



Tucson Community Supported Agriculture

Newsletter 218 ~ Dec. 7, 2009 ~ Online at www.TucsonCSA.org

Winter '09 Week 2 of 11

Harvest list is online

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December Holidays -Reminder

There will be no pickups during Christmas week and New Year's Week.

The last pickups of the year will be on Tuesday, December 15 and Friday, December 18.

There will be no optional pickup on Tuesday, December 22.

The next pickups will be on Tuesday, January 5 and Friday, January 8.

Recipe tips

Looking for more recipes and ideas? Try googling the name of the vegetable followed by the word 'gourmet recipe.' Or check the Tucson CSA website for hundreds of recipes specially written by Tucson CSA members and volunteers. We have a large recipe section just for greens.

Forgot To Pick Up?

If you forget to pick up your share, you cannot pick it up later or on the following pick up day. Your unclaimed share will already have been donated to charity at the end of the pickup day.

If you know that you won't be able to pick up your share, ask a friend or neighbor to pick it up for you.

Newsletter Editors

Philippe Waterinckx

HON TSAI TAI

This mild Asian green, also called flowering bok choy, has dark green leaves, deep purple flower stalks and yellow flowers. Low field temperatures intensify the purple color. Stems, leaves, and flowers are edible. Young stalks and flowers are very tender and are excellent for stir-fry.



You can substitute hon tsai tai in any bok choy recipe. Like many Asian greens, it is excellent sautéed with a combination of soy sauce, toasted sesame oil, fresh ginger, garlic, chiles, fish sauce, oyster sauce, etc.

TATSOI

Also called Chinese flat cabbage, this other bok choy relative grows like in a flat rosette shape, only a few inches tall but often more than a foot in diameter. It is easily identifiable with its pale stems and emerald spoon-shaped leaves. The stalks turn sweet and almost creamy, and the leaves taste like a slightly mustardy Swiss chard. As with other Asian greens, it is wonderful lightly sautéed or tossed into soups. It is excellent raw when young. It also makes a tasty pesto that can be used for garnishing soups or spreading on crackers (just use tatsoi instead of basil).



BRAISING MIX

Braising mix is a mix of mild and spicy young greens. It usually includes curly mustard greens, flat mustard greens, arugula, mizuna and kale. It tends to be mildly spicy. You can add moderate amounts of it to a salad mix to spice it up a little. You can cook it fast by stir-frying it, or more slowly by braising it. Braising usually removes some of the bite of spicy vegetables. Braising mix, like mild spicy greens, can also be used to make pesto.

Braising is defined as "A cooking method by which food (usually meat or vegetables) is first browned in fat, then cooked, tightly covered, in a small amount of liquid at low heat for a lengthy period of time. The long, slow cooking develops flavor and tenderizes foods by gently breaking down their fibers. Braising can be done on top of the range or in the oven. A tight-fitting lid is very important to prevent the liquid from evaporating. (© Barron's Educational Services, Inc. 1995 based on THE FOOD LOVER'S COMPANION, 2nd edition, by Sharon Tyler Herbst.)

HARUKEI TURNIPS

This Japanese gem is not an ordinary turnip. This amazingly tender, sweet and juicy variety is often eaten raw. That's why it is also called Harukei Salad Turnip. And the greens are edible too, stir-fried or braised.

Hon Tsai Tai with Soy Sauce & Oyster Sauce

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. Use this as a side dish, or, if you like, add shitake mushrooms and tofu and serve over rice (just double the portions of all of the liquid ingredients). Be sure to soak your shitake mushrooms for 30 minutes before using. Add the mushrooms with the greens and stir in tofu towards the end of cooking.

1 bunch hon tsai tai
3 dried shitake mushrooms, soaked and chopped
1/4 block of tofu, cubed
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 tsai 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.

Tatsoi or Pac Choi Gyoza/Dumplings

Sara Jones, Tucson CSA

You can buy round gyoza/dumpling wrappers at most grocery stores. These are delicious deep fried, but can also be boiled or pan fried in a small amount of oil. One bunch of the greens will make enough stuffing for quite a few dumplings. Make extra and place them on a cookie sheet to freeze. Once they are frozen, remove from the tray and place in freezer bags to keep for up to six months.

1 bunch tatsoi or pac choi (including stems), finely chopped
1/2 inch ginger, grated
3-5 green onions, finely chopped
3 or 4 grated turnips, radishes or carrots
Soy sauce, to taste
Pinch black pepper
1 package dumpling/gyoza wrappers

Mix first six ingredients together. To stuff dumplings, place a small amount of filling on the lower half of a wrapper. Moisten edges with water and fold top half down over filling. Use the tines of a fork to seal the edges. To cook, drop in boiling water and remove once dumplings float. Or, coat the bottom of a large skillet with oil and cook on each side until golden brown.

Prepare frozen dumplings, straight out of the freezer, the same way. Serve dumplings with a dipping sauce or soy sauce with sugar, minced garlic and sesame oil added to it.

Spaghetti Squash Latkes -new

Sara Jones, Tucson CSA

The strands of spaghetti squash are just like grated potatoes, and their texture holds up nicely in these potato pancakes. Add a bit of finely chopped greens to the mix, if you like.

1/2 of one small spaghetti squash, seeds removed and roasted
3 green onions or 1/2 yellow onion, chopped
1/2 cup finely chopped winter greens (optional)
2 eggs
1/4 cup flour
Salt and pepper to taste
Oil for pan frying

With a fork, scrape strands of squash out of skin into a medium bowl. Mix with other vegetables. Stir in the two eggs, then add the flour. Add a pinch of salt and pepper, to taste. To cook, heat skillet over medium high heat and add enough oil to coat bottom. When oil is hot, drop spoonfuls of mixture onto skillet and press lightly to flatten. Cook for about three to four minutes on each side, until golden brown. Remove to drain on paper towel or newspaper and continue frying, adding more oil as necessary, until finished. Top with your favorite garnish.

Sesame Ginger Greens

Sara Jones, Tucson CSA

This raw salad is best for mild greens. Add shredded carrot, turnip or radish if you like.

1 share CSA greens such as mizuna, arugula, or tatsoi
2 inches fresh grated ginger
A few cloves minced garlic
A couple of dashes of sesame oil
A drizzle of soy sauce
A sprinkle of red chile flakes
2 tablespoons rice wine vinegar

Mix grated ginger together chile flakes and a few cloves of minced garlic, mashing together to form a paste. Combine with the rest of dressing ingredients. Toss together with greens and serve immediately, garnished with sesame seeds and green onions.

Note: You can use this same seasoning combination for cooking some of the spicy, strongly flavored greens as well. Just wash and chop greens, leaving moisture on leaves (this should leave just enough moisture to briefly steam the greens without leaving them soggy). Briefly fry spice mix in about 2 teaspoons of hot vegetable oil, stirring quickly to avoid burning spices. Add greens and stir well to coat. Reduce heat to low, cover and cook two or three minutes until greens are tender. Splash with soy sauce, vinegar and sesame oil.