



Tucson Community Supported Agriculture Newsletter

February 1, 2006 – Issue 21

Winter 05
Week 8 of 12

This Week's Share

Broccoli
Cilantro
Onions
Tatsoi
Daikon radishes
Tokyo Bekana
Salad mix
White "Hakurei" salad turnips

Recipes in this Issue

Daikon tips
Tatsoi with French Dressing
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Tokyo Bekana tips



Photo by John Walkenbach (j-walk.com)

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We welcome your suggestions,
contributions, and questions:

www.tucsoncsa.org

Rodolfo's Story

When Rodolfo started working as a picker for Farmer Frank in 2001, his hands were red, swollen and cracked. He had previously been employed, for seventeen years, on a conventional farm near Phoenix where he routinely manipulated chemical pesticides and fertilizers. Rodolfo had never been told to wear gloves, and he never thought he needed to. After all, when he dipped his hands into those chemicals, it didn't hurt. But their effect on the skin is slow and cumulative and Rodolfo never thought the chemicals were the cause of his sore hands. He attributed it to hard farm labor. He got used to wrapping his hands and fingers with duct tape and just went on with his work. It was not until he started working for Farmer Frank and his hands gradually began to heal that he figured what had caused his problem. Farmer Frank never uses chemicals of any kind at Crooked Sky Farms. Rodolfo's hands took a whole year to recover. If you ask him what is best, organic or conventional farming, he will tell you: organic. Rodolfo is the 's son and nephew now also work for Frank at Crooked Sky Farms.

Would You Like Organic Eggs Available Through the CSA?

The Tucson CSA has found a possible supplier of fresh, local, organic, cage-free eggs. Chris O'Brien, a PhD student at the Sonoran Desert Research Station, is willing to expand his current hen population to provide us with eggs. He would buy baby chicks who would start producing eggs in June. Before Chris goes out to buy his chicks, however, we need to gauge the demand for eggs among our CSA members. **Please take a moment to answer our brief egg survey next to the pickup checklist. You may also e-mail your answers to us by Friday, February 3 (we've got to move fast).** The price would be approximately \$3.50 per dozen for white eggs and \$3.80 per dozen for brown eggs (white eggs are less expensive to produce, as the feed-to-egg conversion is more efficient). We need answers to four questions:

1. Would you prefer white eggs or brown eggs?
2. What quantity of eggs would you require (e.g. 6, 12 or 24)?
3. At what frequency would you require them (weekly or bi-weekly)?
4. If egg demand exceeds our suppliers capacity of 10 dozen a week, would you like to be put on our Egg Waiting List?

Grass-Fed Lamb Update

Nathan Watkins from San Ysidro Farm got too busy this past week to drive up from McNeal with our lamb delivery. Philippe plans to drive to Cochise County himself this coming Friday to pick up the order so the lamb delivery will be ready for CSA pickup next Tuesday. We apologize for the delay.

Simple Ways to Use Daikon Radish

Adapted from Elizabeth Schneider, *Vegetables from Amaranth to Zucchini* (HarperCollins, 2001)

Raw

- Use sliced daikon radish as a crudit  “cracker” for salty spreads such as tapenade (olive spread).
- Slivered, diced, grated, or sliced daikon radish is coolly refreshing in salads with fruit, vegetables, fish, or meat.
- Grated, it can serve as a simple dressing for broiled fish or meat.
- Chopped and mixed with hot spices, yogurt or sour cream, and cilantro, it makes a fine salsa or raita.

Cooked

Daikon radishes develop the mild juiciness of young turnips when cooked. They add sweetness and remove undesirable fishiness when cooked with seafood.

- Diced and added to soup at the last moment, daikon radishes swiftly become tender and mild, imparting depth to the stock, particularly in combination with mushrooms.
- Radish chunks (as do turnips) added to stews and braises season and sweeten while they absorb some of the cooking liquid.
- Simmer daikon radish and potatoes, then puree for a subtle, light-bodied soup.
- When quickly stir-fried, daikon radish slices, strips, or cubes taste lightly turnipy.

Greens

Do *not* discard the daikon greens! They are worth saving and cooking as much for their flavor as for their nutrient value. If you won't be cooking them with the radishes:

- Reserve them for braising along with other bitter greens.
- Add them to stuffings for meat or ravioli.
- Include them in fried-rice mixtures or bean dishes.
- Stir into soups.

Tatsoi

Tatsoi is a variant of the more common Asian green known as *bok choy*, which itself is a variant of Chinese cabbage. It has a nutty, slightly sweet flavor and appears in many mesclun salad mixes, and is also used in soups and stir-fry dishes. Mix tiny leaves with salad greens to enjoy raw and add a new flavor and texture to salads, or simply stir-fry with a small onion and crushed garlic. You can also add the leaves to soup.

Tatsoi with French Dressing

Philippe

For a simple, tasty and unusual salad. You can also combine the tatsoi with some of your salad mix.

Leaves of 1 head of tatsoi

1 tablespoon ground Parmesan cheese

½ tablespoon pine nuts or shelled sunflower seeds

For the salad dressing, combine the following ingredients:

2 tablespoons salad oil

½ tablespoon white wine vinegar, or lemon juice

1 clove garlic, crushed

1 teaspoon mustard

salt and pepper to taste

Add the parmesan cheese and nuts to the tatsoi .

Add salad dressing and toss.

White “Hakurei” Salad Turnips

Don't forget! White “Hakurei” salad turnips aren't like store-bought turnips—they taste sweet and beautiful on their own as a crudit  or included in a salad. There is no need to peel them (as with all our vegetables), and to do so, in fact, would be a loss, as a great deal of their flavor resides in the skins.

They are delicious raw in salads or slightly stir-fried with their greens.

Tokyo Bekana

Sweet and crunchy Tokyo Bekana, a relative of the *bok choy*, is the most satisfying of stir-fry vegetables: easy (requires no peeling), crunchy, nutritious, quick-cooking—and you get two different vegetables (leaf and stem) for the effort of one.

Tokyo Bekana is very low in calories—about 15 per ½ cup. It supplies plenty of vitamin C and vitamin A and a fair quantity of calcium.

Although you can eat Tokyo Bekana raw, cooking enhances it considerably, and it is excellent for stir-fry and soup. It takes just a few minutes to cook to a lovely crisp-tender texture. For stir-fries, there is nothing better: its stems turn almost creamy after cooking. Substitute Tokyo Bekana in any recipe that calls for the more commonly available *bok choy*.