



Tucson Community Supported Agriculture Newsletter

December 6, 2005 – Issue 14

Winter 05
Week 1 of 12

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Photo courtesy
<http://www.coveredbridgeproduce.com/>
The white "Hakurei" salad turnip is almost as sweet as an apple and has crisp flesh that adds crunch to stir-fries or mixes well in salads.

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We welcome your suggestions, comments, contributions, and questions:

www.tucsoncsa.org

Welcome New Members

Thank you to everyone who renewed and welcome to all of our new members:

- **Are you on our e-mail list yet?**

Please visit www.tucsoncsa.org to join. We promise not to deluge your inbox with e-mails—we send out an announcement only once per week to inform you of the coming week's harvest. More importantly, however, the e-mail list is a vital communication tool for us. Please help us to be able to make you aware of special announcements and to remind you of payment deadlines.

- **Things to do when you pick up**



Check your name off on the sign-in sheet. If your name is not on it, please see Philippe!



Vote for what produce items you'd like to see the following week.



Grab a copy of our weekly newsletter.



Check the Trading Basket if you'd like to trade one or more of your produce portions (always trade full portions).



Check the Surplus Basket, which is free for all: it may contain leftover items from the previous week, and we invite you to contribute surplus organically grown produce from your own garden (such as citrus fruit) that you'd like to share with other members (please do not contribute produce that has been exposed to synthetic chemicals). Also, if there is an item from the current week that you'd rather not take home with you and there is nothing available to trade, please place it in the Surplus Basket as well so that other members can benefit from it immediately.

- **Getting amounts right**

Farmer Frank harvests just enough produce for all members. If you accidentally take more than your share, you're taking from someone else's share. Please be careful not to take more than the amounts indicated. For example, when weighing your 2 lbs. of potatoes, don't take 2.1 lbs.—if you can't get exactly 2.0 lbs., please take a little less rather than a little more.

- **Recycle your bags!**

Please donate your extra plastic and paper bags, and bring back the ones you use from us. We encourage you to bring your own canvas tote bag, basket, box, or bags, but we have extra available for you to use in a jam. In addition, some of our produce is pre-bagged, such as salad greens. Rather than throw out used bags, please rinse them out and return them—recycling these bags keeps our costs down.

- **Out of town?**

When we have a surplus at the end of pickup day, we donate it to a local food bank, but we would prefer to give our paying members first pick by making it available to them. Please let us know if you will not be picking up your share on a particular Tuesday, so that we can place it in the trading or surplus basket.

Soon to Go!

Once the first freeze hits, we won't be seeing the following items again until next spring: lemongrass, mint, basil, oregano, cucumber, tomatoes, eggplant, squash, and okra.

White “Hakurei” Salad Turnips

The only turnips many people have ever seen are large storage turnips, scarred from handling, their greens long discarded, their flesh sometimes bitter. Turnips in their youth, however, small and firm with shiny white skin and fresh tender greens, are nothing short of exquisite.

“Hakurei” is a new, fast-maturing (38 days) variety that sets a new standard for flavor: it’s sweet, fruity, and delicate. In contrast to most turnips, “Hakurei” has smooth, hairless tops, which makes the young greens appealing even in salads. They needn’t be peeled, as a great deal of flavor resides in the skin.

So what can you do with them? The simplest way to eat them is raw, with salt, as a crudité, and include the greens in a salad, as their name implies. But if you’d rather eat something warm than cool, here are a couple of suggestions.

Young Turnips with Their Greens

Adapted from Deborah Madison’s Vegetarian Cooking for Everyone

Small turnips, scrubbed, greens trimmed and washed
Salt and freshly milled pepper
2 to 4 tablespoons butter
Several thyme or lemon thyme sprigs, leaves plucked

Bring 3 quarts of water to a boil for the greens and set a steaming basket over salted water for the turnips. Add 1-1/2 teaspoons salt, add the greens, and simmer until tender, 8 to 10 minutes. Meanwhile, steam the turnips until they’re tender-firm, 10 to 12 minutes. Drain the greens, press out excess moisture with the back of a spoon, toss them with half the butter, and season with salt and pepper. Arrange them on a plate. Toss the turnips with the remaining butter, a few pinches of salt, a grind of pepper, and the thyme. Pile the turnips on the greens and serve them together.

