



Tucson Community Supported Agriculture

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Winter 2019

Harvest lists are online.

Back Page Recipes

- Asian Cole Slaw
- Turnip or Mustard Root and Potato Gratin
- Easy Fideo Soup – New!

Find many more recipes on our website.

New Options for Goat Cheese Shares!

For the first time ever, we are offering CSA members the option to get their goat cheese share on either a weekly or bi-weekly basis. Goat cheese shares now come in smaller 4oz logs and you can choose between the following options: Rotation (Plain, Tuscan Herb, Smoked Paprika, Chipotle), Plain/Herb, or Plain. A weekly goat cheese share costs \$33 for a 6-week subscription (\$5.50/Share), and a bi-weekly goat cheese share costs \$18 for a 6-week subscription (\$6/share). Please remember that all changes to your subscription must be done between the day after your pickup and midnight on Friday.

Now Taking Lamb Share Orders

We're now taking orders for grass-fed lamb shares, which will be ready for pick up the week before Easter. Please see the front desk volunteer to put down your \$20 deposit.

Cultivating Cabbage

Written by Farmer Frank

Cabbage was originally cultivated in Northern China around 4,000 BC. It didn't look anything like the round cabbage we are familiar with today ... the first cabbage was a thick, non-heading loose leaf cabbage. Many years later it was domesticated by the Celts of Central and Western Europe. In Ancient Rome cabbage was considered a luxury vegetable and, as such, had a higher stature than other common vegetables – it was said that the Greek philosopher Diogenes ate only cabbage and drank only water. As the cultivation and availability of it continued, cabbage was adopted by the lower classes as well.

Cabbage was brought to the Americas by the French explorer Jacques Cartier on his third sea-going journey. Cabbage became a necessity at sea to prevent scurvy among sailors on their long voyages. It kept so well and could be preserved by making it into sauerkraut, which is just cabbage preserved in brine. Captain Cook's ship doctor used it to treat sailors' wounds and prevent gangrene.

Cabbage continues to be one of the most popular vegetables in the world, and ranks as the fourth most popular vegetable worldwide. The average Russian eats almost 50 pounds of this delicious vegetable every year! Sadly, the amount consumed by the average person in the U.S. per year can be measured in grams – 100 grams to be exact – and most of this is consumed in coleslaw.

Mustard Root

Written by Shelby Thompson

Looking at the plump, gangly, earthy mustard root in our CSA shares, I can't help but think of the shrill, human-like mandrakes that Hermione, Ron, and Harry pulled up in their Herbology class at. Unlike the mandrakes in "Harry Potter", mustard root is totally delicious (and 100% less deadly). Although we typically get mustard greens in our shares, the root of the plant is just as lovely to cook up and serve at your table. Mustard root is also somewhat special – it's unlikely that you'll find this vegetable in any grocery store.

Sliced thin and julienned, mustard root can be used the same way you might use radishes or jicama: tossed into salad, mixed into slaw, or used as taco toppings. Or do as Sara does and make Mustard Root and Potato Gratin, or maybe a hearty pot of Easy Fideo Soup – the recipes for both can be found on the back page. Those who feel a bit more adventurous in the kitchen this week might try experimenting by roasting, pureeing, and pickling this new-to-us root. If none of that sounds appealing and you need a recipe to make this peculiar veggie more familiar, you can always grate it, mix it with egg, cheese, and flour, and fry it to make delicious mustard root fritters that nobody will deny.

Asian Cole Slaw

Sara Jones, Tucson CSA

Classic BBQ joint coleslaw with mayonnaise is great, but you can always make your coleslaw with an Asian twist, using ingredients like ginger and chile. Top with baked tofu or shredded rotisserie chicken to make a complete meal.

Salad

½ head purple or green cabbage, shredded
1 large handful finely chopped greens
3 carrots, shredded
1 large radish, shredded

Mix vegetables and toss together with a pinch or two of salt. Massage into veggies until they are a bit wilted.

Peanut Ginger Dressing

2 tablespoons peanut butter
1 inch piece fresh ginger, finely grated
¼ cup orange or apple juice
1 tablespoon rice wine vinegar
1 tablespoon soy sauce

Sesame Soy Dressing

1/8 teaspoon dry mustard
1 teaspoon sugar
1 tablespoon rice wine vinegar
1 tablespoon soy sauce
1 tablespoon oil
1 teaspoon toasted sesame oil
1 teaspoon chili sauce

Drizzle veggies with about half of the dressing. Mix well and taste for seasoning. Add more dressing as needed then top with chicken or tofu is using.

Turnip or Mustard Root and Potato Gratin

Sara Jones, Tucson CSA

This is an easy recipe to toss in the oven to bake while you prepare the rest of your meal. This is a good recipe for children or adults who don't like turnips much. Depending on the other flavors in the meal, consider layering in a handful of chopped dill to the dish.

3 medium potatoes, thinly sliced
3 medium turnips or 2 large mustard roots, peeled and thinly sliced
1 onion, thinly sliced
1-2 tablespoons butter, melted
¾ cup heavy cream (or use whole milk yogurt, thinned with water to make it pourable)
¼ cup bread crumbs
¼ cup crumbled or shredded cheese
Salt and Pepper
Dill, if desired

Saute onions in a small amount of oil until lightly browned. Add butter and vegetables and cook for about 5 minutes. In a small casserole dish, make layers of veggie mixture, drizzling each layer with cream and sprinkling with a bit of salt and pepper. No need to be precise here! Top with bread crumbs and cheese, cover with foil, and bake in a 375 degree oven for about 40 minutes, until cooked through. Remove foil and cook about 10 more minutes until top is golden brown.

Easy Fideo Soup – New!

Sara Jones, Tucson CSA

This soup is perfect for the veggies in our shares this week. Mustard roots are a bit like rutabagas and give the soup a nice sweet flavor, but you can use potatoes or turnips instead. I use regular spaghetti noodles and break them into 1-2" pieces but you can use thin fideo noodles too. The smoky flavor of the paprika and the toasted noodles really add a great flavor to an otherwise basic soup!

1 large mustard root, peeled and diced
2 handfuls broccoli or cauliflower, chopped
1 bunch greens, cleaned and chopped
4 small carrots, diced
1 sweet yellow onion, diced
3 cloves garlic or ½ bunch green garlic
2 tablespoons tomato paste
1 can kidney beans, drained
1 teaspoon oregano
1 teaspoon thyme
2-3 tablespoons oil
About a quarter package spaghetti, broken into bits
2 heaping teaspoons smoked Spanish paprika
Salt and pepper, to taste

In a large saucepan, sauté onion in about 1 tablespoon of 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, veggies and about 2 quarts of water or broth. Bring to a simmer and cook for about 20 minutes, until mustard root is mostly tender. Add beans. In a large skillet heat a generous tablespoon of oil until hot, add noodles and spread into a single layer. Stir gently when noodles begin to turn golden. Once most of the noodles have acquired a nice brown, toasted color add paprika and stir constantly for about 30 seconds. Pour noodles over soup (carefully as it will sizzle!) Season with salt and pepper and return soup to a boil. Cook until noodles are tender, about 10 more minutes. Taste for seasoning and add more salt if necessary. Serve garnished with shredded parmesan if desired