



Tucson Community Supported Agriculture

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Winter '06-'07
Week 9 of 12

This Week's Harvest

Sweet Bermuda Onions
Garlic
Yukon Gold Potatoes
Surprise Citrus
Kohlrabi
Carrots
Rapini
Spring Mix

Recipes

Sautéed Kohlrabi and Watercress
Pappardelle with Pancetta, Rapini
and Pine Nuts
Carrots with Ginger



Kohlrabi—the name comes from the German *kohl* (cabbage) plus *rabi* (turnip), because the swollen stem resembles the latter—is a member of the cabbage (crucifer or mustard) family. Raw kohlrabi is juicy, refreshing, and versatile. Cut, dice or julienne to toss in vegetable, grain, or meat salads. Grate or shred for slaws. Blanch kohlrabi for a slightly sweeter, more concentrated flavor. Cooked kohlrabi can be crisp or soft, depending on your taste. Use in stir-fries with aromatics like ginger, onions, or shallots. Cook the leaves as you would kale or collards—but remove stems entirely.

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NEW STAFF AT THE FARM

Kelsey is now in Nepal and enjoying it. Meanwhile, three young folks have started at the farm: Rory is the new driver, Michael is working in the fields along with Natalie who just moved from Flagstaff (pictured right with senior harvesters Jorge, right, and Antonio, left). Hopefully we'll have pics of Rory and Michael soon.



HARD FROST DAMAGE

The lemons were lost. Several consecutive nights of hard frost got the better of them. The navel oranges suffered also, although not quite as bad. Still, Frank did not want to bring them to the CSA anymore. However, Philippe, Daniela, Sara and Dan tasted them and concluded they were still good, just a little drier. So they tried to convince Frank to bring them, and Frank is considering it. If and when we do get them, please let us know if you'd like more of them. Luckily, the grapefruit and tangelos are fine. Valencia oranges will be ready in a month.

The greens have suffered too. Winter crops can resist an occasional night of frost, but not repeated frost, as they had recently experienced. The greens should recover quickly. But last week's lettuce and carrot tops had some frost bites and the beet greens were somewhat floppy. Farmer Frank and the Tucson CSA crew feel bad when produce doesn't look as good as usual. But then, it's also part of the CSA spirit, where members share the good and the bad with the farm. And we are always amazed at how understanding our members are. Thanks!

OUR STOLEN ONIONS ARE BACK!

On the plus side, as some of you noticed in last week's share, all Crooked Sky Farm's onions that were stolen last December are back!!! Superfarmer Frank tracked down his sweet Bermuda onions—50,000 lbs.!—to a warehouse in Texas. And he had them brought back to Arizona where they belong. Unfortunately, he had to pay for shipping. But Frank says it was worth it: it means a lot to him that his CSA members get the onions he grew for them.

REMINDER! SARA'S COOKING CLASS IS THIS SATURDAY, FEB. 10, 2-5 PM

There still is space. Sign up at the front desk. \$10-\$20, sliding scale. To simplify recordkeeping, we ask that you sign up and pay at the same time. Thanks!

"Sara's cooking class was truly enjoyable. Sara made the excellent point, that, to get the most from our CSA participation, we must become *ingredients-driven* rather than *recipe-driven*. She started us off with several delicious examples (yes, we tasted everything!) from her own style of cooking, and challenged us to think of more. She was well-organized, used humor in her presentation, and involved all the class participants. May this be the first of many!" Lorraine, CSA member, on Sara's last class.

RAPINI—AS WITH ANY GREENS, EAT FIRST!

When we last had them a few weeks ago, we had labeled them *broccoli raab*. This caused some confusion as some people thought they were related to broccoli. They're not. This time we'll use their other name: *Rapini*. They are related to turnips and like turnip greens, they are a good source of vitamins A, C, and K, as well as potassium, calcium, and iron. If you're unfamiliar with them, try cooking them like turnip greens, sautéed in olive oil with onions and garlic and with a dash of soy sauce to finish.

Sautéed Kohlrabi and Watercress

1 bunch small kohlrabi bulbs
1 bunch watercress
2 tablespoons unsalted butter
2 tablespoons fresh lemon juice

Peel kohlrabi with a vegetable peeler and cut into 2-inch-long julienne strips. Discard coarse stems from watercress. In a large heavy skillet heat butter over moderately high heat until foam subsides and sauté kohlrabi, stirring, until crisp-tender, 5 to 10 minutes. Add lemon juice and sauté, stirring, 1 minute more. Remove skillet from heat and immediately stir in watercress. Season vegetables with salt and pepper.

Serves 4.

Gourmet
January 1998

Pappardelle with Pancetta, Rapini and Pine Nuts

4 tablespoons extra-virgin olive oil, divided
3 garlic cloves, peeled, flattened
1 medium onion, chopped
3 ounces thinly sliced pancetta (or bacon), chopped
1 teaspoon fennel seeds, crushed
1/4 teaspoon dried crushed red pepper
1 bunch rapini; cut stems 1/2 in. thick, tops into 2-inch pieces
1 cup water
1 8.8-ounce package dried pappardelle pasta (or fettuccine)
1 cup freshly grated Pecorino Romano cheese, plus additional for serving
1/2 cup pine nuts, toasted

Heat 2 tablespoons oil in heavy large skillet over medium-high heat. Add garlic and cook until golden brown, stirring frequently, about 3 minutes. Discard garlic. Add onion, pancetta, and fennel seeds to skillet; sauté until onion is tender and pancetta begins to brown, about 8 minutes. Add dried crushed red pepper, then rapini stems and cook 4 minutes to soften slightly, stirring occasionally. Stir in rapini tops, sprinkle with salt, and add 1 cup water. Cover and cook until stems and tops are tender, about 5 minutes. Season to taste with salt and pepper.

Meanwhile, cook pasta in large pot of boiling salted water until just tender but still firm to the bite. Drain pasta, reserving 1 cup cooking liquid.

Add pasta to skillet with rapini and stir over low heat to combine, adding reserved cooking liquid by tablespoonfuls to moisten if necessary. Stir in remaining 2 tablespoons oil and 1 cup cheese. Season to taste with salt and generous amount of pepper. Transfer to shallow bowl. Sprinkle with pine nuts and serve, passing additional cheese separately.

Makes 4 servings.

Bon Appétit
April 2006



How to Cook Rapini

Preparing it is very easy: The leaves, stems, and flower heads (if any) can be broiled, stir-fried, braised, sautéed, or steamed. They are quite tasty with a nutty flavor and have a slightly bitter taste.

Rinse and trim 1/4-inch from bottom of stems.

Cut stalks crosswise into 2-inch pieces and drop them into salted (optional) boiling water.

Cook for 1 to 2 minutes and remove with slotted spoon.

Sauté the blanched rapini in a little olive oil and as much garlic as you like for 3 to 5 minutes until tender.

Optional - Add a few dried red pepper flakes.

Carrots with Ginger

1 bunch carrots, cut diagonally into 1/4-inch-thick rounds
1/4 cup freshly squeezed orange juice
1 tablespoon butter
1 teaspoon grated peeled fresh ginger
1/2 tablespoon chopped fresh parsley

Place carrots, orange juice, butter and ginger in large skillet over medium-high heat. Bring to boil; cover and cook 3 minutes. Uncover and simmer until liquid glazes carrots, about 10 minutes. Season to taste with salt and pepper. Sprinkle with chopped parsley.

Makes 2 servings.

Adapted from Bon Appétit
November 1999