



Tucson Community Supported Agriculture

Newsletter 579 ~ March 13, 2017 ~ Online at www.TucsonCSA.org

Winter 2016-17

Harvest lists are online

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**Many more recipes
on our website**

For Sale: Worm Castings From Inch By Inch

For a few months now many of you have been bringing your kitchen waste to the CSA and added it to the Inch By Inch bins. It is then fed to their little red wigglers.

The end product of all this is worm castings, or worm poop. Worm castings are a high quality soil supplement for indoor plants and outdoor garden use.

We have a limited amount of worm castings from Inch-By-Inch available for sale at the front desk.

For more info about Inch By Inch, go to:

<http://www.inchbyinchaz.com>

Beef Shares

We are still taking deposits for beef shares. They will be ready for pick up at the end of March.

Lamb shares! Taking deposits NOW!

Grass-fed, grass-finished lamb shares from Josh will be available for pickup starting April 11, just before Easter.

Reserve your lamb share now at the front desk with a \$20 deposit. The total number of shares available is limited to 30.

Ravishing Radishes



We've been getting radishes on both pickup days quite regularly lately: radishes are a common late winter crop because they grow and mature faster than most vegetables. They have become some of my favorite veggies - not only because they freshen up any salad with their signature peppery zing, but also because they come in a spectrum of colors and even shapes. Plus they're super cute! But there are more

ways to enjoy these diminutive veggie stars than raw and sliced on your favorite salad.

Roasted: This is one of those super simple techniques that almost seems too easy. But who cares? Roasting radishes takes a fraction of the time (10-15 minutes) in a hotter oven (450 degrees) than other veggies but the results are the same - caramelized yumminess that tones down the zing.

Quick pickled: Radishes will provide a cool briny tang in no time. Slice up a bunch of radishes as thinly as you can, layer them in a pint jar and cover with basic pickling solution (something acid, something sweet and salt): about half a cup each of vinegar and water, then 1 1/2 teaspoons kosher salt and 1 Tablespoon of honey, sugar or maple syrup. Let sit in the fridge for 15 minutes and they're ready!

Braised: Basically don't be afraid to add them to meat or veggies stews along with potatoes or onions. The radishes will become meltingly tender after soaking up the flavors of the braising liquid.

Raw in a dip: It's a bit like tzatziki but made with radishes instead of cucumbers! Slice or grate the radishes, then mix them with yogurt and season generously with salt and ground black pepper. Fixed this way, radishes make a very refreshing dip and the yogurt wonderfully moderates the spiciness of the radishes. Perfect on a warm day!

Saag – The Greens Buster!

Saag is a great way to use up a lot of leafy greens all at once. If you have a lot of greens and can't fit them all in your fridge, making saag is one way to go. But just what is saag? Simply put, the word saag refers to a dish made on the Indian subcontinent made with fried spices and leafy green vegetables such as spinach, mustard greens and collard greens.

In India, saag is not just cooked by itself but is often combined with all kinds of meat, such as goat, lamb, chicken and fish. Potatoes and cauliflower are also often served with saag. Daals (lentils) are the perfect sidekick for saag. Saag also goes really well with breads like chapatis and naans.

How to make saag? The leafy greens in saag dishes are usually finely chopped and cooked. Common spices used in saag dishes include cinnamon, cloves, ginger, chili, garlic, coriander and cumin. Check out Sara's Coconut and Garbanzo Stew on the back page, it's basically a saag creamed with coconut milk.

Radish Fritters

Tina Hansleben, Tucson CSA

1 bunch radishes or turnips
¼ cup flour of choice (I have used many different kinds of wheat-free flours with success)
1 egg
1 handful fresh herbs, chopped
Juice of one lemon
Peel of one lemon
½ teaspoon salt
Sugar, to taste, optional
Goat cheese, to garnish, optional

Shred the radish bulbs into a large bowl. Add egg, herbs, 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 ¼ 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. Garnish with cheese and serve.

Coconut and Garbanzo Stew (Variation on Saag)

Sara Jones, Tucson CSA

You will want two bunches of greens for this recipe. Turnip or radish greens are perfect for this, as the curry flavors and creamy coconut balance the pungent greens. You can use other greens if you need to. If you are using turnip or radish greens, add the roots to the curry as well. This dish could be served over rice or toast, or thin it out a bit and serve as a soup.

2 bunches greens, washed and finely chopped
1/2 large onion, diced
2 cloves garlic, mashed
1 teaspoon red chile flakes if desired
1-2 inches ginger, grated and mashed with garlic
1 teaspoon cumin seeds
1 teaspoon coriander
1/2 teaspoon turmeric
1 tablespoon oil and/or butter
1/2 can coconut milk
2 cups cooked garbanzo beans
Lemon juice, to taste
Fresh cilantro, chopped, for garnish

Heat the oil in a large skillet over medium high heat. Add cumin seeds and stir for about 20 seconds, then add onions. Cook, stirring occasionally for about 5 minutes then add garlic and ginger paste and remaining spices. Stir quickly until fragrant then add greens. Stir to coat with oil and spices, add coconut milk and cooked beans, cover, and reduce heat to medium low. Cook for about 10-15 minutes, checking occasionally to make sure you don't need to add water to prevent burning. When greens are completely wilted, add salt and pepper, lemon juice and cilantro, to taste.

Cabbage Pie

Sara Jones, Tucson CSA

Turnips have a similar flavor profile as cabbage so you can use those instead of or in addition to cabbage. Add turnip greens about half way through cooking the roots. The key to making this dish delicious is cooking the onions and cabbage until they are starting to caramelize.

About 1/2 large cabbage or 1 share turnips with greens, finely sliced
1 large yellow onion, sliced
1/4 stick of butter
About 1 1/2 teaspoon each of salt and pepper
½ teaspoon fennel seeds, optional
3 hardboiled eggs, peeled and diced
1 teaspoon sugar
1 tablespoon vinegar
Sheet of puff pastry or pie dough

Melt butter in a large pot over medium heat and add onions and cabbage (or turnip roots). Sprinkle with sugar and fennel seeds, if using, and cook, stirring occasionally, for about 30 minutes. When tender and beginning to caramelize, remove from heat. Season to taste with salt and pepper and vinegar and let cool slightly. Stir eggs into mixture and put into a well greased pie pan or square baking dish. Drape puff pastry sheet or rolled out pie dough over top and cook at 350 degrees until crust is golden brown.

Turnip Chili

Julie & Luke Johnson, Plowshare Produce CSA

2 tablespoons olive oil
1 medium onion, finely chopped
2 tablespoons minced ginger
1 tablespoon minced garlic
¼ cup tomato paste
2 teaspoons ground fennel seeds
2 teaspoons ground cumin
1 teaspoon ground coriander
1 teaspoon chili powder
½ teaspoon ground turmeric
3 cups cooked red kidney beans
1 share of turnips peeled and cut into 1-inch cubes
1 ½ teaspoons salt
6 tablespoons finely chopped fresh cilantro or parsley

Sauté onion, ginger, garlic and cardamom pods or ground cardamom until everything is soft and beginning to brown. Stir in tomato paste and spices. Pour in 1 cup water to deglaze the pan and simmer until most of the water is gone. Pour in 1 more cup water and simmer until an oily sheen forms on the surface, about 5-8 minutes. Add 2 more cups water, kidney beans, turnips, salt and 4 tablespoons of the cilantro or parsley. Heat to a boil, reduce and simmer uncovered until the turnips are tender and the sauce is thick, about 20 minutes. Sprinkle with herbs and serve.