



# Tucson Community Supported Agriculture

Newsletter 222 ~ Jan. 18, 2010 ~ Online at [www.TucsonCSA.org](http://www.TucsonCSA.org)

## Winter '09 Week 6 of 11

Harvest list is online

### The Back Page

Whole Wheat Berries Pancake  
Curried Wheat Berries Salad  
Spicy Sesame Noodles with  
Vegetables

Wilted Ruby Streaks with Dressing  
Turnips Baked in Dijon Mustard  
Amish Turnips (or Rutabagas)

More recipes online

### The New Wheat Is Ready

Crooked Sky Farm's wheat berries may re-appear in our shares from time to time. Grown in Crooked Sky Farm's original Glendale field, this variety of red winter durum wheat has a wonderfully rich and nutty flavor. It can be ground or used in its wheat berries form. It is low in gluten.

Your wheat will likely include loose husks and it will thus benefit from being winnowed. A simple way to do this is to pour the berries from one container to another in a good breeze, letting the breeze take away the dry husks. In the absence of a breeze, use an electric fan. The little brown and black seeds mixed with the wheat are mallow and mustard seeds and they are harmless.

You can grind your wheat berries into flour with a strong food processor, or with a Vitamix. The Tucson CSA also makes its wheat mill available to CSA members during the last week of each month, as well as every time the shares include wheat berries.



For wheat recipes, check our online recipe archive.

### Newsletter Editors

Philippe Waterinckx

## RUBY STREAK MIZUNA



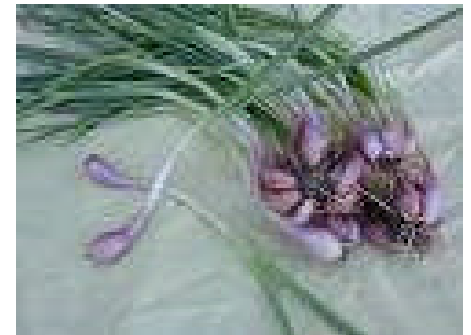
Many of the greens and roots we are getting in our winter shares belong to the Brassica genus, which includes mustards, cabbage, broccoli, rapini, turnips, bok choy, watercress, tatsoi, etc. Arguably one of the prettiest ones is mizuna, a Japanese variety. Farmer Frank grows several varieties of them. Ruby Streak mizuna in particular adds a delicate spice and colorful elegance to a salad plate. It has thin green stems and ornately fringed

purple and green leaves. If left to mature to full size, the leaves take on the jagged shape of a dandelion leaf.

Mizuna can be used raw to complement other greens mixed together for a salad. As such it delivers a peppery flavor that is milder than arugula. It can also be steamed, boiled, stir-fried, and added to soups. When cooked, it shrinks to about half its size, so it takes a large amount to make a cooked vegetable dish containing only mizuna.

## I'TOI ONIONS

This amazing little bunching onion is a regular part of our shares and many of us have learned to love it. Understanding their history makes us fully appreciate it even more. The I'Itoi onion (pron. e-toy) is named after the I'Itoi deity, father of the Tohono O'odham people who lives at the top of the Baboquivari Peak, the O'odham people's sacred mountain. Believed to have been originally introduced by the Spaniards in the late 1600's, it has been cultivated by the O'odham ever since. Incredibly drought-resistant, it will grow year-round with very little watering. It dries out during the hottest part of the year and may even look dead. But once the monsoons start, it bounces right back and continues to grow and expand.



The I'Itoi onion looks like a bunch of scallions or large chives, and both its shallot-sized bulb and its sturdy green stems are full of robust flavor. A single bulb can produce dozens of onions in a single season. Plant bulbs in early fall or early spring in soil that has been prepared for vegetable gardening. Be patient: the I'Itoi onion can take three to six months to mature. After your I'Itoi onions have established a nice mound of growth, begin harvesting the green stems. Harvest the bulbs as you need them, but be sure to leave some behind so that they continue to multiply. If a clump becomes a bit too large, share the bulbs with friends or transplant portions to other areas of your garden.

The I'Itoi onion can be used raw or cooked like any onion. Its sharp and peppery flavor make it well suited for southwestern stews and sauces, which often have robust, piquant flavors. For long-term storage, chop it in rings and let dry in a cool, dry place, then use as needed by adding to dishes.

### **Whole Wheat Berries Pancakes**

TammiesRecipes.com

A perfectly delicious pancake made with fresh wheat berries! This is a great option for those who want to use their wheat berries in baked goods, but weren't able to mill them.

