



Tucson Community Supported Agriculture

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Winter 08-09

WEEK 3 of 12

Harvest list is [Online](#)

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More recipes [Online](#)

Hon Tsai Tai

Hon Tsai Tai is a mild flowering green that is native to China. It has deep purple flowering stalks and dark green leaves. The young stalks and flowers are edible and very tender, making them perfect for stir-fry.

Tokyo Bekana

Tokyo Bekana is the Japanese relative of the small Chinese cabbage. Although you can eat it 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 choi or Chinese cabbage.



Newsletter Editor(s)

Philippe Waterinckx

CHRISTMAS BREAK

CROOKED SKY FARMS ARE TAKING THEIR ANNUAL BREAK FROM CHRISTMAS TO NEW YEAR'S DAY. THERE WILL BE NO PICK-UP ON FRIDAY, DECEMBER 26TH AND TUESDAY, DECEMBER 30TH.

A THANK YOU FROM ISKASH*TAA REFUGEE HARVESTING NETWORK One of the Tucson CSA's beneficiaries of produce surplus

Tucson CSA donations of greens and radishes made it possible for us to make the first ever Iskash*taa refugee-made Gundruk and Sinki, national dishes of Nepal. First, withered, smashed with a rock then fermented (16 days in their own juices) and lastly sun dried, the radishes and greens are preserved for later rehydration into delicious soups and green sauces. We appreciate your support. Thank you, Murakoze, Dhanyabaad, Mahad sanid, Shukran!

Iskash*taa Refugee Harvesting Network is a community-based organization of refugees from all over the world. Iskashitaa means working cooperatively together in Somali. Iskash*taa is harvesting and collecting foods that would otherwise go to waste. We harvest ~30,000 pounds a year from Tucson backyards and local farms and redistribute to hundreds of refugee families. Iskash*taa also helps refugees from Africa, Asia, South America and the Middle East who find a peaceful home in Tucson to acculturate, learn English, and use previous skills such as harvesting, sewing, weaving, basket making, and other crafts.

For more info about Iskash*taa, contact Barbara Eiswerth (520) 440-0100 or eiswerth@fruitmappers.org. Website: <http://www.fruitmappers.org>

FOODIES PETITION OBAMA

From LaVidaLocavore.org by Jill Richardson on 12/9/08

"Two petitions have come to my attention, both centered on asking Obama to appoint someone who "gets it" to top posts in the USDA.

The first can be seen (and signed) at [Food Democracy Now](#). It was initially signed by 90 top foodies including: Michael Pollan, Anna Lappé, Wendell Berry, Alice Waters, Marion Nestle, Eric Schlosser, Dan Barber, Tom Philpott, Dan Imhoff, Kurt Michael Friese, Patty Lovera, John Ikerd, Deborah Madison, Andrea King Collier, Samuel Fromartz, Frances Moore Lappé, Winona LaDuke, Angie Tagtow, Tim LaSalle, and Nina Planck. OK, if that group of people asked me to do something, I'd listen!

The second one is at [Fair Food Fight](#) and it focuses on encouraging Obama to appoint another person I've heard spoken of as an advocate for good, clean, fair food: Jim Riddle. Riddle's qualifications are listed on the site, as are the names of the many signers of the petition.

Then, of course, there are the longstanding requests for Obama to [Eat the View](#) and establish a [White House Organic Farm](#) (requests even endorsed by Michael Pollan). Or there's the great idea that came from PETA this week, [establishing a national food policy council](#). Obama, we're all talking to you... are you listening??"

The New York Times recently published an excellent article by Nicholas Kristof that illustrates the importance of a reform of our food system. You won't often find these issues articulated so clearly and concisely. You can link to the article through our [In The News](#) page on the Tucson CSA website.

Roasted Winter Squash and Apple Soup with Walnut

Cilantro Pesto

Philippe Waterinckx, Tucson CSA

This is a comforting, heart warming soup for Tucson's wintery or overcast days.

1 large winter squash (Cushaw, Hopi) or pumpkin, cut in half, seeds removed
2 onions, chopped
2 apples, cored and quartered
3 garlic cloves, peeled
2 tablespoons olive oil
Salt to taste
2 tablespoons red chili powder, or 2 jalapenos, chopped
4 vegetable bouillon cubes

Preheat oven at 400F.

Toss all ingredients in the squash halves.

Place the halves in a baking tray filled with 1 inch of water and bake for 1.5 hour or until flesh is tender.

Scoop out contents of the squash halves, down to the skin, and blend. Add water or stock to desired consistency (1-2 cups).

Serve hot with a scoop of walnut cilantro pesto.

Walnut Cilantro Pesto

1 cup walnut pieces
2 cups cilantro leaves
1 jalapeno
2 tablespoons cider vinegar
1/4 cup water
salt to taste

Blend all ingredients. Add water or stock to desired consistency.

Hon Tsai Tai with Soy Sauce & Oyster Sauce *New*

Adapted from consciouschoice.com

Hon tsai tai is a small and skinny variety of bok choy. In fact, some call it flowering bok choy. You can adapt bok choy recipes to be used with hon tsai tai instead.

1 bunch hon tsai tai
1 tablespoon water
1 tablespoon oil
1/4 teaspoon salt
1 teaspoon soy sauce
1 teaspoon oyster sauce
1/2 tablespoon unsalted butter

Cut hon psai tai crosswise into half-inch segments. In a skillet, heat oil over moderately high heat and stir-fry the hon tsai tai with salt for two minutes.

In a bowl stir together water and soy and oyster sauces. Add soy mixture and butter and stir-fry until crisp-tender, one to two more minutes.

Kohlrabi Fritters

Tina Hansleben, Tucson CSA

3 medium kohlrabi bulbs (I have substituted many different root vegetables such as carrot, beet, potato, and rutabaga.)

1/4 cup flour of choice (I have used many different kinds of wheat free flours with success.)

1 egg
1 tablespoon dried dill or more if fresh
juice of one lemon
peel of one lemon
1/2 teaspoon salt
Sugar, to taste
Chèvre, to garnish

Shred kohlrabi into a large bowl. Add egg, dill, lemon peel, salt, flour, juice from 1/2 lemon. Add a little more flour if the mixture is still very wet, you want the kohlrabi to stick together.

Heat a pan to medium with oil. Scoop out the mixture in a 1/4 cup measure and press down with a spoon. Drop mixture onto the pan, flatten with a spatula and fry until golden on each side.

Mix remaining lemon juice with a little sugar until you have a sweet concoction to drizzle onto the fritters at the table.

Top the fritters with chèvre.

Stir Fried Pak Bok Choi

Lorraine Glazar, Tucson CSA

Editor's note: use tokyo bekana instead bok choy

1 and 1/2 teaspoon oil (canola or peanut)
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 or bag Pak Choi leaves, or Pak Choi on the stem base, cut lengthwise into four to six pieces each
1/2 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 choy 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.

Pinto Beans & Bok Choi Greens *New*

Laurel Lacher, Tucson CSA

This is a good way to eat bok choy-style greens.

1 or 2 bunches washed and chopped bok choy-style greens
Cooked pinto beans

Sauté greens in a little peanut oil and sesame oil and season to taste with soy sauce. Serve in a bowl over warm pinto beans and top with a little grated cheese.