



Tucson Community Supported Agriculture

Newsletter 167 ~ December 8, 2008 ~ Online at www.TucsonCSA.org

Fall '08

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POT-LICKING GOOD

Ever heard of potlicker? Or potlikker? Or pot liquor? Chances are if you've cooked your greens, you've seen the basic element of it. It's the liquid left behind after boiling greens. Revered in the American South, it is seasoned with salt, pork or turkey. Full of vitamins and minerals, the "broth" can be served alone or with cornbread.



PAPER OR PLASTIC, PLEASE!

We encourage you to bring your own bags—recycled or re-usable. But sometimes folks forget and have to dip into the "I forgot my bag" wicker chest. No problem – that's why it's there. But we're now running low. If you have extra paper or plastic bags at home, please consider donating them to us!

Newsletter Editor

Kimi Eisele

BLACK MESA RANCH GOAT CHEESE AND CHOCOLATE CANDY



It's almost the end of the milking season at Black Mesa Ranch. This is when the goats produce really rich milk, which makes the cheese even creamier and tastier than usual. David will provide us with goat cheese in diminishing quantities until there is no more, which will happen sometime this month. Until then, it will be available for sale at the CSA. Cheese will become

available again in late April.

We only have Black Mesa Ranch candy during the holidays, and we just received our last batch before next November. We expect it to be sold by Christmas. We have four types of candy: Butter Almond Toffee, Vanilla Bean Caramels, Dark Debris (dark chocolate with almonds, walnuts and raisins) and Milky Rubble (milk chocolate with pecans and chunks of butter almond toffee). Get it while you can.

For more info about Black Mesa Ranch, go to www.blackmesaranchonline.com

A WORD (OR TWO) TO GO WITH ALL YOUR GREENS

Some Southerners believe that eating greens on New Year's Day brings good luck for the year to come. You can certainly get a head start with you luck in December. If nothing else, you'll get your daily dose of vitamins A and C!



Here's a short history of some of the greens you're getting in your share or are likely to see soon:

Collard greens are the most ancient of the cabbage greens, eaten by early societies and cultivated by the Greeks and Romans. Their first appearance in America was recorded in 1669. Collards grow well in warm weather, but can survive the winter cold and some say their flavor is even enhanced by a light frost!

Mustard greens were first cultivated in India's Himalayan region more than 5,000 years ago. They now show up in Chinese cuisine as well as in African-American and Southern dishes. From the plant also come small mustard seeds, which can be used to make mustard or to spice up other dishes.

Kale, like collards, is a descendant of wild cabbage first found in Asia Minor. English settlers brought Kale to America in the 17th century. Kale also grows well in cold temperatures and can withstand frost. It can also grow in warmer temperatures and in poor soil.

Swiss chard was first found in Sicily, not Switzerland. It gets its "Swiss" from the Swiss botanist who gave it its scientific name. While still popular in the Mediterranean, Swiss chard is now eaten in northern Europe, South America, and beyond. Swiss chard is sweeter than some of the other greens.

Broccoli rabe was brought by Italian farmers to the U.S. in the 1920s. It was originally cultivated in the southern Mediterranean. It is similar in appearance to thin stalks of broccoli with small bud clusters and large smooth leaves. Cooking helps mellow its slightly bitter taste.

(From: Center for Disease Control: www.fruitsandveggiesmatter.gov)

Toasted Winter Squash Seeds

Sara Jones, Tucson CSA

Don't throw out the seeds from your squash. They are delicious and easy to prepare. Separate them as best you can from the squash fibers, then put them in a big bowl of well-salted water (about a teaspoon salt per cup of water). You can then get back to your recipe and ignore them for awhile, as the salt will prevent them from getting moldy or rotten too fast (put them, in the salted water, in the fridge if you don't plan on using them within a day). When you're ready, simply drain off the water, drizzle with oil and toss onto a baking sheet. Sprinkle with any spices you like (mole powders are especially nice), then bake for about 10-15 minutes at 300 degrees, until crispy and lightly browned.

Zesty Daikon Salad

From Phoenix CSA

2 cups peeled and thinly sliced daikon radishes
1/2 cup thinly sliced mild onion
1 cup peeled and chopped apple
juice of one lime

Mix all ingredients together and enjoy. This is incredibly clean and fresh tasting, and is a great accompaniment to more earthy foods. For a sweeter taste, replace the lime juice with orange juice.

Winter Squash Croquettes

Sara Jones, Tucson CSA

This recipe will work with any of your winter squash. I mash the cooked flesh with a fork, unless I am using spaghetti squash, in which case, I would use a fork to separate the strands of squash. Use any soft cheese you like to add to the mix, or use a hard cheese to stuff in the middle. Experiment with different herbs and spices

About 3 cups of cooked winter squash
1-2 eggs, if desired
1/2 cup soft cheese
1/2 cup dried bread crumbs
Salt and pepper to taste

Combine all ingredients except bread crumbs and mix well. Shape mixture into patties, about 1 inch thick. Dredge patties through bread crumbs and pan fry in a well-oiled skillet over medium-hot heat. Cook on both sides until golden brown then drain on paper towels or newspaper.

'Bruised' Raw Curried Collard Salad

Sara Jones, Tucson CSA

You can use any type of kale or collards in this recipe. Salting and bruising the greens is a technique that will give the raw greens a 'cooked' taste and texture. The greens should be finely sliced for best results. To do this, trim the thick stems off of the leaves, lay several leaves on top of each other and roll up tight like a cigar. Use a sharp knife to cut the roll into thin slivers. Sprinkle the cut greens with salt and use your hands to rub the salt into the leaves, squeezing to release some of their juices.

1 bunch kale or collards, sliced fine
1 large radish, grated
2 small turnips, grated
1 cup cooked or sprouted grains
1 cup cooked or sprouted lentils
1/2 cup sunflower or pumpkin seeds
1/2 yellow onion
2 tablespoons apple cider vinegar
2 tablespoons apple or orange juice
1 tablespoon oil
2 teaspoons curry powder
1 teaspoon ground cumin
1 teaspoon salt, for bruising greens, then add to taste to finished salad

Mix salted, bruised greens with the carrot and turnip and set aside. In a food processor or blender, puree onion, vinegar, oil and spices. Pour spice mixture over vegetables and toss to coat. Add grains and lentils, toss, and season to taste with salt and pepper. Let sit at least one hour, then garnish with seeds and serve.

Roman Style Escarole Greens

Philippe, TCSA

1 bunch escarole, cleaned and roughly chopped
olive oil
onion, chopped
garlic, crushed
tomato sauce or fresh tomato, chopped
capers, chopped
parsley, chopped
thyme
salt and pepper to taste

Steam or boil the greens until tender. Drain. Sauté onion in oil until translucent. Add garlic, tomato, capers, parsley and thyme. Cook until it begins to thicken. Add cooked greens, salt and pepper. Stir and serve.