



# Tucson Community Supported Agriculture Newsletter

February 7, 2006 – Issue 22

Winter 05  
Week 9 of 12

## This Week's Share

Purple-top White Globe turnips  
Broccoli  
Bermuda onions  
Cilantro  
Spinach  
Baby braising greens (arugula, mizuna, red and green mustard)  
Salad mix  
Oranges

## Recipes in this Issue

Tunisian Turnip and Orange Salad  
Turnips with Greens, Hot Pepper, and Garlic  
Orange and Avocado Salad



*This week's vitamin-rich baby braising greens mix can either be sautéed or used raw in salads. A splash of vinegar or squeeze of lemon will sweeten and soften these young and tender greens. Hot chile or pepper sauce will do the same.*

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We welcome your suggestions, contributions, and questions:

[www.tucsoncsa.org](http://www.tucsoncsa.org)

## Purple-Top White Globe Turnips

So far this season we've been receiving white "Hakurei" or Tokyo salad turnips. This week for the first time we receive the more familiar-looking Purple-Top White Globe turnips. As fresh as our turnips are, they can be eaten raw and unpeeled; however, if you do decide to cook them, make sure not to *overcook* them, or there will be no turnip left in the turnip, and they will become bland and flabby! Our turnips (which, remember, have not been sitting in storage for months and months) will retain their sweetness and fresh flavor if they are just tender.

Quick turnip ideas:

- Cut greens from turnip necks, stem, and then steam small or halved turnips with their greens for about 15 minutes, or boil them with their greens for about 10 minutes. Serve hot with a nut oil and salt or olive oil and lemon for a simple side dish. Don't throw away the nutrient-packed water! Either retain for stock or use to water your plants.
- Sauté-braise turnips by first quartering them, then browning them lightly with butter and sugar. Sprinkle with salt, cover, and cook very gently until just tender. Steam greens separately or reserve for another use.
- Stir-fry or sauté turnips that have been shredded, julienned, or diced small for about 5 minutes, including slivered greens. Cook them with onions, garlic, carrots, peppers, squash, broccoli stems—almost anything—for color and variety. Toss with fresh herbs.
- Add turnips to a stew of lamb, pork, chicken, or beef: Use very small whole turnips or quarter larger ones. Brown lightly, then add to the stew during the last half-hour of cooking. Because turnips add flavor at the same time as they absorb juices, they contribute nicely to savory stews. Or roast alongside the same meats, allowing about 45 minutes of cooking time.
- Prepare soup: Combine turnips with other winter veggies (parsnips, potatoes, carrots), and don't forget to add the greens! Add water or broth and milk (and rice or oatmeal to thicken, if desired). Cook until tender, then purée. Or simmer turnip dice in chunky meat or seafood chowders. Greens can be stirred in at the end or added earlier.

There are so many ways to cook turnips! One to avoid, however, is microwaving.

## Fresh, Handmade, Goat's Milk Chocolate Candy for Valentine's Day

For Valentine's Day we have **Dark Debris** (almonds, walnuts, and raisins smothered in dark chocolate), **Milky Rubble** (pecans and chunks of butter almond toffee in milk chocolate), **Caramels**, and **Truffles** made by professionally trained pastry chef David Heininger of Black Mesa Ranch (yes, our goat cheese guy!). The butter and cream in the chocolates are from Black Mesa Ranch's very own certified small goat dairy in Snowflake, Arizona. Truffle flavors include Bittersweet Double-Dark, Espresso, Decaf Espresso, Milk Chocolate, Kahlua®, Mexican Vanilla, and Bailey's Irish Cream®. Both the truffles and the caramels are gold-medal winners in the American Dairy Goat Association competition.

