



Tucson Community Supported Agriculture Newsletter

March 7, 2006 – Issue 26

Spring 05
Week 1 of 13

This Week's Share

Broccoli
Colored cauliflower
Garlic
Ginger
Green cabbage
Mixed herbs
Navel oranges
Salad mix
Snow peas

Recipes in this Issue

Lemon and Ginger-Infused Honey
Roasted Cauliflower
Colored Cauliflower Soup



Green, gold, purple—Mardi Gras-colored cauliflower is a showstopper. They taste and smell like white cauliflower, although the gold (Cheddar) is a little buttery and the green (Romanesco) a bit nutty. If your children won't eat green veggies, try enticing them with purple!

TCSA Contact

Philippe Waterinckx

Newsletter Editor

Christa Selig

www.tucsoncsa.org

Spring Harvest Underway at Crooked Sky Farms

Spring harvest is now in full swing at Crooked Sky Farms, and we are about to get some new and colorful produce items. This week we're loaded with **cruciferous** vegetables: **broccoli, colored cauliflower, and green cabbage**. Only cruciferous vegetables contain the nutrient isothiocyanates, which breaks down carcinogens.

- The most eye-catching item in this week's share is **colored cauliflower**. Cauliflower takes its name from the Latin *caulis*, meaning stalk, and *floris*, meaning flower. For best results, serve raw, steam (7-10 minutes), or stir-fry. The color intensifies with steaming and stir-frying, but do not boil or overcook, as the color will then fade. Add a tablespoon of lemon juice to the cooking water to prevent fading.
 - **Romanesco** cauliflower has a striking appearance with its pretty green color and pointy cones of florets. It is sweeter than regular white cauliflower and has smaller heads. Romanesco is actually an older variety of cauliflower.
 - The color of the **purple Graffiti** cauliflower is caused by anthocyanins, such as those found in red cabbage and red wine, which are antioxidants.
 - **Citrus** or **Cheddar** cauliflower is, not surprisingly, orange-yellow-colored. It has 25 percent more vitamin A than other varieties of cauliflower.
 - **Snowball** is a regular white cauliflower.

Note: The leaves around the cauliflower can be cooked and eaten just like cabbage and are quite nutritious.

- This week's **salad mix** contains some new and interesting elements: **radicchio, spinach, and nasturtium flowers**. Nasturtiums have 10 times the vitamin C of lettuce, and the flowers are entirely edible, so don't bypass this portion of the mix!
- This week's **garlic** will be the last until the new harvest in April or May. Garlic is harvested only once per year. The garlic we have had up until now was harvested last April.
- We have **green cabbage** this week in preparation of upcoming St. Patrick's Day (March 17), which honors St. Patrick, the fifth-century patron saint of Ireland. Corned beef and cabbage is the traditional meal enjoyed on St. Pat's Day, but only half of it is truly Irish. Cabbage has long been a staple of the Irish diet, but it was traditionally served with Irish bacon. Corned beef was substituted for bacon by Irish immigrants to the United States around the turn of the last century who could not afford the real thing.

Planting News

This week Farmer Frank is sowing corn, tomatoes and black-eyed peas and transferring heirloom tomato seedlings into the ground.

Lettuce Tell You A Secret

With the warming weather, lettuce tends to bolt very fast, so the secret to our continuing lettuce harvest is that Farmer Frank keeps sowing more.

This week we receive some of Crooked Sky Farms first ever greenhouse **ginger**. Ginger is the underground rhizome of the ginger plant, *Zingiber officinale*. Farmer Frank reports that a single root, when planted, produces 4 to 11 pounds of ginger! Aromatic, pungent and spicy, ginger adds a special flavor and zest to Asian stir-fries and many fruit and vegetable dishes. The flesh of the ginger rhizome can be yellow, white or red, depending on the variety, and it is covered with a brownish skin that may either be thick or thin, depending on whether the plant was harvested when it was mature or young.

