



Tucson Community Supported Agriculture

Newsletter 220 ~ Jan. 4, 2010 ~ Online at www.TucsonCSA.org

Winter '09 Week 4 of 11

Harvest list is online

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More recipes online

Do It In The Dirt!

Kim Fox will lead her popular soil workshop on how to increase your garden's health, production, and nutrient content through the use of an integrated system of vermiculture (composting with earthworms), advanced composting, various manures, mulches, organic soil amendments, and soil micro-organisms.

January 10th, noon to 2 pm
\$20
RSVP 622-1917

Kohlrabi Leaves Are Edible

Too

They can be enjoyed as a cooked green, just like collard greens or cabbage. Wash the leaves and remove the ribs. Blanch in boiling water until just wilted, 3 to 5 minutes. Drain and squeeze excess water from leaves. Chop leaves, then sauté in a little olive oil or butter. Season with salt and pepper. Add a splash of vinegar or squeeze of fresh lemon juice.



Newsletter Editors

Philippe Waterinckx

HAPPY NEW YEAR!

And happy local eating in 2010! We hope that that you didn't suffer from CSA withdrawal during our two-week break (actually, we hope you did) and that you had the opportunity to clear your refrigerator of accumulated CSA veggies. After our last pickup in mid-December I wondered how I was going to survive the holidays without having to go shopping for food, but my anxieties were unfounded. For one, there were so many parties to go to that the need for cooking at home was significantly reduced. But most importantly, the CSA vacuum forced me to clean up and organize my refrigerator, freezer and pantry. I feasted on various frozen, dried and canned CSA foods. Gone are the remaining jars of tomato sauce I had I canned in 2008 and the frozen blanched greens I had packed last winter. Gone also are the turnips that had more recently been piling up in my refrigerator (I love turnip greens but I seem to have a resistance to eat their roots). I'm happy to report that I never had to go to the grocery store to keep myself well fed.

NOW TAKING DEPOSITS FOR SHARES OF GRASS-FED BEEF AND NATURALLY-RAISED PORK

We are ready to take deposits for beef and pork shares. Same deal as usual: you reserve your shares at this time with a \$20 deposit per share and you pay the balance upon picking them up a few weeks later. The number of meat shares is limited, so be sure to place your deposit(s) asap.

Beef shares weigh about 8 pounds and cost approximately \$6.50 per pound. A share typically includes 2 steaks, 1 roast, 1 or 2 pounds of ground beef, and 1 miscellaneous cut (soup bones, BBQ ribs, stew meat, etc.). Shares will be ready for pickup by early February. The beef comes from Josh's farm and is both grass-fed and grass-finished on pasture, with no hormones or antibiotics.

The pork shares will be a little larger than usual this time. They will weigh about 8 pounds and will cost approximately \$5.00 per pound. They will typically include 1 pound of ground, 1 pound of Italian sausage, 1 pound of breakfast sausage, 4 chops, 1 pound of bacon and 1 roast. They should be ready for pickup by late February. The pork comes from Guzman's farm and is naturally-raised (pigs are not herbivores and therefore can't be grass-fed, but they are as naturally raised as they can, with no hormones or antibiotics).

KOHLRABI

Kohlrabi can be an intimidating vegetable if you haven't been around it much. It looks like a vegetable from another planet. The name kohlrabi comes from the German kohl, meaning cabbage, and rabi, or turnip. The taste and texture of kohlrabi are similar to those of a broccoli stem or cabbage heart, but milder and sweeter. The young ones in particular can be as crisp and juicy as an apple, although less sweet. Kohlrabi can be eaten raw or cooked.

Just peel the outer skin with a paring knife, then slice, dice, or grate, and add to salads or slaws. Use on raw vegetable platters or serve with a creamy dip. Substitute in recipes calling for radishes.

Kohlrabi can also be steamed or boiled. For this preparation don't peel until after they are cooked. Steam or boil until bulbs are tender, peel skin, and season with butter, salt, and pepper, a cheese sauce, or just enjoy plain. Mmmh!

