



Tucson Community Supported Agriculture Newsletter

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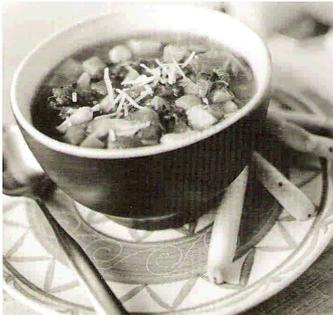
Winter 05
Week 4 of 12

This Week's Share

Mustard greens
Broccoli
Colored cauliflower
Cilantro
Leeks
Salad mix
Snow peas or asparagus
Spinach

Recipes in this Issue

Sausages and Mustard Greens
with Spaghetti
Mustard Greens Pesto
Spicy Broccoli and Cauliflower
Sauté
Leek and Potato Soup



Didn't use all your produce last week? Don't throw it away!

Soup, or potage, is a great way to combine leftover veggies, whatever you happen to have on hand. Soup is the traditional and thrifty way of using up whatever's left over. See Philippe's potage recipe (right) to learn how to use up your leftover veggies at the end of the week.

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Aphid and Ladybugs

Although Farmer Frank uses natural pest-control methods very successfully, when the seasons change, there can occasionally be aphid in some of the produce. This is a very temporary problem. The aphid appear as part of the natural insect cycle in the fields. Within about one week of the aphid's appearance, the ladybugs hatch and start eating the aphid. If you do encounter aphid, just wash and rinse your produce thoroughly in water. Washing it in a mild dish-soap solution prior to rinsing is even more effective.

Make Potage With Your Leftover Veggies

For the soup base:

1 quart of vegetable, chicken, or meat stock
1 tablespoon of aged cheese rinds, chopped
1 onion, chopped
2 cloves garlic, chopped
2 cups beans, soaked overnight
1 dried chile pepper, crushed
Salt and pepper
1 teaspoon thyme
1 bay leaf

Directions:

Bring the soup base to a boil, then add 3 or 4 types of veggies that are cubed, chopped, or finely sliced. Carrots, cabbage, potatoes, broccoli, peas, kale, or any other greens (even salad mix), turnips, radishes, cilantro, parsley, tomatoes, celery, leeks, and corn are all good candidates, but basically, just about anything goes. Each time you make it, the soup will be different.

Christa finds that about 2-1/2 cups of solid vegetables and 3 cups of leafy greens is a good combination. Simmer for 1/2 to 1 hour. 15 minutes before the end, add some pasta or rice, if desired. The result is a nice, earthy, flavorful *potage*. It's even better the next day, and it's easy to freeze for future use.

Mark Your Calendars: Tucson Community Earth Day is April 22

The second annual Tucson Community Earth Day Celebration will be held on Saturday, April 22 at the Reid Park DeMeester Outdoor Performance Center (southeast of Broadway and Country Club), from 11 am to 4 pm. There will be live music all day as well as booths, displays, and activities hosted by local people doing conservation work to protect wildlife and habitat; sustainable living and building practices; peace and justice activism; community gardens, agriculture, and native plants; wildlife rescue and animal care; earth-friendly products, and more. The event is sponsored by the Sonoran Institute, the Center for Biological Diversity, the Sky Island Alliance, Defenders of Wildlife, Sky Crosby, and our own Tucson CSA. Visit www.communityearthday.org to learn more. The Web site is being updated weekly.

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Brassica juncea or **mustard greens** are, as the name implies, the leaves of the plant which produces mustard seeds. Also known as gai choy, Indian or Japanese mustard, or California pepper grass, the leaves can be flat, crumpled, or lacy-edged. One of the most pungent and interesting of all the greens, **mustard greens are jam-packed with nutrients**. They provide good to excellent amounts of 8 vitamins, 7 minerals, dietary fiber and protein. And if that were not impressive enough, being a member of the *Brassica* family along with broccoli, cabbage and Brussels sprouts, they also feature the health-promoting phytochemicals known as glucosinolates.

