



Tucson Community Supported Agriculture

Newsletter 126 ~ February 26, 2008 ~ Online at www.TucsonCSA.org

Week 12 of 12

Winter '07/'08

Planned harvest list is [Online](#)

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Spring Session Enrollment

February 1 to 16:

Renewal window for current and former members only.

From February 17: Taking applications from current, former and waitlisted members.

Current number of shares for the Spring session: 402

Wendy's Tip

Don't throw away your cauliflower core and leaves. They can be used in a soup where you can let them simmer a bit. The core can be a little tough, although I do discard the tough ring around it. As you're chopping, just take a little bite to see if you like the flavor and think the texture will be okay once simmered.



Wendy's picture of one of last week's beauties - a whopping 8.5 lbs specimen (with a penny placed on top of it for scale).

Newsletter editor

Philippe Waterinckx

THIS IS THE LAST WEEK OF THE WINTER SESSION

Thank you for have been part of this Winter session. Crooked Sky Farms never ceases to amaze us with the diversity and quality of crops they successfully grow. We hope you enjoyed the ride.

Thanks also to all who have renewed their membership for the Spring session. We suggest that you consult the list posted on the corkboard inside the CSA office to verify that you are subscribed for the Spring session.

MIZUNA (*Brassica rapa* var. *nipposinica* or var. *japonica*)



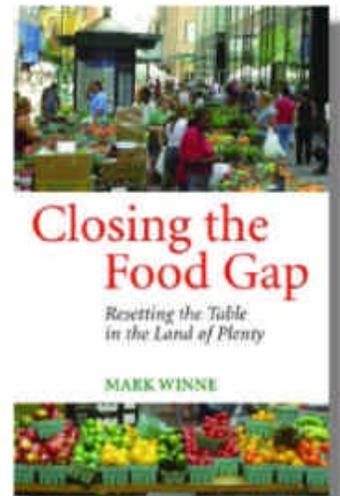
Mizuna is thought to have originated in China although it is most popular in Japan. Mizuna grows as a giant rosette of finely dissected, feathery, dark and glossy green leaves. The flavor is mild and sweet with a mild mustard taste. It makes an excellent salad green and is frequently found in Mesclun. It is also used in stir-frys and soups. Mizuna contains folic acid, carotenes and vitamin C. Like other brassicas, it also contains glucosinolates, which give them an intense flavor. Mizuna is a good source of antioxidants, which help to protect the body against some forms of heart disease and cancer.

CLOSING THE FOOD GAP

This book may be of interest to CSA subscribers committed to food equity issues. "*Closing the Food Gap* tells the story of how we get our food: from poor people at food pantries or bodegas and convenience stores to the more comfortable classes, who increasingly seek out organic and local products. Winne's exploration starts in the 1960s, when domestic poverty was "rediscovered," and shows how communities since that time have responded to malnutrition with a slew of strategies and methods. But the story is also about doing that work against a backdrop of ever-growing American food affluence and gastronomical expectations." Follow the following link for more details.

<http://www.markwinne.com/>.

Contributed by CSA member Sallie Marston



EGG SURVEY

Please find below a link to a survey on consumer motivations for buying "sustainable" and "value-added" eggs. The survey targets individuals who already purchase, at least some of the time, eggs that are cage-free, free-range, omega-3 enriched, or local.

The research is part of the master's thesis project of Michele Knaus, a candidate for a Masters of Education degree in Leadership for Ecology, Culture, at Learning at Portland State University. Please consider taking this survey before it closes on March 1st if you already purchase sustainable and/or value-added eggs.

The survey takes about 20 minutes.

You can find more details and the survey at <http://www.eggsurvey.org>

Broccoli and Onions (over pasta)

Lorraine Glazar, Tucson CSA

½ CSA onion, either sliced thin or chopped in medium dice

1 bunch CSA broccoli, florets cut into smallish pieces (the size of a matchbox and twice as thick) and stalks cut into 1 inch pieces

Olive oil

Butter (optional)

Optional pasta: 8 ounces short pasta, such as shells

Parmesan cheese (optional)

If you wish to make this as a pasta dish, heat up 3-4 quarts of water. When it is boiling, add the pasta and cook as per requirements on package, but don't overcook. Drain and place in a heated bowl, reserving ¼ cup cooking water.

Heat olive oil over medium heat in a small to medium sized sauté or frying pan. Add the onions and closely watch the heat, turning down to low if burning seems imminent. Patiently caramelize the onions while tossing them in the pan. To finish, use a very small amount of butter (1/2 teaspoon) added to the oil for flavor. Add the broccoli and cover the frying pan. Keep the heat low and monitor the appearance of the dish—broccoli should stay bright green. If the vegetables appear to be undercooked, add a teaspoon of water and put the lid back on.

When the onions appear caramelized and the broccoli is done, serve as is or toss with the drained pasta, adding some of the cooking water. Top with Parmesan if desired.

Easy Cauliflower Sauté

Lorraine Glazar, Tucson CSA

1 bunch cauliflower, cut in florets

½ lb carrots, sliced or snow peas or broccoli stems (a contrasting color)

1 tablespoon olive oil

2 garlic cloves, minced.

1 tablespoon cider or white balsamic vinegar

Salt and pepper to taste

If using carrots or broccoli stems, blanch in boiling water or microwave for a few minutes to soften.

Heat the olive oil over medium high heat. Sauté the cauliflower a few minutes, then add snow peas or the other prepared vegetables. Add in the minced garlic and salt and pepper, stir to combine. Toss in the vinegar and just let it glaze over the vegetables for a moment or two before taking off the stove and serving.

Stir Fried Bok Choi

Lorraine Glazar,

1 and ½ teaspoon oil

Few drops toasted sesame oil

1 quarter-sized piece fresh ginger, cut into julienne sticks

1 clove fresh garlic peeled and cut into thin slices or julienne sticks

1 bunch Bok Choi leaves, cut lengthwise into four to six pieces each

½ teaspoon rice wine vinegar

Drizzle of tamari or soy sauce, to taste *

Heat oils over medium heat in a 10 inch frying pan or wok until it is very hot, about 2-3 minutes. Put in ginger, garlic and Bok Choi and stir vigorously with a wooden spoon or paddle to circulate the greens. When the greens are cooked through but the stalks are still crispy, add the rice wine vinegar and the tamari or soy sauce. Cook for one more minute and serve.

* You may substitute salt for the tamari.

CSA Greens Chopped Salad

Philippe, Tucson CSA

¾ lb mixed greens such mizuna, bok choy, arugula, and spinach, finely chopped

¼ cup walnuts

2 tablespoons olive oil

1 tablespoon vinegar

½ onion, finely chopped

1/8 teaspoon salt

1/8 teaspoon black pepper

In a large bowl, whisk together vinegar, oil, onion, salt and pepper until emulsified. Add greens and toss until coated well.

Beets in Orange Sauce

Adapted from Bon Appétit, February 1996

1 bunch beets, trimmed

1 cup orange juice

2 tablespoons sugar

2 tablespoons (¼ stick) butter

1 tablespoon minced orange peel (orange part only)

2 teaspoon red wine vinegar

Preheat oven to 400°F. Wrap beets together in foil. Place on baking sheet. Bake until tender, about 1 hour 15 minutes. Cool. Peel beets. Cut each into 8 wedges.

Combine beets and remaining ingredients in medium non-aluminum saucepan. Simmer over medium heat until sauce is syrupy, stirring often, about 8 minutes. Season with salt and pepper.

Serve hot. (Can be made 1 day ahead. Chill. Re-heat over low heat, stirring often.)