



# Tucson Community Supported Agriculture

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Winter '06-'07  
Week 5 of 12

## This Week's Harvest

Navel Oranges  
Beauregard Sweet Potatoes  
Purple Garlic  
Daikon Radishes  
Baby Beets and their Greens  
Hakurei Salad Turnips  
Red Romaine or  
Green leaf lettuce  
Siamese Dragon Mix (non-bitter  
braising mix)

## Recipes

Cooked Greens with Onions  
Hot Winter Salad  
Turnips with Greens, Hot Pepper,  
and Garlic  
Sautéed Beet Greens



### **White Hakurei Salad Turnips**

Hakurei™ is a new, fast-maturing (38 days) variety that sets a new standard for flavor: it's sweet, fruity, and delicate. In contrast to most turnips, Hakurei has smooth, hairless tops, which makes the young greens appealing even in salads. They needn't be peeled, as a great deal of flavor resides in the skin.

So what can you do with them? The simplest way to eat them is raw, with salt, as a crudité, and include the greens in a salad, as their name implies. But if you'd rather eat something warm than cool, see the recipes on the back.

### **Editor:**

Neil Diamente

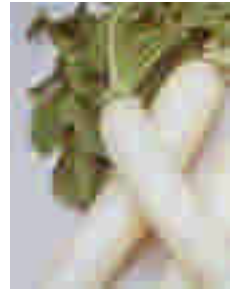
## Simple Ways to Use Daikon Radishes

*Raw* - Use sliced daikon radish as a crudité "cracker" for salty spreads like tapenade (olive spread).

*Cooked* - Daikon radishes develop the mild juiciness of young turnips when cooked. They add sweetness and remove undesirable fishiness when cooked with seafood.

*Greens* - Do not discard the daikon greens! They are worth saving and cooking as much for their flavor as for their nutrient value.

*Health Benefits* - Daikon contains diuretics, decongestants, and enzymes that aid digestion—in Japanese cuisine it always appears alongside hard-to-digest or fatty raw foods. It is effective against many bacterial and fungal infections and it contains a substance that inhibits the formation of carcinogens in the body.



## Start the New Year Healthy with Beets

As their color suggests, beets are a blood tonic and so are good for anemia, the heart, and circulation. They purify the blood, alleviate constipation, and are beneficial to the liver. A starchy vegetable, beet roots are high in natural sugar. The greens have notable amounts of calcium, iron, magnesium, and phosphorous. They also contain vitamins A, B-complex and C. Try them in one of the recipes suggested on our website, such as the Fruity Beety (beets and oranges).

- Taken from The New Whole Foods Encyclopedia by Rebecca Wood

## Year of the Pig: Asian Stir Fry

Although Chinese New Year is in February, it's not too early to think about how to celebrate—and what to eat. In China, the pig is associated with fertility and virility. To bear children in the Year of the Pig is considered very fortunate, for they will be happy and honest. This week's Siamese Dragon Mix is the perfect excuse to try your hand at an Asian stir fry.

For those who are interested in our local, grass-fed beef, but want to know more about the different cuts, check out:

[http://en.wikipedia.org/wiki/Cuts\\_of\\_beef#Cuts\\_of\\_beef](http://en.wikipedia.org/wiki/Cuts_of_beef#Cuts_of_beef) or  
<http://www.hormel.com/templates/knowledge/knowledge.asp?catitemid=19&id=103>

or check our grassfed meats book at the CSA.

## Cast Your Votes!

Let Frank know what you'd like to see in next week's bag. We have beets, oranges, garlic, and sweet potatoes (again) this week—they are voted into the Top 5 frequently. If you'd like to see something else—kohlrabi and rapini are around the corner—cast your four votes when you come to pick up your share.

### Cooked Greens with Onions

Submitted by Lisa Janz, TCSA

- 1 bunch of greens
- 1/2 onion
- 2 tbsp ghee or vegetable oil
- 1 fresh hot green chili (Thai chilies work best)
- 1 tsp peeled, finely grated fresh ginger
- 1/2 tsp salt
- 1/4 tsp sugar
- 1/4 cup water
- 1/4 tsp garam masala (Indian spice mix available at 17th street or other international market)

Cut greens into 1 inch wide strips. Finely chop the onion. Heat oil in the pan over medium heat and put in onions when hot. Stir and fry for about 3 minutes. Add chopped greens, chili, ginger, salt and sugar.

