



Tucson Community Supported Agriculture

Newsletter 224 ~ Feb 1, 2010 ~ Online at www.TucsonCSA.org

Winter '09 Week 8 of 11

Harvest list is online

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More recipes online

Upcoming Veggies

The word from the farm is that spinach is now upon us. Expect to be getting Hector spinach, Savoy spinach, Bordeaux spinach and others in the coming weeks.

Broccoli is almost ready!



Classes and Workshops

✦ **Flu Prevention and Vitalist Therapeutics**, with local herbalist John Slattery

A closer look at the influenza virus: recognizing its presence, augmenting immunity, natural treatment and prevention with local herbs.

Monday, Feb. 8, 5:30 to 7:30 pm
\$20 per person

RSVP John at 520-275-2105

✦ **Do It In The Dirt**, with Kim Fox
Improve your soil fertility for better tasting fruits and vegetables, higher yields, and nutrient content.

Topics include: effective composting, vermiculture (worm composting), mulches, manures, organic soil amendments and soil organisms.

Sunday, Feb. 7, 12:00 to 3:00 pm
\$20 per person

RSVP Kim at 520-622-1917

(There will be a chicken butchering demonstration after the workshop for those who are interested).

Newsletter Editor

Philippe Waterinckx

SPRING SUBSCRIPTIONS ARE OPEN

Don't wait too long to sign up! From February 1 to 14 we will process applications from renewing members only. After February 14, we will open subscriptions to prospective (new) members and we will process all applications in the order received.

We have a limited number of spaces and either or both pickup days may fill up, so it is important to get your application (contract and payment) to us quickly. If there are no available spaces on a day that you can accept, your application will be returned. We will e-mail you a confirmation when we process your application.

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

RAPINI, aka BROCCOLI RAAB

Rapini [rah-PEE-nee] is a vegetable of many names: a few of them are raab, rapa, rapine, rappi, rappone, turnip broccoli, taitcat, Italian or Chinese broccoli, broccoli rape, broccoli de rabe, Italian turnip, and turnip broccoli. It is a member of the Brassica genus, which includes mustard greens, cabbage, turnips, cauliflower, Brussels sprouts, etc. This genus is remarkable for containing more important agricultural and horticultural crops than any other genus. Brassica vegetables are highly regarded for their nutritional value. They provide high amounts of vitamin C and soluble fiber and contain multiple nutrients with potent anti-cancer properties. Rapini in particular is a source of vitamins A, C, and K, as well as potassium, calcium, and iron.



Rapini is commonly found in Mediterranean and Chinese cuisines but you are unlikely to find it in a common grocery store in the United States (although it is gaining popularity). The Chinese cultivars are called *hon tsai tai* (which we also occasionally get at the Tucson CSA) or *choi sum*, and they tend to have a milder flavor than their Mediterranean cousins.

Its spiked leaves look like turnip leaves. They may surround heads of florets which look similar to small, leggy heads of broccoli. There may be small edible yellow flowers blooming from the florets. The rapini we are getting this week should have more florets than that we got a few weeks ago because the plants are now more mature. This may be the last time we are getting rapini this season. Spring is coming.

The flavor of rapini is similar to that of broccoli but more pungent, nutty and bitter. It can be steamed, braised, sautéed, broiled, stir-fried or, even better, oven-roasted. Avoid overcooking it! It pairs beautifully with beans or lentils, chicken or pork (try it with bratwurst or Italian sausage!), and it works equally well as a side dish or in pasta dishes and soups.

Here's an easy way to cook a rapini side dish: Cut stalks crosswise into 2-inch pieces and drop them into salted (optional), boiling water. Cook for 1 to 2 minutes and remove with slotted spoon. Sauté the blanched rapini in a little olive oil and as much garlic as you like for 3 to 5 minutes until tender. Optional - add a few dried red pepper flakes. Want to make it into a main course? Try the *Pasta with Roasted Rapini and Beans* from our online recipe archive.

'Bruised' Raw Curried Kale Salad

Sara Jones, Tucson CSA

You can use any type of kale, or collards in this recipe. Salting and bruising the greens is a technique that will give the raw greens a 'cooked' taste and texture. The greens should be finely sliced for best results. To do this, trim the thick stems off of the leaves, lay several leaves on top of each other and roll up tight like a cigar. Use a sharp knife to cut the roll into thin slivers. Sprinkle the cut greens with salt and use your hands to rub the salt into the leaves, squeezing to release some of their juices.

