



# Tucson Community Supported Agriculture

Newsletter 573 ~ January 30, 2017 ~ Online at [www.TucsonCSA.org](http://www.TucsonCSA.org)

## Winter 2016-17

### Harvest list is online

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#### Braised Cabbage and Bacon on Pasta

Here is the Braised Cabbage and Bacon recipe we posted on Facebook this past weekend. It is a great way to use a whole cabbage in one easy dish.

1 lb bacon, chopped  
1 cabbage, shredded  
Salt and Pepper  
1 lb of dry pasta  
Grated Parmesan

In a large skillet, sauté the bacon on medium heat until it begins to get crispy. Add the shredded cabbage. Toss until well mixed. Cover and braise for 15 minutes or so, stirring occasionally. Add salt and pepper to taste. Turn heat down to low once the greens are wilted.

Meanwhile, cook pasta according to instruction on packets. Drain. Mix with cabbage.

Serve in individual bowls and sprinkle with grated Parmesan.

Note: instead of bacon, you can use Italian, breakfast or plain ground pork sausage.



## Cruciferous Cornucopia

One thing both harvests have in common this week is heaps of cruciferous greens! Cruciferous vegetables such as broccoli, cauliflower, kale, and mustard greens contain a dizzying array of vitamins and minerals and are in fact the highest plant-based sources of vitamin A carotenoids, vitamin C and K, folic acid, and fiber. Lesser-known vitamin K is known for its ability to lower our inflammation response, build strong bones and prevent heart disease. But don't just think about how GOOD they are for you - think of how GOOD they are to eat!

**Broccoli** - Roast florets and sliced stems in a 400-degree oven with olive oil, diced garlic and lemon zest and juice until browned for a truly mouthwatering side dish.

**Kale** - Tear into bite sized pieces, dress with olive oil, salt and pepper and roast to a crisp in a 400-degree oven for a few minutes for your very own kale chips.

**Collard Greens** - Use these instead of tortillas for a lo-carb extra nutritious wrap! Just blanch them for a few minutes in simmering water until bright green and dunk in a bowl of ice water to stop the cooking, then dry.

**Arugula** - These greens are versatile raw or cooked. You can make a super simple dish by adding washed and dried arugula to a bowl, dress with olive oil, lemon juice, salt and pepper, then add sautéed, seasoned chopped chicken straight from the pan and stir to wilt the arugula. Top with Parmesan cheese.

## A Tale of Two Cabbages

This coming season will likely bring more cabbages from both farms - oh, and it's another cruciferous veggie! The **Green Cabbage** is the classic large globe of Beatrix Potter's garden - densely packed wide leaves of pale green with a slightly rubbery texture and a solid white core. Green cabbage can be sliced thinly while raw to make a variety of coleslaws or braised for hours until almost melting in a Corned Beef and Cabbage stew. Its flavor is often peppery while raw but mellows with cooking.



An excellent easy side dish from *Nom Nom Paleo* takes a couple of hours, but it's worth it: Cut your cabbage in eighths and place in a baking dish that's been greased with 2 Tablespoons of your favorite cooking fat along with some cut up carrots and sliced red onion. Season, drizzle with 1/4 cup broth or water and 1/4 cup melted ghee or coconut oil, cover and bake for 1 hour in a 325-degree oven. Then uncover and bake for another hour. Even the cabbage core will be meltingly tender.

But let's not ignore its cousin - the **Napa Cabbage** (also called Chinese Cabbage). This one is also green and has a more oblong shape. The leaves are thinner and deeply textured with a frilly edge. Its flavor is sweeter and is wonderful used raw in a salad. It's also popular as a filling for spring rolls. You can substitute it for Green Cabbage in coleslaw for a lighter touch. Kimchi is another great use for Napa Cabbage. Although classic kimchi requires many days for fermentation - you can make a quick version like this: Just mix 3 cups shredded cabbage, 1 Tablespoon Sriracha, 3 Tablespoons of rice wine vinegar, 4 chopped garlic cloves and half a teaspoon salt in a lidded container and let sit in the fridge overnight.