*In both of the following recipes, salting the turnip first firms it up and concentrates its flavor.*

### **Turnip and Orange Salad**

Yield: 4 servings

2 small **turnips\*** (about 1 pound), with greens  
1 teaspoon salt  
1 **orange\***, peeled  
Juice of 1 lemon  
1 clove garlic, minced  
¼ teaspoon harissa (Tunisian hot chili sauce) (store-bought or see recipe below, or use any other hot chili sauce)  
Salt to taste  
3 tablespoons extra-virgin olive oil  
2 tablespoons chopped fresh **cilantro\***

*\*Item available in this week's share.*

1. Cut greens from turnip necks; reserve. Cut the turnips in half from top to bottom, then into slices about 1/8-inch thick, and put into a bowl. Sprinkle with 1 teaspoon salt and leave for ½ hour. Drain and squeeze out excess liquid.
2. Set greens on rack over boiling water, cover, and steam, about 5 minutes. Spread greens on towel to dry briefly. Cut greens into 1-inch sections, more or less. Arrange in a wreath or nest on a serving plate.
3. Cut the pulp of the orange into small chunks and toss with the turnips.
4. Stir the lemon juice, garlic, harissa, and salt to taste together with the olive oil. Pour the dressing over the turnips and orange, blend well, and sprinkle with cilantro. Nest in the greens.

### **Harissa**

Yield: About ¾ cup

2 ounces dried hot red chili peppers  
½ cup extra-virgin olive oil  
7-8 cloves garlic  
½ teaspoon ground cumin  
½ teaspoon ground coriander  
1 teaspoon salt, or to taste

1. Cut the stems off the peppers and shake out the seeds. Soak the peppers for several minutes in warm water, until soft; drain and squeeze out any excess water. Transfer to a food processor or blender and process along with ¼ cup of olive oil, the garlic cloves, cumin, coriander, and salt until you have a thick purée, the color of deep red salmon. Pour into a jar, add the remaining olive oil, cover, and refrigerate.
2. Let the sauce sit for a few days before using, until it becomes less opaque. Use sparingly; it's very hot.

### **Turnips with Greens, Hot Pepper, and Garlic**

Yield: 4 servings

1-1/4 pounds turnips (3 or 4 medium, weighed without tops), with greens  
1 teaspoon salt  
2 tablespoons olive oil  
1 large garlic clove, minced  
1/8 to 1/4 teaspoon chili flakes  
About 1 tablespoon sherry or other vinegar

1. Cut greens from turnip necks; reserve. Cut turnips into ¾-inch cubes. Combine with salt in colander, tossing to coat. Let stand 15 minutes or more, tossing occasionally. Meanwhile, rinse greens. Trim and discard heavy stems. Thin-slice or chop remainder.
2. Pat dry turnip cubes. Set very large skillet with 1 tablespoon oil over moderately high heat. Add turnips and toss now and then until lightly browned, 4 to 5 minutes. Add garlic and chili flakes and sauté another minute or so.
3. Spread greens over turnips, pressing down firmly. Cover tightly, reduce heat to fairly low, and cook 2 minutes. Toss, re-cover, and cook until turnips are tender, 2 to 3 minutes longer. (If too juicy, uncover and boil briefly to evaporate some liquid.)
4. Transfer vegetables to a serving dish. Add vinegar and the remaining tablespoon oil and toss. Serve warm or at room temperature.

### **Orange and Avocado Salad**

Yield: 4 servings

1 bag **salad greens\***  
2 tablespoons red wine vinegar  
2 tablespoons olive oil  
Juice and grated zest from 1 **orange\***  
2-3 **oranges\***, peeled, trimmed of white membranes and cut into pieces  
2 avocados, peeled and sliced  
2 tablespoons toasted pine nuts

*\*Item available in this week's share.*

1. Place greens in a large bowl and set aside.
2. In a small bowl, whisk together vinegar, olive oil, orange juice, orange zest, salt and pepper.
3. Toss the greens with two-thirds of the dressing. Divide greens among four serving plates. Top with orange and avocado and drizzle with remaining dressing. Sprinkle with toasted pine nuts.