Sausages and Mustard Greens with Spaghetti

The sweet sausages, bland pasta, and intense greens balance naturally. 2 servings

¾ to 1 pound sweet Italian sausages
 1 bunch mustard greens, stemmed
 ½ cup water
 ¼ teaspoon salt or to taste
 ½ pound spaghetti
 1 tablespoon olive oil
 Vinegar to taste
 Pepper

1. Prick the sausages and cook, covered, in a large skillet with a thin layer of water for about 5 minutes, until no longer pink. Uncover, evaporate liquid, and cook over moderate heat, turning often, until browned on all sides. Transfer to a board.
2. Chop mustard leaves, put into skillet and cook over high heat until wilted. Add water and salt and simmer, partly covered, for about 15 minutes, or until tender.
3. Slice sausages and add to skillet. Stir over moderate heat, uncovered, until liquid evaporates.
4. Meanwhile, boil spaghetti until tender and drain. Toss in a warm bowl with oil. Add the mustard greens and sausages. Season with vinegar and pepper and serve.

Mustard Greens Pesto

Adapted from *Delicious Living*, January 2006
 (DeliciousLivingMag.com)

According to traditional Chinese medicine, greens cleanse and restore liver function and garlic boosts the levels of detoxifying enzymes. Swirl a scoop of this tasty pesto into plain broth, spread it on crusty whole-grain bread, or mix it with whole-wheat pasta. Makes 1 cup.

6 cloves garlic, minced
 1 cup walnuts, finely ground
 2 cups packed fresh mustard greens, chopped
 1/2 teaspoon salt
 3 tablespoons extra-virgin olive oil

Combine garlic, walnuts, mustard greens, and salt in a blender or food processor and process until a thick paste forms. Slowly drizzle in olive oil and process until smooth.

Mustard greens are also delicious in vegetable **lasagna**. Just substitute mustard greens for any greens called for in your favorite vegetable lasagna recipe (steam them first until they are wilted). The baking of the mustard greens removes much of their spice.

Spicy Broccoli and Cauliflower Sauté

Serve this Indian-inspired dish with rice. 4 servings

Broccoli	3 tablespoons peanut oil
Cauliflower	2 small dried chili peppers
1 small onion	4 curry leaves (optional)
Snow peas or asparagus	Salt and pepper
1 small knob fresh ginger	½ teaspoon cumin
1 serrano pepper	1-1/2 teaspoons mustard seed
4 cloves garlic	A few sprigs cilantro

Break the broccoli flowerets into small pieces and slice the stems. Trim the cauliflower and break it into small flowerets. Peel and dice the onion fine. Chop the snow peas or asparagus into smaller pieces, if desired. Peel the ginger and julienne to make about 2 teaspoons. Chop the serrano pepper very fine. Peel and chop the garlic to make about 2 teaspoons.

Heat the peanut oil in a large sauté pan, skillet or electric skillet, or Dutch oven. When hot, add the cauliflower and sauté until it has browned slightly. Add the dried chili peppers and the curry leaves, if you have them. Continue to sauté over medium heat, adding in succession the broccoli and onion, tossing regularly so everything cooks evenly. Salt and pepper the vegetables and add the cumin and mustard seed. Keep tossing, letting the seeds pop, which removes their bitterness and releases more flavor. Add the snap peas or asparagus, the julienned ginger, and the chopped serrano pepper and garlic. Taste and adjust the seasoning; the dish should be spicy. Garnish with chopped cilantro and serve.

Leek and Potato Soup

Jo Dwyer, Angel Valley Organic Farm, Jonestown, Texas
www.angelvalleyfarms.com

Leeks and potatoes make the perfect couple! Serves 4 to 6.

1 leek, cut into ¼-inch rounds (use the white and light green parts of the leek)
 1-1/2 pounds red La Soda potatoes
 7 cups water or vegetable stock
 Milk or half-and-half or 2 tablespoons horseradish (see below)
 Salt and pepper

In a soup pot, sauté the leeks in butter or olive oil and cook over low heat, covered, until beginning to soften. Add potatoes, water or stock, and salt, and bring to a boil. Lower the heat and simmer until the potatoes are soft to the point of falling apart. Press a few against the side of the pan to break them up and give the soup body. If needed, thin the soup with milk and heat through, adding salt and pepper to taste. Or, as an alternative, don't use any milk, and add 2 tablespoons of horseradish towards the end of cooking (you can add more water, instead of milk, if needed).