## **Okonomiyaki (Japanese fritters)**

Philippe, Tucson CSA

Okonomiyaki is a traditional Japanese dish typically made from flour, eggs and shredded cabbage, with added vegetables and sometimes fish or meats. It is a very easy and versatile dish and there are infinite ways to make it. It can be made ahead and is perfect for potlucks. The following recipe is by no means authentic, it's just how I make it. I usually make it with whatever ingredients I have on hand. It has few seasoning other than the sauce but it is nevertheless packed with fresh flavors. However, if you want it to have an extra kick you can add black pepper, chile flakes or any herbs or spices.

### **The base:**

1 cup all-purpose flour  
1 cup water, stock, or dashi  
2 eggs  
½ cabbage, shredded. You can also use bok choy or Napa cabbage  
1 tablespoon olive oil

**Other ingredients** (optional) – add 2-3 cups of a combination of one or more of the following: chopped green onions, bacon, ham, thin slices of pork or beef (pre-cooked/sautéed), fish, shrimp, chopped greens, sliced mushrooms, nori flakes (dried seaweed), corn, grated carrots, green beans, grated summer squash, grated sweet potatoes, grated turnips, ... grated anything really.

### **Toppings:**

Mayonnaise  
Okonomiyaki sauce, soy sauce or Worcester sauce

In a large bowl, mix the flour, eggs and water or stock. Add the cabbage and the other ingredients. Mix gently until everything is well coated with the batter. Heat oil to medium hot in a large skillet. Pour the mixture in a large skillet and press it down firmly. I try to make it about 1/4 inch thick. Cover and cook for 5 minutes. Flip (I usually slide in on plate, cover with another plate, flip it and slide it back in the skillet) and continue cooking for another 5 minutes. Slide onto a large plate, cut in wedges, brush wedges with some mayo, sprinkle with some sauce on them, and enjoy. Depending on the size of your cabbage, you may have to do this in 2 batches.

## **Roasted Cauliflower**

Sara Jones, Tucson CSA

This is the easiest and most delicious way to prepare cauliflower! Slice the cauliflower into ¼" thick pieces for best results.

1 head cauliflower, core removed and sliced  
1 tablespoon olive oil  
Salt and pepper

Preheat oven to 450. Gently toss cauliflower slices with oil then sprinkle with salt and pepper. Lay out in a single layer on a baking sheet. Roast in oven for about 12-15 minutes, until beginning to brown on edges. Flip cauliflower and continue roasting about 5 minutes until edges are well browned all over.

## **Peanut Ginger Sauce for Winter Slaw**

Sara Jones, Tucson CSA

Use very thinly sliced cabbage or hearty greens for this salad, or larger pieces of more delicate greens. You can add any other veggies and herbs you think might be good. Serve with cold noodles and diced chicken or tofu for a light meal. Garnish with roasted peanuts and lime wedges if you like.

1/4 cup natural peanut butter  
1 inch piece fresh ginger, grated  
1/4 to 1/2 cup orange juice or coconut milk  
1 tablespoon oil  
1 tablespoon rice wine vinegar  
1 tablespoon soy sauce  
1-3 teaspoons sugar (optional)  
1/2 ground Cayenne pepper (optional)

Blend dressing ingredients in a food processor or blender. Taste for seasoning and add additional soy sauce or sugar if desired. Toss with greens just before serving.

## **Greens and Potato Soup**

Sara Jones, Tucson CSA

Hearty kale or collards work best in this soup. Fennel seeds, red chile flakes and paprika lend the traditional flavor of Italian Sausage to this vegetarian soup. You can always add the sausage back in if you like, but the soup is plenty hardy without it.

1 medium size bunch kale, cleaned, with thick stems removed, roughly chopped  
3-4 small potatoes  
1 can white beans, drained  
4-5 cloves garlic, minced  
1 teaspoon fennel seeds, crushed  
1-2 teaspoons red chile flakes, to taste  
2 teaspoons paprika  
1 teaspoon dried thyme  
1 tablespoon olive oil  
1/4 cup cream or whole milk  
Salt and pepper, to taste

Heat oil in a large saucepan over medium heat. Cook onion until translucent. Add spices and garlic and sauté until fragrant. Stir in potatoes and cook briefly before adding about 1 quart of water. Bring to a simmer and cook until potatoes are almost tender. Add greens and beans and cook for about 10 more minutes. Remove soup from heat, stir in cream and season with salt and freshly ground pepper.