



# Tucson Community Supported Agriculture

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Fall 06  
Week 13 of 13

### This Week's Harvest

- Navel Oranges
- Winter Squash
- Beauregard Sweet Potatoes
- Purple Top White Globe Turnips
- Daikon Radishes
- Red Russian Kale or Purple Osaka Mustard
- Spring Salad Mix
- Baby Braising Greens
- Choice of herbs

### Recipes

- About Daikon Radishes
- Marinated Daikon and Carrots
- Zesty Daikon Salad
- About Turnips
- Amish Turnips

### Turnip Tips

Try raw turnips cut into sticks for a vegetable platter with dip.  
 Grate into salads or slaws.  
 Boil whole turnips 15 to 20 minutes; 1 1/2-inch cubes or slices, 8 to 10 minutes.  
 It takes 5 minutes longer to steam than to boil whole turnips.  
 Bake turnips for 30 to 45 minutes at 350 degrees F., basted with butter or oil, or bake along with other seasonal roots.

### Italian Dandelion Tips

Can be used raw or cooked.  
 Can also be dried to make tea: a zesty detoxifying liver tonic.



**Newsletter Editor:**  
 Philippe Waterinckx

## This is the last pickup of the Fall session

Our Winter Session starts next Monday, December 4. Thanks to all who submitted their Early Bird renewal. If you haven't renewed yet and if you wish to continue your pickups uninterrupted, make sure to have your payment in by this Friday, December 1<sup>st</sup>. We have room for more members. Membership usually drops during the winter and we don't anticipate having to cap our Winter Session membership.

### Crooked Sky Farms news

**Spinach** is almost upon us, and so are **Endive, Frisée and Italian Dandelion**. Soon we will also harvest **Curly Watercress, French Breakfast Radishes, and Kohlrabi**. A greenhouse has been set-up at the Glendale farm and will be used to start **Basil and Nasturtium** in the ground, along with propagation trays of **Tomatoes, Peppers, and Egg-plant** which will be planted in the fields in the spring.

The greens in your **Salad Mix** include **red and green leaf lettuce**, such as **Salad Bowl**, as well as **Romaine and Cos**, which you may be more familiar with in stores in whole heads. One of the blessings of farming in our climate is that we can grow lettuce for a long season, and need not harvest the whole head (terminating the plant). We harvest just the young leaves and the plant continues to produce more lettuce for you!



### More Black Mesa Ranch chocolate and goat milk candy? YES!

We obviously did not anticipate that **all but two boxes** of candy would sell in one day, or we would have bought more (last year it took us several weeks to sell it). We apologize to those who couldn't get the candy of their choice after this chocolate rush.

The good news is that David from Black Mesa Ranch is ecstatic that his candy sold so well and he will send us another batch by December 4.



### Biotechnology, globalization and social justice:

#### Why it's time for food sovereignty

**November 29, 7pm, AME Building, Room 202**  
 (U of A Campus, Northeast Corner of Speedway & Mountain).

#### Speakers:

- Ms. Teresa Leal – Comadres, SW Network for Environmental, Economic Justice
- Mr. Carlos Marentes – Border Agricultural Workers' Project, La Via Campesina

#### Topics for discussion:

- Social, economic, political, ecological implications of agricultural biotechnology
- Free trade and NAFTA – Their relation to biotechnology and agriculture
- Historical parallels of current situation with Green Revolution, Bracero program
- Rural crisis in Mexico and the U. S. – Reasons and consequences
- Migration and humanitarian emergency, militarization of borders

### About Daikon Radishes

Daikon is a variety of radish also known as Japanese radish, Chinese radish and Satsuma radish. They are white, spicy, can grow up to 3 feet long and weigh up to 100 pounds, although they are usually harvested at 1 to 5 pounds. Daikon can be eaten raw, grated in salad or cut into chips or strips for relish trays. It can also be pickled, grilled, boiled, broiled, stir-fried, or simmered in soups and stews. They have a pleasant, sweet and zesty flavor with a spicy aftertaste. They are also preserved by salting as in making sauerkraut.