Health Benefits

- Ginger has been shown to be very useful in reducing the nausea and vomiting of pregnancy, according to the April 2005 issue of *Obstetrics and Gynecology*.
- Regularly spicing up your meals with fresh ginger may help arthritis, suggests a study published in a recent issue of *Osteoarthritis Cartilage*.
- Ginger may also inhibit the growth of human colorectal cancer cells, suggests research presented at the Frontiers in Cancer Prevention Research meeting in Phoenix in 2003.

Tips for Preparing Ginger

To remove the skin from fresh ginger, peel with a paring knife. The ginger can then be sliced, minced, or julienned. The taste that ginger imparts to a dish depends upon when it is added during the cooking process. Added at the beginning, it will lend a subtler flavor, while added near the end, it will deliver a more pungent taste.

A Few Quick Serving Ideas

- Turn up the heat while cooling off by adding freshly grated ginger to lemonade.
- Sprinkle grated ginger, sesame seeds, and nori (seaweed) strips on top of rice dishes.
- Add ginger and orange juice to puréed sweet potatoes.
- Spice up sautéed vegetables by adding freshly minced ginger.

Lemon and Ginger-Infused Honey

Makes about 2 cups

This sweet-tart, tummy-warming concoction has a bit of heat from the ginger. Drink to ward off a chill and at any hint of a cold! The mixture will keep for about 2 weeks in the fridge.

3 lemons, thinly sliced and seeded
2-inch piece of ginger, sliced
1-1/2 cups honey

1. Put lemons and ginger in 1-quart jar, and cover with honey. Let sit at least 1 hour.
2. To serve, stir 2 to 3 Tbsp. of lemon-ginger honey into 8 oz. boiling water.



Roasted Cauliflower

If you don't think you like cauliflower, try tossing the florets in some olive oil and fresh thyme, sprinkling them with salt, and then roasting them on a cooking sheet at 425°F until they just start to brown.

Colored Cauliflower Soup

DeliciousOrganics.com

Sauté onions in a little olive oil and garlic, add the cauliflower florets, and sauté. The color will become more vibrant. If not already tender, you may want to steam them gently first in a little water with lemon juice. After about 5 minutes, remove the cauliflower and add 3 or so potatoes (also purple, if you have them and are using purple cauliflower) and chicken or vegetable stock. Simmer until the potatoes are tender. Add salt and pepper to taste. Return the cauliflower and blend all together (you might find a handheld blender easier to use than transferring to a blender).

Cauliflower Polonaise

OceanMist.com

Polonaise is a classic French preparation that uses browned, buttered bread crumbs. This variation adds nuts for extra flavor and crunch. If you wish, add 1/4 cup shredded Fontina or Parmesan cheese and 1/4 cup chopped fresh parsley to the crumbs.

1 medium to large head cauliflower
1/4 cup butter
1/4 cup slivered or sliced blanched almonds or chopped pecans, hazelnuts or walnuts
1/2 cup coarse fresh bread crumbs
Salt and pepper to taste

Wash cauliflower and cut out core. Place whole head in a large saucepan or in a steamer. Steam until just tender, about 7 to 10 minutes. Meanwhile, in a medium to large skillet over medium-high heat, melt the butter. Add nuts and cook and stir until lightly browned, about 2 to 3 minutes. Drain cauliflower head and place on a serving plate or platter. Spoon buttered nut crumbs over to serve.

Cauliflower with Bread Crumbs

Brown 1/2 cup fresh bread crumbs in 3 tablespoons butter or olive oil in a small skillet over medium heat. Toss steamed cauliflower in the bread crumbs and season with salt and plenty of pepper.

Cauliflower with Curry Butter and Toasted Cashews

In a medium skillet, heat 2 to 4 tablespoons butter or vegetable oil with 1-1/2 teaspoons curry powder, the juice of 1 lime, 2 tablespoons snipped chives, and a few tablespoons chopped cilantro. Add steamed cauliflower and toss. Garnish with toasted cashews and serve with brown basmati rice for a quick and easy dinner.