Turnip Potage

Adapted from Deborah Madison’s Local Flavors

This recipe is very adaptable—just use whatever potatoes and turnips you have on hand from this week’s share. Like the turnips, the potatoes don’t need to be peeled—much flavor resides in the skins. Serves 3 to 4.

6 slender leeks, about ¾-inch across
3 small Yukon Gold potatoes
6 small turnips
1-1/2 tablespoons unsalted butter
a few thyme sprigs
sea salt and freshly ground pepper
cream
chopped parsley or thyme

Slice the white parts of the leeks crosswise and wash well. Scrub the potatoes, quarter them lengthwise, and chop. Quarter and chop the turnips without peeling.

Melt the butter in a soup pot. Add the vegetables, give them a toss, then add ½ cup water and the thyme. Simmer for 5 minutes, then add 5 cups water and ½ teaspoons salt. Bring to a boil, then simmer until the vegetables are tender, 25 to 30 minutes. Taste for salt, season with pepper, and stir in a few spoonfuls of cream. Garnish with chopped parsley or thyme.

Kale with Tepary Beans

Adapted from Deborah Madison’s Vegetarian Cooking for Everyone

Adding beans to greens makes a hearty, unpretentious, and fast supper. Madison’s recipe calls for cannellini beans, but our native tepary beans make an excellent local substitute. Their flavor is sweet and delicate, and the legume lends itself well to almost any recipe which calls for common beans.

Kale has a hearty flavor that complements beans well. The stems are tough as ropes, so slice the leaves all the way off. Red Russian kale has flat blue-green leaves that are somewhat more tender than regular kale leaves. Even though it cooks down, kale manages to hold much of its volume. A bunch weighing about a pound yields 1-1/2 to 2 cups cooked.

As always, this recipe is extremely adaptable—just use however much kale you happen to have on hand from this week’s share. Serve with or over garlic-rubbed croutons or topped with bread crumbs crisped in olive oil. Serves 2 to 4.

1-1/2 to 2 pounds kale, stems and ribs removed
Salt and freshly milled pepper
1 small onion, finely diced
1-1/2 tablespoons olive oil
2 plump garlic cloves, minced
Pinch red pepper flakes
2 teaspoons chopped rosemary
½ cup dry white wine
1 cup cooked tepary beans
Freshly grated Parmesan (optional)

To cook the tepary beans, rinse the beans with water, pick out and discard any stones or broken pieces, place the beans in a large pot, cover with water (8 cups of water to one cup of beans), and add 1 teaspoon of salt. Partially cover and cook until tender, about two or three hours. They will double in volume. The cooked beans can be frozen and store well in the refrigerator for up to one week (leave in the cooking liquid).

Bring 1 quart water to a boil in a skillet, then add 1 teaspoon salt and the greens. Simmer, uncovered, turning the leaves until all are tender, 7 to 10 minutes. Drain, reserving the cooking water, and chop the leaves. In a large skillet, sauté the onion in the oil with the garlic, pepper flakes, and rosemary for about 3 minutes. Add the wine and cook until reduced to a syrupy sauce. Add the beans, kale, and enough cooking water to keep the mixture loose. Heat through, taste for salt and season with pepper, and serve with Parmesan.

You can find more recipes online at www.tucsoncsa.org. If you still haven’t used your beets from last week, check out member Maggie Newman’s recipe for Fruity Beety. It’s a great way to combine both our beets as well as the oranges in this week’s share. Also, the November 22 issue has a recipe for Spaghetti with Arugula which, like the recipes above, is extremely adaptable. Arugula mellows when cooked and loses some of its pungent peppery flavor. Don’t pass it by!

Scary Arugula: Getting Creative with Arugula

As they mature, arugula leaves get large, hot, and spicy. They're too robust for salads, but when cooked, their pungency softens.

Arugula Pesto

Philippe

Although pesto is traditionally made with basil, arugula may be substituted with surprising results. Pesto is best known in pasta dishes, but there are many other ways to use this versatile sauce: spread on a roasted vegetable sandwich, stirred into vegetable soup, thinned with water and vinegar for a salad dressing, mixed with mayonnaise to make a dip for vegetables, or stirred into mashed potatoes.