Vietnamese Pickles

Sara Jones, Tucson CSA

You can use any combination of root vegetables for this dish. Kohlrabi also makes an excellent addition. Typically, this is served as a garnish, along with cilantro, in an excellent baguette sandwich with pork or tofu. You can also use it as a bright side dish for rice and roasted meat. Alter the amount of sugar to your own taste and add grated ginger if you like.

About 2 cups thinly sliced root vegetables
1 tablespoon sugar
1 teaspoon salt
About 1 cup rice wine or cider vinegar
1/4 cup water

Dissolve salt and sugar in boiling water, remove from heat and mix with vinegar. Pack vegetables in a glass jar and cover with vinegar mixture, making sure all vegetables are submerged. Let jar cool completely, cover and store in fridge for up to a month.

Golden Pasta Carbonara

Sara Jones, Tucson CSA

This is really a formula rather than a recipe and can be altered according to how rich you want the dish to be. Some recipes call for 3-4 eggs and over a cup and a half of cheese. This one is a bit lighter and could be made lighter still, or richer if you like! Acorn squash has an edible peel, if it is cooked long enough. If you dislike the texture of it in this dish, use the neck of a peeled butternut squash, instead.

2-3 medium turnips, cleaned and diced small
1 onion, diced small
1-2 cups winter squash, diced small
2 teaspoons oil
2 tablespoons white wine or water
1 package penne pasta
2-3 tablespoons cream or milk
2 eggs, beaten
1/4 cup grated parmesan
1/4 cup crumbled feta or other soft fresh cheese
Salt and pepper to taste

Sauté onions in a large skillet over medium high heat until golden brown. Add diced squash and turnips and sauté briefly. Add white wine or water, turn down to medium and cover. Cook until vegetables are tender, about 10 minutes. Add more wine or water as necessary to keep from sticking. In the meantime, boil pasta in well-salted water. Stir together cream, eggs and cheese. When vegetables are tender and pasta is al dente, drain pasta and toss with vegetables in hot skillet. Remove from heat and quickly toss with eggs and cheese mixture. It is important to do this step with hot pasta and vegetables so the eggs cook. But don't do it over the heat, or the eggs will curdle rather than forming a smooth sauce. Salt and pepper to taste.

Fish Fillets with Kohlrabi

1 lemon
1 tablespoon sugar
1 fennel bulb, peeled and thinly sliced
4 teaspoons butter
2 fillets of fish (salmon, tuna, mahi-mahi, etc.)
2 cups milk

Remove the zest of a lemon, slice it into very thin strips and place in a small saucepan with the juice of the lemon and the sugar; cook slowly for 15 minutes. Peel the kohlrabi and slice it as thinly as possible, then cook it gently in a covered pan in butter. At the end of the cooking, add the partly "candied" lemon zest. Spread the kohlrabi in a deep dish; place on top the fish fillets that have been poached in milk; garnish with finely chopped fennel leaves.

Carrot and Watercress Soup

From Philippe, Tucson CSA

1 tablespoons olive oil
1 pound carrots, roughly chopped
2 garlic cloves, crushed
4 cups vegetable stock
1 bunch watercress, roughly chopped

Heat the oil in a large saucepan over a medium heat. Add the carrots and garlic and cook, stirring often, for 3-4 minutes or until the garlic is light golden. Add the stock and 2 cups water. Bring to the boil. Reduce heat and simmer, partially covered, for 20-25 minutes or until the carrots are very tender. Remove from heat and stir in the watercress. Set aside for 15 minutes to cool slightly. In batches, process in a food processor until almost smooth. Ladle into bowls, garnish with sprigs or watercress and serve with bread rolls.

Stir Fried Bok (or Pak) Choi

Lorraine Glazar, Tucson CSA

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
1 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 Pak 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 crisp, add the rice wine vinegar and the tamari or soy sauce. Cook for one more minute and serve.