



Tucson Community Supported Agriculture Newsletter

April 4, 2006 – Issue 30

Winter 05
Week 5 of 12

This Week's Share

Bermuda onions
Broccoli
Carrots
Parsnips
Pink grapefruit
Purple-top turnips
Salad mix
Spinach

Recipes in this Issue

Grapefruit and Spinach Salad
Grapefruit Upside-Down Cake
Parsnip and Potato Purée
Turnip and Turnip Green Soup



Parsnips, which appear in our shares for the first time this week, are low in calories, high in fiber, and a good source of vitamin C and folate, an essential B vitamin.

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Tucson Community Earth Day Apr. 22—Help Make It Happen!

- If you are part of an earth-friendly group or organization and you would like to have a **table** at Tucson Community Earth Day on April 22 at Reid Park, pick up a registration form at the CSA or download one from www.communityearthday.org. Register by April 15.
- If you would like to help us spread the word about Tucson Community Earth Day, please grab some **flyers** at the CSA, pass them out, and post them around.
- If you are interested in **volunteering** to help organize Tucson Community Earth Day before or on Earth Day or both, please contact Philippe.
- If you would like to help **staff the Tucson CSA booth** for 2 or more hours between 11 am and 5 pm, please contact Philippe.

Surplus Basket Reminder

We've noticed that at the end of the pickup day, a lot of the less popular or unfamiliar produce remains in the original boxes. If there's an item you'd rather pass on, please place it in the surplus basket for another CSA member to enjoy. Although all leftover produce is donated to the Iskhash*taa Refugee Harvesting Network, we'd prefer to give paying members during the day first choice at unwanted and leftover produce.

Mustard Greens Salad Dressing

Some people love mustard greens, some don't. If you are one of the latter, chances are that last week's bunch is still in your refrigerator. Here's an easy recipe developed by Philippe that allows you to benefit from mustard greens' remarkable nutritional qualities without having them overpower your sensitive tastebuds. Citrus takes away the bitterness of the mustards. You end up with a creamy and green salad dressing without the mustard's bitterness. You can also make larger quantities of it, bottle it, and store it for weeks in the refrigerator.

½ small bunch mustard greens
Juice of 1 orange
Juice of 1 lemon
¼ cup chopped onion
2 cloves garlic
Salt and pepper
1 cup salad oil

Blend until smooth. Add more or less oil and lemon juice to obtain desired consistency.

In Season: Pink Grapefruit

Winter gives us some of the year's best citrus fruit, which is loaded with vitamin C. Perk up your breakfast grapefruit with one of these toppings:

- Honey and ground ginger or ground cinnamon (remember, you can purchase local honey from the CSA)
- Shredded coconut
- Brown sugar and lime juice
- Raspberry or blackberry jam

Grapefruit and Spinach Salad

Orange slices are a common addition to spinach salad, but grapefruit is also delicious.

1 or more pink grapefruits, peeled and sliced
3 tablespoons wine vinegar
2 teaspoons Dijon mustard
Salt and pepper
½ cup vegetable oil
1 bag or bunch of spinach
½ red onion, thinly sliced

In a small bowl, whisk together the vinegar and mustard and season with salt and pepper. Drizzle in ½ cup of the oil, whisking to combine. Place the grapefruit, spinach, and onion in a large bowl and add desired amount of vinaigrette. Toss well and serve at once.

Grapefruit Upside-Down Cake

Everyday Food, January/February 2003
(www.everydayfoodmag.com)

Upside-down cake doesn't have to be made with pineapple. Grapefruit pairs well with brown sugar and warm spices.

10 tablespoons (1-1/4 sticks) unsalted butter
¾ cup packed light-brown sugar
2 small pink grapefruit
1-1/2 cups flour
1-1/2 teaspoons baking powder
1 teaspoon ground cinnamon
¾ teaspoon ground ginger
½ teaspoon baking soda
¼ teaspoon ground allspice
½ cup granulated sugar
2 large eggs
1 teaspoon vanilla extract
½ cup milk
Whipped cream (optional)

1. Preheat oven to 350°. Put 4 tablespoons butter in a 9-inch round baking pan. Place the pan in the oven just long enough to melt the butter. Remove pan from oven and scatter ½ cup brown sugar evenly over the melted butter.
2. With a sharp knife, peel the grapefruit, removing all pith, and slice. Arrange the slices to cover the bottom of the pan.
3. In a bowl, stir together flour, baking powder, cinnamon, ginger, baking soda, and allspice. In a separate bowl, using an electric mixer, beat remaining 6 tablespoons butter until creamy. Add granulated sugar and remaining ¼ cup brown sugar; beat until well combined. Beat in eggs one at a time. Beat in vanilla. Alternately add dry ingredients and milk to butter mixture, beginning and ending with dry ingredients.
4. Pour batter over grapefruit in pan. Bake 45 minutes or until a toothpick inserted in center comes out clean. Cool 5 minutes; turn cake out onto serving plate. Serve warm or at room temperature, with whipped cream, if desired.

Have You Tried ... Parsnips?

This little-known vegetable, related to the carrot, deserves to be more popular; it adds variety and fragrance to sweet and savory dishes alike. But don't try to eat a parsnip the way you would a raw carrot; parsnips are practically inedible raw. Only after thorough cooking do they develop a rich, nutty flavor.

What Are They?

These long, tapered root vegetables range in color from pale yellow to off-white and have a **delicate, sweet flavor**. They are used in soups, stews, and purées and are particularly good roasted. Parsnips can also deepen and complicate the flavors of stocks and they can be grilled and deep-fried with great success.

Parsnip and Potato Purée

Peel and dice about equal quantities of parsnips and potatoes. To control their cooking times, cook each vegetable separately in boiling, salted water. Purée or mash them together and season with salt and pepper. Finish with butter and thin to the desired consistency with warm milk.

Turnip and Turnip Green Soup

1 Bermuda onion	1 bay leaf
1 small clove garlic	¼ tsp. chopped thyme
1-1/2 teaspoons olive oil	4 C veg. stock or water
1-1/2 teaspoons unsalted butter	Salt and pepper
1 bunch young turnips with greens	Parmesan cheese

Peel and slice the onion and garlic thin. Put in a nonreactive pot with the olive oil and butter and 1 tablespoon water and stew, covered, until they are soft and translucent. Trim off the stems and greens from the turnips and reserve the greens. If the turnips are very young and tender, it is unnecessary to peel them. Trim off their roots, slice the turnips thin, and add them to the pot. Stew them for a few minutes, until they begin to soften. Add the bay leaf, thyme, stock or water, and salt and pepper. Cover and simmer over low heat for about ½ hour.

Wash the turnip greens and cut them into ½-inch-wide strips and stir them into the soup. Simmer the soup for another 10 minutes or so, until the greens are soft and tender. Garnish the soup with a few curls of shaved Parmesan or grated Parmesan.