raw in salads.

## Cucumber Starts



Farmer Frank always sends us young vegetable seedlings, or starts, in the spring. One of them is the lemon cucumber, an heirloom cucumber that has been around in the U.S. since the late 1800s. It is a round, yellow tennis ball-sized cucumber.

Lemon cucumbers do not have a lemon taste, only the color, but they have a thin, tender skin and a flavor a little milder than a regular cucumbers. One of its great advantages, other than its interesting looks, is that you can eat it all at one sitting with no leftover half-cucumber to store in the fridge.

Plant the start directly in rich soil, or in a five-gallon pot, in direct sunlight or partial shade. It will trail on the ground as it grows and it can take up quite a bit of space, but you can train it on a trellis or on a fence to save space. It will produce cucumbers in about two months.

## Salad Turnips (or Celuce) in Miso Mustard Sauce

Sara Jones, Tucson CSA

I am going to go out on a limb here, since I have never eaten celuce before, but I think that it could be used in place of turnips in this dish.

1 bunch small turnips, rinsed, sliced into quarters, OR celuce stems, peeled and sliced  
1 tablespoon softened butter  
1 teaspoon Dijon mustard  
1 heaping teaspoon of miso paste  
Cracked black pepper to taste  
Toasted pecans, finely chopped

Mix mustard, miso and butter. Steam turnips or celuce just lightly, about 2 minutes. Put miso mixture and turnips in a pan over medium heat. Stir occasionally and cook for about 3-5 minutes, until barely tender and sauce has reduced a bit. Sprinkle with nuts and fresh ground pepper.

## Turnip or Radish Fritters

Tina Hansleben, Tucson CSA

3 large turnips or radishes  
1/4 cup flour of choice (I have used many different kinds of wheat-free flours with success.)  
1 egg  
1 tablespoon dried dill or more if fresh  
Juice of one lemon  
Zest of one lemon  
1/2 teaspoon salt  
Sugar, to taste  
Chèvre, to garnish

Shred roots into a large bowl. Add egg, dill, lemon peel, salt, flour, juice from 1/2 lemon. Add a little more flour if the mixture is still very wet, you want the vegetables to stick together. Heat a pan to medium with oil. Scoop out the mixture in a 1/4 cup measure and press down with a spoon. Drop mixture onto the pan, flatten with a spatula and fry until golden on each side. Mix remaining lemon juice with a little sugar until you have a sweet concoction to drizzle onto the fritters at the table.

## Sesame Ginger Stems

Sara Jones, Tucson CSA

Combine your celuce with chard stems for a pretty, and more substantial, side dish.

Stems from 1 bunch chard, cleaned and sliced  
1-2 celuce stems, peeled and sliced  
2 inches fresh grated ginger  
A few cloves minced garlic  
A couple of dashes of toasted sesame oil  
A drizzle of soy sauce  
A sprinkle of red chile flakes  
Seasoned rice wine vinegar, to taste

Grate about 2 inches of fresh ginger. Mix together with a few cloves of minced garlic, a couple dashes of toasted sesame oil, a drizzle of soy sauce, a sprinkle of red chile flakes, and about 1 tablespoon rice wine vinegar. Set aside. Heat a small amount of oil in a pan over medium high heat. Add stems and cook, stirring occasionally until almost tender. Add sauce to greens and stir well to coat. Cook an additional minute or two. Garnish with sliced green onions and sesame seeds to serve.

## Spice Cake with Turnip

Mary Ann Clark, Tucson CSA, adapted from a recipe at grouprecipes.com

Seems strange, but if you can make carrot cake, why not Turnip Cake? We were lucky enough to sample this cake and the CSA and our volunteers all approved!

2 1/2 cups whole wheat flour  
1/4 tsp salt  
2 tsp ground cinnamon  
1 tsp ground nutmeg  
1/4 tsp ground cloves  
1/4 tsp ground ginger  
2 tsp baking soda  
1/2 cup margarine/butter at room temperature  
1 cup packed brown sugar  
2 eggs  
2 tsp vanilla extract  
1 cup buttermilk\*  
1 cup cold mashed turnip\*\*  
1/2 cup raisins/dried cranberries  
1/2 cup chopped walnuts  
powdered sugar for topping

Preheat oven to 350°. Grease and flour a 13 x 9" pan. Combine dry ingredients in a medium bowl (including buttermilk powder if using) and set aside. Cream butter and sugar. Add eggs and vanilla and blend well. Add buttermilk (or water if using powdered) to the creamed mixture and blend well. Mix in the turnip, raisins and nuts. Add flour mixture to the turnip mixture and blend very well. Pour into prepared pan and bake 40 minutes. Cool completely in pan before turning out and sifting powdered sugar over cake to serve.

\*May use powdered buttermilk: About 1/4 cup powdered buttermilk & 1 cup cold water