



Tucson Community Supported Agriculture

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Winter '06-'07
Week 4 of 12

This Week's Harvest

Grapefruit
Beauregard Sweet Potatoes or
Golden Yukon Potatoes
Purple Top White Globe Turnips
Easter Egg Radishes
Garlic
Carrots
Baby Red Russian Kale
Spring Mix

Recipes

Scalloped Potatoes, Turnips and
Greens
Open Flemish Radish Sandwich

Easter Egg Radishes come in



glorious
spring shades
reminiscent
of Easter
eggs. Each
small radish
is either
white/off-
white, pink,

purple or lavender, and red. Together they look absolutely lovely! These radishes are as beautiful on the plate as they are delicious on the palate with a nice peppery bite. Add it to salads, roast them (that lessens the bite of radishes) whole or cut in half, or sauté them. And you can use the greens too to add a little spice to salads, but I think they are better sautéed as you would any green.

Editor:

Philippe Waterinckx

Black Mesa Ranch News

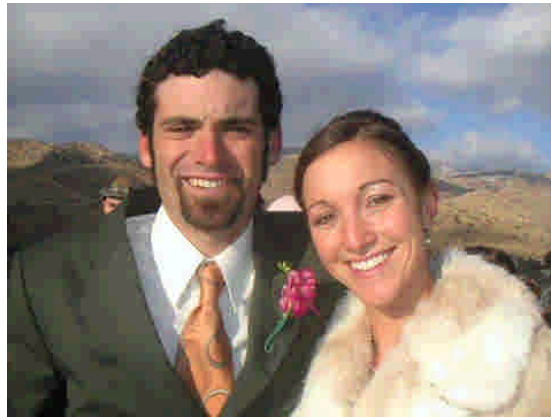
Excerpt from BMR Bulletin (Dec. 29):

“Most of ‘The Girls’ have been dried off (we’ve stopped milking them). As we move from production season toward kidding time we like to give our wonderful does at least 2 months off to allow them to concentrate on building happy and healthy kids rather than on making milk.

We do still have our fresh cheese available and will for the next week or two but after that we’ll be out until spring. Kidding is scheduled to begin at the end of February so we hope to be making cheese again by the middle of March.

For those interested in kidding, our web site’s comprehensive 2007 breeding/kidding page is kept up to date (often up to the minute) as the season progresses and the kids begin to be born.” David Heinger - www.blackmesaranchonline.com

Wedding bells above Tucson CSA and BICAS



CSA members don’t often get to see Daniela Diamente and Ignacio Rivera de Rosales at the CSA because they usually work behind the scenes, such as helping unload your vegetables from Farmer Frank’s truck, or roasting your chiles in the summer. This dynamic and committed duo is also the muscle behind BICAS, the local grassroots non-profit community center that recycles bicycles into art and into more bicycles and educates people of all ages about bicycles (by the way, I’ve

just completed BICAS’ 8-session Build-a-Bike class and I highly recommend it to anyone who wishes to get more personal with their bicycle).

Anyway, last Saturday Daniela and Ignacio were married on the slopes of Mount Lemmon in a simple and breathtaking ceremony, amidst friends, family and a breathtaking snowy landscape, with Tucson below and Mount Lemmon above. They’re off to Mexico for their honeymoon now, camping along the Sonora coast.

Berta’s Birthday Party!

When CSAer Berta Brack told us she intended to celebrate her birthday at the CSA on December 18th, our last pickup of the year, little did we know that she would turn the pickup hours into a three-hour fiesta with music, fine drinks and delicious finger foods to be enjoyed by all. In the three years the CSA has been around, this was, without a doubt, the most fun pickup of all!!!



Scalloped Potatoes with Turnips and Greens

Submitted by Philippe, TCSA

4 medium potatoes
 1 bunch turnips, bulbs sliced, greens cut in strips
 1 bag kale, slice in strips
 1 tablespoon oil
 1 onion, chopped
 2 gloves garlic, crushed
 2 tablespoons flour
 2 cups milk
 1 cup grated cheese
 1 teaspoon nutmeg
 Salt and pepper to taste

Pre-heat oven at 350F

Heat oil in a large frying pan and sauté the onion until tender. Add flour, stir, then progressively add milk. Stir until smooth. Gradually incorporate the greens, making them wilt in the creamy mixture (although I like the practical aspect of adding them to the dish right away, you can steam the greens separately before adding them the mixture). Incorporate cheese, nutmeg and salt and pepper. The mixture should be creamy and still somewhat runny; if too thick, add a little milk. Incorporate the turnips and potatoes.

Pour mixture in oiled 8" by 11" baking dish. Cover. Bake for 45 minutes. Remove cover. Broil for another 10 minutes or until top is slightly browned.

Open Flemish Radish Sandwich

Submitted by Philippe, TCSA

In Belgium 's temperate climate, radishes are a summer vegetable and they are most commonly turned into this refreshing summer snack, typically served in bars and pubs and accompanied by a good stout beer. "Flemish" refers to Flanders, the region of Belgium where Flemish (a variety of Dutch) is spoken, and where this popular dish is locally referred to as "Boterham met platte kaas" (slice of bread with flat cheese).

Ideally, cheese curds should be used as the spread. In the absence of cheese curds, either cream cheese or thick yoghurt can be substituted.

Radishes, sliced
 Scallions or green onions, chopped
 Sliced bread
 Cream cheese or thick yoghurt
 Salt and pepper

Spread a good layer of cream cheese on a slice of bread. Cover with radish slices and garnish with scallions. Sprinkle with salt and pepper.



Red Russian kale has flat, purplish-green leaves shaped like overgrown oak leaves. Although red Russian kale has limited availability, it is worth the hunt to find it because Russian kale charges up soups, stews and one-pot dishes, and blends well with other greens.

Too often in American cooking kale is given the role of a generic garnish, yet in other cultures the crinkly, olive-green leaves inspire classic meals. For example, kale is used in caldo verde, a Portuguese soup of potatoes, greens, and white beans, and in Brazil, kale is braised and served with a smoky black-bean stew

called feijoada. Kale can jazz up soups, stews, stir-frys, and pasta and rice dishes. Braised kale is a good accompaniment to grilled meats, roasted poultry and fish entrees.

Red Russian kale should not be confused with salad savoy — a kale impostor. Also called flowering kale or purple kale, salad savoy comes in tightly bunched heads (not loose bunches like kale) and is better suited for an ornamental garden than a kitchen. Although the leaves are beautifully colored in shades of white, green, purple and magenta, the flavor of the leaves is too bitter and the texture is too coarse for eating.



The **Purple Top White Globe turnip** was a popular market variety in the U.S. back in the 1800s. It forms uniform 6" smooth white globes that are purplish-red above ground and white below. It has a sweet, mild, fine-grained white flesh and is an excellent keeper. Turnip bulbs are a good source of vitamin C and have two to three grams of fiber per serving. They also contain the potent phytochemical sulforaphane, which has been shown to protect against cancer, especially breast cancer. Turnip greens are high

in vitamin C, beta-carotene and folate. There are numerous ways to enjoy turnips. You can slice raw turnips and toss them into salads as you would radishes. Or you can thinly slice and stir-fry medium size turnips, with or without some of the chopped greens. You can even grate raw small turnips and mix them into your favorite slaw.