



Tucson Community Supported Agriculture

Newsletter 215 ~ Nov. 16, 2009 ~ Online at www.TucsonCSA.org

Summer '09 Week 12 of 13

Harvest list is online

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More recipes online

Looking for share partners?

Or looking to trade, sell or buy shares for certain weeks? Use the bulletin board above the trading table.

You can also connect with other members via our Facebook page.

★ Is That An Asterisk By Your Name?

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✓	Aiken

Once in a while, you may see an asterisk next to your name on the check-in sheet. There is a reason why it's there. It means that we'd like to see you at the front desk: either you owe us some money, or we have something for you, like money, a meat share, a forgotten goat cheese log, or any unfinished business.

So, next time you see an asterisk by your name, don't ignore it. Come to the front desk.

Mesquite Pancake Breakfast and Milling Fiesta - Photos

Thanks to all who volunteered, participated and showed up. The event was a great success! We flipped over 2000 pancakes.

Thanks to Ian for taking great photos. They can be viewed at:

<http://www.ianfritz.com/pancakes/>

Newsletter Editor

Philippe Waterinckx

WINTER SESSION FILLING UP

On November 17, we'll begin registering *new* members. (We've been registering *renewing* members since the beginning of the month.) After November 17, the Tuesday pick-up could fill up any day. The Friday pick-up has a fair number of spaces left.

Contract forms are available at the CSA, or online under *Join > Subscriptions & Cost*. You can drop your contract and payment in our drop-box at the CSA during pickup hours, slip it under our door whenever the courtyard is accessible, or mail it to us. We will e-mail you a confirmation after processing it.

TURKEY PICKUP



If you ordered a turkey, please pick it up this week on your pick up day.

This Tuesday, Josh will bring the turkeys for both Tuesday and Friday members. They'll be frozen. All Tuesday members **MUST** pick up their turkeys this Tuesday, since our freezers only have enough space to hold the turkeys for the Friday members.

Josh's turkeys are organically raised on pasture. They are 100% free range.

GREENS SEASON IN FULL SWING NOW

The early frost we had a few weeks back put an end to the remaining 'above ground' summer crops such as tomatoes, chiles, eggplant and summer squash. Farmer Frank and the Crooked Sky Farms crew harvested as many green tomatoes and chiles as they could right before the frost. We are now getting those chiles in their roasted form (if you don't wish to eat them now, just put them in your freezer for later).

Greens and root vegetables will feature prominently in our shares for a while. Greens withstand mild frost quite well. In fact, frost makes many of them more crisp and flavorful. Crooked Sky Farms grows many varieties of greens and you'll have a chance to sample them all if you stay with us through the winter session. And, of course, we'll also get turnips, beets, carrots and radishes. Later this winter and spring, we'll also get cabbage, cauliflower and broccoli. Potatoes, sweet potatoes and onions will be available soon.

One of the most delightful winter vegetable we get during winter and spring is, in my opinion, the Hakurei turnip. The Hakurei, also known as Tokyo or salad turnip, comes to us from Japan. It is crisp and juicy, mild and sweet with just a hint of spice, and sophisticated: the Coco Chanel of the turnips! It is delicious raw and works wonderfully in salads or slaws, but cooking enhances its natural sweetness. I like to braise Hakureis whole, tuber and greens, in some oil or butter, and flavor them with a touch of mirin and soy sauce. That is, if they make it to my kitchen, because I also like to nibble on them on my home from the CSA.



Root Vegetable Slaw-new

Sara Jones, Tucson CSA

This is a great way to treat your root vegetables. Even beets and turnips are delicious raw, and have a much more delicate flavor than you might expect. If you want to ensure a particularly mild flavor, soak shredded veggies in well-salted water for about 15 minutes, drain, and then proceed with the recipe. Add thinly sliced greens if you like, too.

About 2 cups shredded root vegetables, plus thinly sliced greens if desired

2-3 chopped green onions

Zest and juice from 1/2 large lemon

1/4 cup yogurt, sour cream or mayonnaise

Pinch sugar (optional)

Chopped nuts and/or freshly chopped herbs

Mix together all ingredients, setting aside any extra nuts or herbs for garnish. Let salad sit at least half an hour before serving to allow flavors to mix and mellow.

Variations:

Toss your veggies with either of these dressings, too. Or use your own favorite coleslaw recipe.

Peanut Ginger Dressing

2 tablespoons peanut butter

1 inch piece fresh ginger, grated

1/4 cup orange juice

1 tablespoon rice wine vinegar

1 tablespoon soy sauce

Sesame Soy Dressing

1/8 teaspoon dry mustard

1 teaspoon sugar

1 tablespoon rice wine vinegar

1 tablespoon soy sauce

1 tablespoon oil

1 teaspoon toasted sesame oil

1 teaspoon chili sauce

Creamy Rapini Pasta

Sara Jones, Tucson CSA

The creaminess of this dish is provided by hummus rather than dairy. Use a packaged, prepared hummus for a really simple recipe. Or you can make your own at home by pureeing any cooked white bean with garlic, oil, lemon juice, tahini and salt.

1 bunch rapini, cleaned and chopped

1 tablespoon olive oil

1 can chickpeas or other white bean

1 regular size package pasta

About 1/2 cup hummus

While pasta is boiling in well-salted water, sauté rapini in olive oil in a large pan over medium high heat. When pasta is al dente, drain, reserving some of the cooking water. Add pasta, beans and hummus to greens and toss together. Add pasta water, if needed, to help thin hummus and coat pasta. Season with salt and pepper, if needed, and serve.

Miso Soup

Sara Jones, Tucson CSA

Soba noodles taste best here, but you can use any long spaghetti-type noodle you have on hand.

1/2 block of firm tofu

1 large handful chopped greens

2 cups mixed chopped veggies (radishes, carrots, turnips...)

Handful chopped mushrooms (optional)

Soba noodles

1 inch ginger, grated

2 cloves garlic, minced

Red chili flakes, to taste

2 tablespoons miso paste

Soy sauce to taste

Sauté grated ginger, minced garlic, and red chili flakes very briefly in a soup pot. Add a quart or so of water, bring to a boil and add chopped greens, noodles, cubed firm tofu and mushrooms if desired. When noodles are ready remove pot from heat and add about 2 tablespoons of miso and a dash of soy sauce. This is an incredibly easy and nutritious soup.

Italian Arugula Salad with Beans

Lorraine Glazar, Tucson CSA

This salad calls for arugula, but the mild mizuna and ruby spikes greens will work well, too.

For the salad:

1 cup diced tomato

1 15 ounce can of cannellini beans

6 cups torn arugula

1/2 cup thinly sliced onion (red looks best)

2 tablespoons Parmesan cheese

1/2 cup thinly sliced basil

1 teaspoon grated lemon rind

1 1/2 tablespoons lemon juice

1/2 teaspoon fennel seeds, toasted and crushed

Vinaigrette:

1 tablespoon extra-virgin olive oil

1 tablespoon balsamic vinegar

1 tablespoon fennel seeds, toasted and crushed

3/4 teaspoon honey

Pinch black pepper

Combine the salad ingredients in a bowl, cover and chill. Prepare vinaigrette by combining the oil and remaining ingredients in a small bowl, stirring with a whisk. Add to salad and toss well. Served 3-4

