



# Tucson Community Supported Agriculture Newsletter

October 23, 2006 – Issue 59

Also available online at [www.TucsonCSA.org](http://www.TucsonCSA.org)

Fall 06  
Week 8 of 13

## This Week's Harvest

Radishes  
Arugula  
Watercress  
Turnips  
Red kale or purple osaka mustard  
Sweet potatoes  
Onions  
Garlic

## Recipes

Greens Primer  
Salad Suggestion  
Turnip Tip  
Coconut-Flavored Sweet Potato  
with Mustard Greens



Kelsey Booth, farm manager for Crooked Sky Farms, holds mustard greens and purple osaka mustard out in the fields at the farm. (Arizona Republic).

**Newsletter Editor**  
Christa Selig

*Many common questions can be answered above at our Web site.*

## Crooked Sky Farm News

- The **Pumpkin Patch** will open Saturday afternoon—plan to visit! Check the schedule at [www.CrookedSkyFarms.com](http://www.CrookedSkyFarms.com).
- The Glendale field is coming up gangbusters with **greens**, radishes, and more okra. There will be braising greens, soup greens, and salad greens to come, starting this week, so prepare to get your calcium, iron, and carotenoids in abundance!
- The farm has acquired **two goats** and **two sheep!** They are mostly just for pets, but the goats will likely help with weeding fallow fields. The goats are a male and a pregnant female, and the sheep are two young Barbados. The Barbado has a hair coat instead of a wool coat, and the males have handsome large curled horns. Farmer Frank will take suggestions for their names at the **Autumn Harvest CSA Member Day on Saturday, October 28** (see [www.CrookedSkyFarms.com](http://www.CrookedSkyFarms.com) or Newsletter No. 57 at [www.tucsoncsa.org](http://www.tucsoncsa.org) for more details). If you can't visit on October 28, e-mail the Tucson CSA with your name suggestions (address available on our Web site - for spam reasons, we no longer publish it here).
- Crooked Sky Farms recently supplied fresh produce for a nationwide "Eat Local" challenge on October 3 sponsored by Bon Appétit, an on-site custom restaurant company that provides café and catering services to corporations, colleges and universities, and specialty venues. The chef at Intel in Chandler created meals using organic food from within 150 miles. Read more at <http://www.bamco.com/>.
- The Arizona *Republic* featured Farmer Frank on the **front page** on October 18: [www.azcentral.com/arizonarepublic/news/articles/1018farmer18a1.html](http://www.azcentral.com/arizonarepublic/news/articles/1018farmer18a1.html). The *Republic* featured Crooked Sky Farms again on the following day as well: [www.azcentral.com/arizonarepublic/local/articles/1019wvfood1019.html](http://www.azcentral.com/arizonarepublic/local/articles/1019wvfood1019.html).



## Glorious Greens a Sign the Desert Has Been "Recalled to Life"

"Recalled to Life," the name of the first book of Dickens' *A Tale of Two Cities*, is one of my favorite phrases from literature, and it aptly describes the return of autumn and cooler temperatures to the desert. The onset of winter here signifies not a shutting down, but a renewal of life, as evidenced by the abundance of greens in our shares this week. Living in the Southwest means a ready availability of foods which add a kick to blander diet staples—we turn now from peppers to spicy greens. This week, we receive a veritable palette of greens: not only watercress, arugula, and kale or mustard, but also radish and turnip greens. Greens present the opportunity of enlivening everything we eat, including salads, sandwiches, soups, stews, stir-fries, and sautés. We hope that you have fun experimenting with these greens over the coming week and getting to know their individual flavors better. *Turn over for a primer on this week's greens.*

## Red Kale

Red kale, the “king of calcium” and a heavy-hitting crucifer, is most certainly the mildest green we have in our shares this week. Kale has a pleasantly mellow flavor, not quite so mild as spinach or Swiss chard, but not so strong-tasting as mustard greens. It is one of the least bitter of the leafy cooking greens, and has a natural affinity for “white” foods such as potatoes, white beans, and pasta.

## Watercress and Arugula

Watercress and arugula are basically interchangeable. Both can best be described as **peppery**. The peppery flavor of watercress is similar to the milder flavor of white pepper rather than the bold pungency of black pepper. Young arugula and mature arugula differ in flavor, however: young arugula tastes nutty, with a hint of pepper, while mature arugula has a sharp and pungent flavor, with a healthy bite of pepper.

## Purple Osaka Mustard Greens

Mustard greens have a characteristically **sharp** flavor, mellowed by cooking. Served alone, the pungent mustard greens taste can be overwhelming, but combined with a bland partner, such as beans, or a sweet vegetable, such as sweet potato, mustard greens can offer a unique, delicious contribution—instead of a dominating mustardy flavor, you get hints of the nippy mustard taste.

## Turnip Greens

Turnip greens are **interchangeable with mustard greens**: they are in the same mustard family, and have a similar, assertive mustard flavor and peppery kick. Both turnip and mustard greens are considered the most bitter of the dark leafy greens. Slivered turnip greens make a flavorful addition to all kinds of soups. Adding turnip greens to dishes adds not only bite but also vitamins and minerals. Turnip greens are one of the best sources of **calcium** among dark, leafy greens.

## Radish Greens

Don't chuck those radish greens! As with most vegetables we receive from Farmer Frank, there's a use for the greens. Finely slivered, they make a lively addition to a salad, soup or sandwiches. They have a **peppery** flavor and are interchangeable with mustard greens.

## Salad Suggestion

What Wendy McCrady, TCSA member and volunteer, would do with this week's share:

“This week's harvest says **simple eating** to me. A salad made with the arugula, watercress, and radishes would be nice dressed with a balsamic vinaigrette.”

## Turnip Tip

Lorraine Glazar offers this handy suggestion:

“If turnips are **small** and sweet, treat them like **carrots**: boil them whole in lightly salted water just to cover until tender, about 15 to 20 minutes. Season with salt and pepper, and butter or olive oil.

“If turnips are **large**, treat them like **potatoes**: cube and boil, then mash with salt and pepper, and a little broth or milk if they are dry.

“In general [as with all CSA, non-pesticide-treated produce], there is **no need to peel** them, just scrub well.”

## Coconut-Flavored Sweet Potato with Mustard Greens

*Simmering mustard greens in coconut milk takes away their bitter edge. Serve as a side dish or over white or brown basmati rice. Serves 4.*

2 teaspoons canola oil  
1 medium onion, cut in half and thinly sliced  
1 teaspoon minced garlic  
1 teaspoon brown mustard seeds  
1-1/2 cups coconut milk  
1 teaspoon ground coriander  
1/8 to 1/4 teaspoon cayenne  
1 cinnamon stick, broken in half  
3 cups cubed sweet potato  
1 bunch mustard greens  
Salt to taste  
Fresh lemon or lime juice to taste

1. Heat oil in saucepan over medium heat. Add onion and sauté for about 5 minutes, until translucent. Add garlic and mustard seeds and sauté for another 2 minutes.
2. Add coconut milk, coriander, cayenne, cinnamon stick, and sweet potato to onion mixture. Cook, covered, over medium heat for about 10 minutes, until sweet potato begins to soften.
3. While the sweet potato is cooking, wash the mustard greens and strip or cut leaves from stalks. Chop the greens into bite-size pieces.
4. Stir in mustard greens and simmer, covered, over medium-low heat for approximately 15 minutes. The greens should be tender and the sweet potato soft. Adjust seasoning with salt, and remove cinnamon stick. Just before serving, squeeze in lime juice or serve with lemon or lime wedges.