



# Tucson Community Supported Agriculture

Newsletter 125 ~ February 19, 2008 ~ Online at [www.TucsonCSA.org](http://www.TucsonCSA.org)

**Week 11 of 12**

**Winter '07/'08**

Planned harvest list is [Online](#)



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### SPRING SESSION ENROLLMENT

#### **FEBRUARY 1 TO 16:**

Renewing and former members  
only.

#### **FEBRUARY 17 TO 29:**

Renewing, former and  
waitlisted members.

#### **Waitlisted members:**

Beginning Feb. 16, we will  
email invitations to subscribe  
to you, in the order in which  
they joined the wait list. Do  
**not** submit a contract and  
payment unless you have  
been invited to subscribe.

#### **NEED HELP WITH YOUR WINTER GREENS?**

Don't be intimidated by the  
bulk of the greens: once you  
cook them, their volume  
decreases dramatically.  
Use Sara's handout (it's online  
under Recipes > Greens >  
About "Winter Greens"). We  
are getting some S.O.S signals  
from members who have  
trouble with their greens.

#### **Newsletter editor**

Philippe Waterinckx

**A LIST SPRING SESSION MEMBERS IS POSTED ON THE CORK BOARD  
INSIDE THE CSA** – You can check it to see if you are listed for the spring session

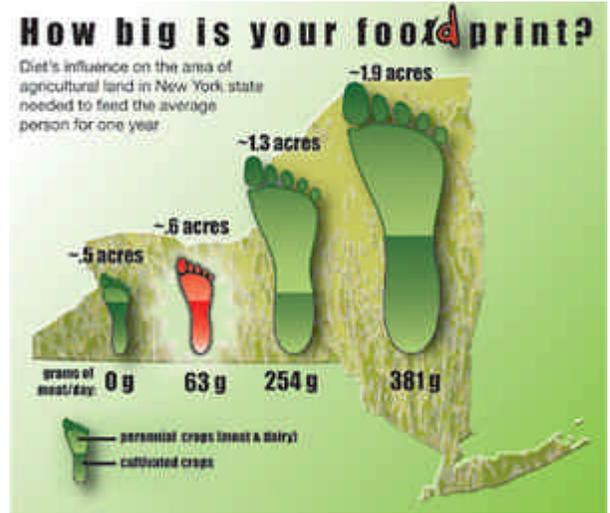
### **"FOOD PRINT" RELATED TO CONSUMPTION & DIETS --** *Contributed by CSA member Sallie Marston*

Researchers at Cornell University  
have taken a close look at which type  
of diet needs the most land to support  
it. They found that a low-fat  
vegetarian diet requires the least  
amount of land, but it is not as  
*efficient* as a diet that also includes a  
small amount of meat.

That's because fruits, veggies and  
grains need high quality crop land to  
grow. Meat and dairy products come  
from animals that can be supported  
on lower quality land which is also more  
available than the high quality land. In  
other words, although a vegetarian diet  
uses less land overall, it uses more high  
quality land than a diet with just a bit  
of meat added.

(Adapted from:

[www.associatedcontent.com/article/407798/cornell\\_study\\_assesses\\_food\\_print\\_related.html](http://www.associatedcontent.com/article/407798/cornell_study_assesses_food_print_related.html))



### **THE RUTABAGA**



The rutabaga (*Brassica napobrassica*), a relatively newcomer in the world of cruciferous vegetables, is thought to have evolved from a cross between a wild cabbage and a turnip. The earliest records of rutabaga's existence are from the seventeenth century in Southern Europe where they were first eaten as well as used for animal fodder. It's curious that throughout history animals were often fed the healthiest foods, foods thought to be inappropriate for human consumption.

Because rutabagas thrive best in colder climates, they became popular in Scandinavia, but especially in Sweden, the country that earned them the name "swedes." In Europe, rutabagas are still called swedes. In America, rutabagas were first cultivated in the northern parts of the country in the early 1800s. Canada and the northern states are today's greatest producers of the rutabaga.

The rutabaga is a root vegetable that looks very much like a turnip with yellow-orange flesh and ridges at its neck. Although this beta carotene-rich vegetable has been grown and marketed in our country for nearly 200 years, it remains an uncommon food in American dining. It's actually a great tasting vegetable with a delicate sweetness and flavor that hints of the light freshness of cabbage and turnip. With its easy preparation and versatility, great nutrition, and excellent flavor, the rutabaga can easily become an endearing family favorite.