1 bunch kale or collards, sliced fine
1/2 to 1 cup grated carrot, radish or turnip
1 cup cooked or sprouted grains
1 cup cooked or sprouted lentils
1/2 cup sunflower or pumpkin seeds
1/2 yellow onion
2 tablespoons apple cider vinegar
2 tablespoons apple or orange juice
1 tablespoon oil
2 teaspoons curry powder
1 teaspoon ground cumin
1 teaspoon salt, for bruising greens, then add to taste to finished salad

Mix salted, bruised greens with the carrot and turnip and set aside. In a food processor or blender, purée onion, vinegar, oil and spices. Pour spice mixture over vegetables and toss to coat. Add grains and lentils, toss, and season to taste with salt and pepper. Let sit at least one hour, then garnish with seeds and serve.

Steamed Carrots with Watercress

Maggie Newman, Tucson CSA

3 carrots, medium sized peeled
1 tablespoon extra virgin olive oil
1/4 teaspoon chili flakes
1 teaspoon lemon zest
1/4 teaspoon paprika
1/4 teaspoon turmeric
1/2 teaspoon salt
2 tablespoons fresh lemon juice
1 bunch of watercress, washed, main stems removed

Cut carrots into 1/2 inch pieces by cutting the carrot at a 45° angle and rotating the carrot a quarter turn with each cut. Heat the oil in an adequately sized saucepan over medium heat and lightly toast the chili flakes until they sizzle. Add the carrots along with the lemon zest, paprika, turmeric and salt; stir to combine thoroughly. Add the lemon juice, cover the pan and reduce the heat to medium low. Cook the carrots until just tender, about 10-15 minutes, stirring occasionally. Add the watercress; stir until greens are slightly wilted, about 2-3 minutes.

Spanakopita

Sara Jones, Tucson CSA

This recipe is a great way to use up a backlog of greens, as it requires a few bunches. You can vary this recipe according to your own taste. Add in things like cooked ground beef, chopped

nuts, hard-boiled eggs or even raisins. If you don't eat cheese leave it out or substitute crumbled tofu. I use pre-made puff pastry sheets because phyllo can be really fussy. If phyllo is all you can find, just follow the direction on the package for assembly. This filling is also great in a pastry crust, either baked in a pie tin or made into individual hand held pastries.

2 large bunches greens, cleaned and roughly chopped
1 onion, sliced
1 tablespoon olive oil
1 handful feta cheese
About 1/4 teaspoon grated nutmeg
Salt and pepper to taste
2 puff pastry sheets, thawed

In a large skillet, cook onion in oil, over medium high heat. Cook until onion begins to brown then add greens and nutmeg. Stir well and cover, cooking for a few minutes until greens are wilted. Add salt and pepper to taste then transfer mixture to a colander to drain. Prepare puff pastry by lining a large rectangular baking dish with one sheet. Squeeze greens filling to remove excess moisture then mix in feta and any other additions. Spread filling over pastry sheet. Top with another pastry sheet, tucking pastry down around the edges. Bake according to direction on pastry box.

Kale and Potato Soup-new

Sara Jones, Tucson CSA

Fennel seeds, red chile flakes and paprika lend the traditional flavor of Italian Sausage to this vegetarian soup. You can always add the sausage back in if you like, but the soup is plenty hardy without it.

1 medium size bunch kale, cleaned, with thick stems removed, roughly chopped
3-4 red potatoes
1 can white beans, drained
4-5 cloves garlic, minced
1 teaspoon fennel seeds, crushed
1-2 teaspoons red chile flakes, to taste
2 teaspoons paprika
1 tablespoon olive oil
1/4 cup cream or whole milk
Salt and pepper, to taste

Heat oil in a large saucepan over medium heat. Add spices and garlic and sauté until fragrant. Stir in potatoes and cook briefly before adding about 1 quart of water. Bring to a simmer and cook until potatoes are almost tender. Add greens and beans and cook for about 10 more minutes. Remove soup from heat, stir in cream and season with salt and freshly ground pepper.

Bok Choy Risotto with Lemon

Lorraine Glazar, Tucson CSA

See our online recipe archive, under *Recipes > Bok Choi*

Not enough room to place it here, but definitely worth the try with this week's veggie selection. It also works well with rapini instead of bok choy.