4 cups stemmed, chopped arugula
1 cup nuts or seeds, such as pine nuts, almonds, walnuts, pecans, or sunflower seeds
½ cup Parmesan, Asiago, or Manchego cheese, grated
6 cloves garlic
¼ cup olive oil
¼ teaspoon salt

Blend all ingredients together in a blender or food processor until the mixture achieves a smooth consistency. Leftovers keep in the refrigerator for several days or can be frozen in separately packed small portions, such as the ice-cube tray method below:

Spoon pesto into an ice-cube tray (2 tablespoons per cube) and cover with plastic wrap. Freeze overnight, then transfer cubes to a resealable plastic bag; keep up to 6 months. Defrost pesto at room temperature about 20 minutes.

Brown Rice and Eggs with Arugula and Walnuts

Adapted from [Vegetarian Cooking for Everyone](#)

Rice and eggs are wholesome fast food. This combination makes a fast, nourishing dish that is homey and comforting. The heat of the rice cooks the egg, and any hot grain or noodle would do the same.

1-1/2 cups brown rice
Salt and freshly milled pepper
1 bunch arugula, stems removed
1 large garlic clove, minced or pressed
1 tablespoon extra virgin olive oil
1 or 2 eggs
½ cup toasted chopped walnuts
Grated pecorino Romano (optional)

Boil the rice in salted water until tender, 30 to 50 minutes, depending on whether it's long- or short-grain. Meanwhile, cook the greens in 2 quarts salted boiling water until tender, 5 to 7 minutes. Drain, then press out the liquid and coarsely chop. Toss the greens with the garlic and oil and season with salt to taste. When the rice is done, drain it, then return it to the pot and rapidly stir in the eggs until well coated. Add the greens and walnuts and toss again. Serve with a light covering of grated cheese. Serves 4 to 6.

Potato Soup with Arugula

Adapted from [Vegetarian Cooking for Everyone](#)

Virtually all greens are good with potatoes, but especially assertive mature arugula. Serves 4 to 6.

1 bunch arugula, stemmed
2 tablespoons olive oil or butter
2 onions, finely diced
3 small bay leaves
2 pounds potatoes, peeled
Salt and freshly cracked pepper
2 tablespoons chopped parsley
2 or 3 pinches red pepper flakes
Thinly shaved Parmesan

Boil arugula until tender and bright green, 10 to 15 min., then drain and coarsely chop. Heat oil in a heavy pot over med. heat and add the onions and bay leaves. Meanwhile, quarter each potato lengthwise and thinly slice. Add the potatoes, raise the heat, and sauté, stirring frequently, until the onions begin to color, about 10 min. Add 1-1/2 tsp. salt and 1 cup water. Scrape the bottom of the pot to loosen the solids. Add 2 quarts water and bring to a boil. Lower the heat and simmer, partially covered, until the potatoes are soft, about 30 min. Remove bay leaves, taste for salt, season with pepper, and stir in parsley, arugula, and 2-3 pinches of red pepper flakes. For more body, blend 1-2 cups or more. Serve with Parmesan.

Pasta with Arugula and Beans

Adapted from [CooksIllustrated.com](#)

6 ounces bread crumbs
3 tablespoons olive oil
6 cloves garlic, minced or pressed (about 2 tablespoons)
1 medium onion, diced small (about 1 cup)
¼ teaspoon hot red pepper flakes
1 bunch arugula, stemmed and chopped
1-1/2 cups low-sodium vegetable broth
2 cups cooked tepary beans
13.25-ounce package whole wheat spaghetti or equivalent
4 ounces fontina cheese, coarsely grated (about 1 cup)

Heat 2 tbsp. oil in large skillet over med-high heat. Add bread crumbs and cook until beginning to brown, about 3 min. Stir in 1 tbsp. garlic; cook until garlic is fragrant and crumbs are golden brown, about 1 min. Season with salt and set aside. Heat remaining tbsp. oil in same pan over med-high heat. Add onion and cook until starting to brown, about 5 min. Add remaining tbsp. garlic and red pepper flakes; cook, stirring constantly, until garlic is fragrant, about 30 seconds. Add half of greens to pan; toss occasionally, until starting to wilt, about 2 min. Add remaining greens, broth, and ¾ tsp. salt; cover; increase heat to high and bring to simmer. Reduce heat to med. and cook, covered, tossing occasionally, until greens are tender, about 15 min. (mixture will be somewhat soupy). Stir in beans. Cook spaghetti, drain, and return to pot. Add greens, set over med-high heat, and toss to combine. Cook until pasta absorbs most of liquid, about 2 min. Add fontina; adjust seasoning with salt and pepper. Serve topped with garlic bread crumbs. Serves 4 to 6.