Rutabagas store up to one month in the refrigerator.

### Minestrone Alla Tucson CSA

Lorraine Glazar, Tucson CSA (adapted from The Classic Italian Cookbook, by Marcella Hazan, 1976)

I followed the classic technique from Marcella Hazan, but substituted for winter ingredients, and what we had in our shares. I love the direction "crust from a one to two pound piece of Parmesan, carefully scraped clean".

For 6 to 8 servings as a first course, 4 to 6 as a main meal

2 tablespoons olive oil  
1 tablespoon butter  
1 cup thinly sliced yellow onion  
1 cup diced carrots  
1 cup diced celery (or chard stems)  
2 cups peeled, diced rutabaga (or potato)  
1 cup cauliflower floweret's (optional—some do not care for their flavor in a mixed soup)  
1 cup diced green beans (I had these frozen from August 2007, you may substitute frozen green peas)  
3 cups finely sliced rapini leaves (minimize the use of stems and flowers)  
6 cups homemade vegetable stock or 2 cups canned vegetable broth mixed with water  
The crust from a 1 or 2 pound piece of Parmesan cheese, carefully scraped clean (optional)  
2/3 cup canned Italian tomatoes, with their juice  
½ cup freshly grated Parmesan (optional)  
¾ cup dried white beans, cooked in advance or one can white beans, drained and rinsed

Choose a stockpot large enough for all the ingredients. Put in the oil, butter, and sliced onion and cook over medium-low heat until the onion is pale gold. Add the diced carrots and cook for 2 or 3 minutes, stirring once or twice. Repeat this procedure with the celery (or chard stems), rutabaga (or potato), cauliflower, and green beans (but not the frozen peas), cooking each one a few minutes and stirring. Then add the sliced rapini and cook for about 5 minutes, giving the pot an occasional stir.

Add the broth, the cheese crust, the tomatoes and their juice, and a little bit of salt. If you are using canned broth, go easy on the salt until you taste the finished product. Cover and cook at a very slow boil for about one hour. It is still good if you only have 30 minutes, but the flavors meld and deepen with longer cooking. If you find that the soup is becoming too thick, add more homemade broth or water, not more canned broth.

Fifteen minutes before the soup is done, add the canned or pre-cooked beans and the frozen peas (if you substituted them for the green beans). Just before turning off the heat, remove the cheese crust, swirl in the grated cheese, taste, then correct for salt.

### Pennsylvania Dutch Cabbage and Noodles

Inez Whipple, Tucson CSA

This is pretty simple and tasty cabbage recipe that I make frequently for dinner.

1 tablespoon canola or corn oil  
1 medium onion, chopped  
1/2 head cabbage, coarsely chopped  
1/2 cup water  
2 cups whole wheat or egg noodles, cooked  
salt, pepper  
1/4 cup cheese, cheddar or goat work well, shredded (optional)

Heat the oil in a large frying pan and add the onion. Cook until the onion begins to become transparent. Then add the cabbage and the water. Reduce the heat a bit and stir occasionally.

When the cabbage is steamed through, add the cooked noodles, salt and pepper to taste and stir gently. Divide onto 2 plates and sprinkle with cheese.

If you want to make this extra special, toast some breadcrumbs in a little butter and add those to the top of the dish before serving.

### Preparing Rutabagas

**Raw:** Scrub them thoroughly. Slice and enjoy as a snack. Chop, dice, or grate them and add to salads. Create a unique salad with diced rutabagas and other vegetables of your choice. Grate them and add to coleslaw. Grate and combine with carrot salad.

**Cooked:** Rutabagas can be roasted, boiled, steamed, stir-fried, mashed, or stewed. Cook them with potatoes and mash together. Quarter them and roast along with potatoes. Enhance the flavor of stews with chopped or quartered rutabagas. Dice them and add to soups. Stir-fry with onions.

### Tokyo Bekana Tips

Although you can eat Tokyo Bekana raw, cooking enhances it considerably, and it is excellent for stir-fry and soup. It takes just a few minutes to cook to a lovely crisp-tender texture. For stir-fries, there is nothing better: its stems turn almost creamy after cooking. Substitute Tokyo Bekana in any recipe that calls for the more commonly available bok choy.