Stir and cook for 5 minutes. Add water, stir, and cover tightly. Turn heat to low and cook for about 10 minutes. Uncover and boil away excess liquid. Sprinkle with garam masala mix and serve.

### Hot Winter Salad

Submitted by Lisa Janz, TCSA

- 1/2 bunch of kale
- 1 bunch of turnip tops
- 1 bunch radishes
- 2 small, or 1 large turnip
- 1/2 onion
- 2 small tomatoes (optional)
- 3 cloves garlic, crushed
- 1 tbsp maple syrup
- 1 tsp rice vinegar
- 2 tbsp olive oil
- 2 tsp sesame seeds
- 1/8 tsp fenugreek seeds
- 1/2 tsp ground coriander
- 1 tsp freshly ground black pepper
- salt to taste

Preheat oven to 400 degrees.

Cut onion into medium thick half rings. Cut radishes into quarters. Half the turnips and cut into thick slices.

Mix the maple syrup, oil, spices, garlic, sesame seeds. Mix together with root vegetables. Put into a wide, shallow baking dish and bake covered for 15 minutes. Uncover and bake until lightly browned and tender.

Steam kale with a sprinkling of salt (I cook rice with this and steam the greens in the tray above the rice). Cook until wilted but not soggy. If using tomatoes, cut into small cubes and sprinkle with salt. When root vegetables are done, add greens and tomatoes to baking dish and toss. Serve warm.

### Young Turnips with Their Greens

Adapted from Deborah Madison's Vegetarian Cooking for Everyone

- Small turnips, scrubbed, greens trimmed and washed
- Salt and freshly milled pepper
- 2 to 4 tablespoons butter
- Several thyme or lemon thyme sprigs, leaves plucked

Bring 3 quarts of water to a boil for the greens and set a steaming basket over salted water for the turnips. Add 1-1/2 teaspoons salt, add the greens, and simmer until tender, 8 to 10 minutes. Meanwhile, steam the turnips until they're tender-firm, 10 to 12 minutes. Drain the greens, press out excess moisture with the back of a spoon, toss them with half the butter, and season with salt and pepper. Arrange them on a plate. Toss the turnips with the remaining butter, a few pinches of salt, a grind of pepper, and the thyme. Pile the turnips on the greens and serve them together.

### Turnips with Greens, Hot Pepper, and Garlic

Yield: 4 servings

- 1-1/4 pounds turnips (3 or 4 medium, weighed without tops), with greens
- 1 teaspoon salt
- 2 tablespoons olive oil
- 1 large garlic clove, minced
- 1/8 to 1/4 teaspoon chili flakes
- About 1 tablespoon sherry or other vinegar

Cut greens from turnip necks; reserve. Cut turnips into 3/4-inch cubes. Combine with salt in colander, tossing to coat. Let stand 15 minutes or more, tossing occasionally. Meanwhile, rinse greens. Trim and discard heavy stems. Thin-slice or chop remainder.

Pat dry turnip cubes. Set very large skillet with 1 tablespoon oil over moderately high heat. Add turnips and toss now and then until lightly browned, 4 to 5 minutes. Add garlic and chili flakes and sauté another minute or so.

Spread greens over turnips, pressing down firmly. Cover tightly, reduce heat to fairly low, and cook 2 minutes. Toss, re-cover, and cook until turnips are tender, 2 to 3 minutes longer. (If too juicy, uncover and boil briefly to evaporate some liquid.)

Transfer vegetables to a serving dish. Add vinegar and the remaining tablespoon oil and toss. Serve warm or at room temperature.

### Sautéed Beet Greens

Philippe, TCSA

Sauté beet greens in olive oil with some crushed garlic. When greens are wilted, add a dash of soy sauce and sprinkle with grated Parmesan cheese.