1 cup milk  
3/4 cup whole wheat berries  
2 teaspoons baking powder  
2 tablespoons brown sugar  
2 eggs  
dash of salt  
Fresh fruit or syrup, for serving

Using a glass blender (will scratch plastic), blend milk and wheat berries for 4 minutes on high. (Stop blender intermittently if you're concerned about over-working your blender.) Add baking powder, brown sugar, eggs, and salt to the blender. Replace lid and blend for 1 minute on low. Spoon batter onto a hot greased griddle. Flip pancakes once during cooking (pancakes are ready to flip when bubbles on top stay open). Cook pancakes for several minutes, until done. Serve with fresh fruit or syrup!

### **Curried Wheat Berries Salad**

Sara Jones, Tucson CSA

3 cups cooked wheat berries  
1/2 onion sliced  
1-2 cups diced, mixed vegetables (turnips, carrots and winter squash is a nice combo)  
1/2 cup apple juice or orange juice  
2 tablespoons oil  
2 tablespoons curry powder  
1 apple, diced  
1/4 cup raisins  
1/4 cup almonds or cashews

Sauté onions in oil over medium high heat. Cook until lightly brown, then add other vegetables and curry powder and cook until tender. Stir in wheat berries, apples, raisins. Serve topped with chopped nuts.

### **Spicy Sesame Noodles with Vegetables**

Lorraine Glazar, Tucson CSA

1/2 pound long pasta (linguine) or Asian noodles such as udon  
1 tablespoon sesame oil  
2 teaspoons sugar  
1/4 cup creamy peanut butter or tahini  
1 tablespoon lime juice or wine vinegar  
2 tablespoons soy sauce  
2 teaspoons hot chili oil  
1 clove minced fresh garlic  
1 teaspoon minced fresh ginger  
Hot pepper flakes to taste  
1 medium head bok choy, finely shredded  
2 carrots  
Cilantro for garnish

Cook the pasta as directed until it is al dente, then drain. Toss with the sesame oil. In a small bowl, combine the next seven ingredients with wire whisk or chopsticks. Whisk until smooth. Add hot pepper flakes to your preferred spiciness. Grate the

carrot lengthwise so that you get long strands of the vegetables. Toss the pasta, sauce and vegetables together and garnish with chopped cilantro. Serve at room temperature or chilled.

### **Wilted Ruby Streaks with Dressing**

Sara Jones, Tucson CSA

The greens in this recipe are just barely wilted in a hot vinegar dressing, then topped with pecans. If you have any fruit flavored vinegar use it, otherwise use balsamic vinegar. Toss in chopped apples for a sweeter taste, if desired.

1 or 2 bunches greens, washed and chopped  
About 1 tablespoon balsamic vinegar  
About 1 teaspoon Dijon mustard  
About 1 tablespoon honey  
About 1/2 tablespoon oil  
Salt and Pepper to taste  
Chopped pecans to garnish

Mix together vinegar, mustard, honey, and oil and heat over medium high heat until beginning to bubble. Remove from heat and stir in greens, tossing well to coat. Top with pecans (and apples, if using) and serve.

### **Turnips Baked in Dijon Mustard**

Maggie Newman, Tucson CSA

Turnips and mustard are cousins and their flavors really complement each other. If you have smaller turnips, or the milder white turnips, try the stove top variation of this recipe on the CSA website.

5 or 6 small to medium turnips peeled and sliced (about 1/2 inch thick)  
1/4 cup softened butter  
1 tablespoon Dijon mustard  
Cracked Black Pepper to taste

Preheat oven to 350 degrees. Peel and slice turnips. Mix mustard and butter, spread on turnips. Place turnips in single layer in a lightly oiled, shallow baking dish (8x8) and sprinkle with black pepper. Bake until tender, at least 20 min for young turnips; more for older ones.

### **Amish Turnips (or Rutabagas)**

Philippe, Tucson CSA. Adapted from Phoenix CSA

2 medium to large turnips  
2 cup bread crumbs  
2 tablespoon sugar  
Salt to taste  
2 egg, beaten  
2 cup milk  
2 tablespoon butter

Scrub turnips and cut into chunks. Put the chunks in a large saucepan and cover with water. Add 1 teaspoon of the salt. Bring to a boil; reduce heat, cover, and simmer for about 25 to 30 minutes or until tender. Drain and let dry in a colander or in the pan with the top ajar.

Mix with all remaining ingredients and only half of the bread crumbs. Place in greased casserole. Cover with the rest of the crumbs and bake 45 minutes at 350 degrees.

Turnip haters like this dish.