To prepare, scrub the skin as you would a carrot and cut for whatever style your recipe idea calls for. Daikon leaves are rich in vitamin C, beta carotene, calcium, and iron, so they are worth using instead of discarding. For short term storage the root and leaves can be refrigerated in a plastic bag. For longer periods of up to several months, keep in cool location such as a root cellar.

A Japanese method for cooking daikon is to use water in which rice has been washed or a bit of rice bran added (this keeps the daikon white and eliminates bitterness and sharpness). For chips, relish tray sticks or stir fries - simply scrub the daikon and cut crosswise for thin chips. Dip thin chips in ice water and they will crisp and curl for a daikon chip platter with your favorite sour cream or yogurt.

### Marinated Daikons and Carrots

1 cup rice or white vinegar  
½ cup sugar  
¾ pound daikon, cut into 1/8" julienne  
1 ½ pounds carrots, peeled and cut into 1/8" julienne  
1 ½ teaspoon salt



Combine the vinegar and sugar and bring to a boil. Remove from the heat and set aside to cool. Place the radishes, carrots, and salt in a bowl and toss several times. Set aside for 20 minutes, then rinse thoroughly. Using your hands, squeeze the vegetables to remove the excess water. Pat dry with paper towels and place in a bowl. Add the vinegar mixture and let the vegetables marinate at least 1 hour before serving. To store, transfer to a tight-lidded jar and refrigerate. The vegetables will keep for up to 3 weeks.

### Zesty Daikon Salad

2 cups thinly sliced daikon  
1/2 cup thinly sliced mild onion  
1 cup peeled and chopped apple  
juice of one lime or orange

Mix all ingredients together and enjoy. This is incredibly clean and fresh tasting, and is a great accompaniment to more earthy foods.

### About Turnips

Turnips are a member of the cabbage family and are a cool season crop. They grow in the cool temperature of early spring and late fall, and they need full sun and a well drained soil.

The Turnip is a dual purpose crop. The leaves are used for greens and the root is cooked similar to potatoes and beets. The turnip has round or top-shaped roots, white skin with purplish or greenish crowns, and thin, green, hairy leaves. Since it flourishes in poor and impoverished soils and keeps well, this rustic vegetable has endeared itself to the poor and given others cause to scorn it. The turnip is often confused with its cousin the rutabaga, but the turnip is smaller and more perishable. It can also be eaten raw and is most frequently harvested with its tops. Turnips and rutabagas do taste somewhat similar however, and in many recipes are interchangeable. Raw turnips are refreshing and tangy, similar to a mild radish, and when cooked become pleasantly sweet, although turnips grown during the hot summer months are decidedly pungent but mellow somewhat with cooking.

Store turnips unwashed in a plastic bag in the refrigerator for one to two weeks. Store turnip greens separately, wrapped in a damp towel or in a plastic bag in the hydrator drawer of the refrigerator. Use greens as soon as possible. Turnips may also be frozen in chunks for use in stews and soups. Blanch the chunks for two to three minutes, rinse under cold water and drain thoroughly before packing into airtight freezer containers.

Scrub turnips with a stiff vegetable brush. There is no need to peel them, simply trim away damaged areas. When fresh and young, turnips are wonderful used raw in salads. When cooked with other foods, turnips absorb flavors, making them succulent and rich. Use turnip greens as a cooking green; they are generally too bitter and tough to use in raw salads.

Source: "Whole Foods Companion," Dianne Onstad, 2004.

### Amish Turnips

1 cup cooked mashed turnip  
1 cup bread crumbs  
1 tablespoon sugar  
Salt to taste  
1 egg, beaten  
1 cup milk  
1 tablespoon butter

Mix all the ingredients with half of the bread crumbs. Place in greased casserole. Cover with the rest of the crumbs and bake 45 minutes at 350 degrees. Turnip haters like this dish.