



Tucson Community Supported Agriculture

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Spring '07 - Week 4 of 13

This Week's Harvest

Grapefruit
Daikons
Carrots
White Swiss Chard
Spring Mix
Arugula
Spinach
Potted Basil

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Simple Ways to use Daikon Radishes



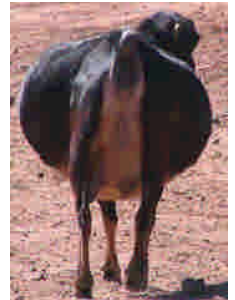
Spring harvest in full swing at Crooked Sky Farms

Farmer Frank's Glendale field has pretty much been harvested out and is now being planted for summer crops. The veggies we are currently receiving are mostly harvested at Farmer's Frank's other field in south Phoenix (where our watermelons were stolen last summer).

Quadruplets born at Black Mesa Ranch

Leah (shown right) had been carrying a huge load and looked like she might very well explode when, on March 17, she kidded 2 does and 2 bucks (shown left). All went very well and mother and kids are doing fine!

For more news on what's going on at Black Mesa Ranch, go to www.blackmesaranchonline.com



Arugula (*Eruca sativa*), a cruciferous vegetable relative of the mustard is known for its strong, zesty flavor. Arugula has been grown in the Mediterranean area since Roman times, when it was considered an aphrodisiac. Arugula is known as *rocket* in France, *rocket* in Britain and *rucola* in Italy. Harvested when about 2 inches long, young arugula is distinguished by bright green spear-shaped leaves, sometimes with one or two indentations, or notches, at the base. The leaves taste nutty, with a hint of pepper. Like many greens, arugula can be used raw in salads or cooked in soups, stuffings, sautés, and pasta dishes. In Italy, it is often used in pizzas, added just before the baking period ends or immediately afterwards, so that it can wilt in the heat. It is sometimes used as an ingredient in pesto (see recipe on back page), either in addition to basil or as a (non-traditional) substitute. Like almost all leafy greens, arugula is low in calories and high in iron and vitamin C.



The word **Daikon** comes from two Japanese words: dai (meaning large) and kon (meaning root). Daikon is a root vegetable said to have originated in the Mediterranean. It was brought to China for cultivation around 500 B.C. The roots are large, often 2 to 4 inches in diameter and 6 to 20 inches long. There are three distinct shapes - spherical, oblong and cylindrical.

A Japanese secret to cooking daikons is to use water in which rice has been washed or a bit of rice bran added (this keeps the daikons white and eliminates bitterness and sharpness). Daikons keep well in the refrigerator if they are placed in a sealed container or plastic bag to maintain high humidity.

Daikons are very low in calories. A 3-ounce serving contains only 18 calories. Rich in vitamin C, daikons contain active enzymes that aid digestion, particularly of starchy foods. The leaves also are rich in vitamin C, beta carotene, calcium, and iron, so they are worth using instead of discarding.

Arugula Pesto

Celine Hayden, Tucson CSA

This makes a great spread for bread, or try a slice with the Black Mesa Ranch goat cheese, some pesto, and slices of fresh tomatoes on top. Yum!

1/2 cup toasted pine nuts (can also use other nuts)
1 bunch or bag arugula
1-3 tablespoons white balsamic vinegar (can also use red but mutes the green color of the arugula)
1-2 cloves crushed garlic
olive oil
salt and pepper to taste

Toast nuts in a pan and add to food processor or blender. Also add arugula, 1 to 2 tablespoon vinegar, crushed garlic, salt and pepper and blend until well mixed (very thick paste). Add olive oil until pesto is desired consistency (usually until it's spreadable).

Note: the vinegar takes some of the bite out of the arugula. Add more or less depending on taste.

Also, blending the garlic, vinegar, salt, nuts, and arugula before adding the oil is important--it allows the flavors to permeate the vinegar and make it more flavorful (or so my mother always told me).

Brown Rice and Eggs with Arugula and Walnuts

Adapted from Vegetarian Cooking for Everyone

Rice and eggs are wholesome fast food. This combination makes a fast, nourishing dish that is homey and comforting. The heat of the rice cooks the egg, and any hot grain or noodle would do the same.

1-1/2 cups brown rice
Salt and freshly milled pepper
1 bunch arugula, stems removed
1 large garlic clove, minced or pressed
1 tablespoon extra virgin olive oil
1 or 2 eggs
1/2 cup toasted chopped walnuts
Grated pecorino Romano (optional)

Boil the rice in salted water until tender, 30 to 50 minutes, depending on whether it's long- or short-grain. Meanwhile, cook the greens in 2 quarts salted boiling water until tender, 5 to 7 minutes. Drain, then press out the liquid and coarsely chop. Toss the greens with the garlic and oil and season with salt to taste. When the rice is done, drain it, then return it to the pot and rapidly stir in the eggs until well coated. Add the greens and walnuts and toss again. Serve with a light covering of grated cheese. Serves 4 to 6.

Linguine with Arugula, Pine Nuts and Parmesan

Phoenix SW Valley CSA

1 pound linguine
1/2 cup olive oil
4 ounces arugula, trimmed
1 cup freshly grated Parmesan cheese
1/2 cup pine nuts, toasted
additional freshly grated Parmesan cheese

Cook linguine in large pot of boiling salted water until just tender but still firm to bite, stirring occasionally.

Meanwhile, heat oil in heavy large skillet over medium heat. Add arugula and stir until just wilted, about 30 seconds. Remove from heat.

Drain pasta and return to pot.

Add arugula and toss well. Add 1 cup Parmesan and salt and pepper to taste; toss well. Transfer to bowl. Sprinkle with pine nuts. Serve immediately, passing additional Parmesan separately.

Simple Ways to Use Daikon Radish

Adapted from Elizabeth Schneider, *Vegetables from Amaranth to Zucchini* (HarperCollins, 2001)

Raw

- Use sliced daikon radish as a crudité "cracker" for salty spreads such as tapenade (olive spread).
- Slivered, diced, grated, or sliced daikon radish is coolly refreshing in salads with fruit, vegetables, fish, or meat.
- Grated, it can serve as a simple dressing for broiled fish or meat.
- Chopped and mixed with hot spices, yogurt or sour cream, and cilantro, it makes a fine salsa or raita.

Cooked

Daikon radishes develop the mild juiciness of young turnips when cooked.

- They add sweetness and remove undesirable fishiness when cooked with seafood.
- Diced and added to soup at the last moment, daikon radishes swiftly become tender and mild, imparting depth to the stock, particularly in combination with mushrooms.
- Radish chunks (as do turnips) added to stews and braises season and sweeten while they absorb some of the cooking liquid.
- Simmer daikon radish and potatoes, then puree for a subtle, light-bodied soup.
- When quickly stir-fried, daikon radish slices, strips, or cubes taste lightly turnipy.

Greens

Do *not* discard the daikon greens! They are worth saving and cooking as much for their flavor as for their nutrient value. If you won't be cooking them with the radishes:

- Reserve them for braising along with other bitter greens.
- Add them to stuffings for meat or ravioli.
- Include them in fried-rice mixtures or bean dishes.
- Stir into soups.

More daikon tips

For chips, relish tray sticks or stir fries - Simply peel daikon with a peeler and cut crossways 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 dip. Cut into julienne strips for relish trays, salads or stir-frys.