



# Tucson Community Supported Agriculture

Newsletter 225 ~ Feb 8, 2010 ~ Online at [www.TucsonCSA.org](http://www.TucsonCSA.org)

## Winter '09 Week 9 of 11

Harvest list is online

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More recipes online

### Spring Subscriptions Open

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.

### Classes and Workshops

✦ **Plant Foods as Medicine**, with local herbalist John Slattery

Throughout the ages many foods have been known to possess healing qualities. Modern scientific nutrition also lends insight into the powerful ways foods can prevent and cure diseases. In this workshop, learn how plant foods can be used for healing a variety of ailments and promoting good health.

Tuesday, Feb. 23, 5:30 to 7:30 pm, at the Historic Y Conference Room. \$20 per person

Register at 520-275-2105 or email [desertortoisebotanicals@gmail.com](mailto:desertortoisebotanicals@gmail.com)

### Newsletter Editor

Philippe Waterinckx

## FENNEL (*Foeniculum vulgare*)



Fennel is native to southern Europe and southwestern Asia. It is a highly aromatic herb, erect, grayish or bluish green, and it grows up to 7 feet. Its feathery leaves grow up to 2 feet long. Fennel is widely cultivated for its edible, strongly-flavored bulbs, leaves and seeds. The flavor is similar to that of licorice, though not as strong.

Fennel has been used as a vegetable, herb, and medicinal plant since ancient times. In medieval times, fennel was used in conjunction with St. John's wort to keep away witchcraft and other evil things. This practice may have

originated from fennel's use as an insect repellent.

Fennel may be used raw or cooked. However, cook it as little as possible in order to preserve its flavor. With its soft anise flavor, fennel is sweet, refreshing, and delectable. Because a fennel bulb has a well-defined shape, it can assume a strong role on the plate, especially when cooked in halves. Fennel bulb is a key ingredient in some Italian and German salads, often tossed with chicory and avocado. It is delicious braised, baked, steamed, sautéed, or grilled.

Baby fennel, finely sliced, is perfect for salads. Good partners for baby fennel include olive oil, butter, thyme, bay parsley, fennel seeds, orange, lemon, saffron, tomatoes, potatoes, olives, garlic, Parmesan, Gruyere, and goat cheese.

Many egg, fish, and other dishes employ fresh or dried fennel leaves. One may also blanch and/or marinate the leaves, or cook them in risotto. In all cases, the leaves lend their characteristically mild, anise-like flavor.

Raw fennel is an excellent source of potassium. It contains vitamin C, folic acid, magnesium, calcium, and phosphorous. Fennel is thought to be a diuretic, an antispasmodic, and a stimulant. It is also said to soothe gastric pain, to aid the digestion of fatty foods, to stimulate the appetite, and to cleanse the body.

## CROOKED SKY FARM NEWS

As you have been able to tell from some muddy veggies you've been getting in your shares (especially the carrots), it has been raining at the farm lately. Lots of rain. Rain is good, rain is welcome, yet it can slow down the harvest as workers work their way down muddy rows. Muddy ground also makes it hard to pull root vegetables out of the earth: the mud exerts a suction action on anything one tries to pull out of it. Many a farm worker has lost a shoe in that mud – the shoes are usually found months later when the fields get plowed again.

Many of you will be relieved to hear that we won't be getting any more turnips, for a while at least. This must have been our longest stretch ever of getting the same vegetable almost every week!

## WEDNESDAY PICKUP

Contrary to a rumor I have heard, Crooked Sky Farms will not be delivering our produce only once a week after the Wednesday pickup starts in March. The farm will continue to deliver a separate batch of fresh vegetables on each pickup day, like it has always done.

### Arugula Pesto

Sara Jones, Tucson CSA

Spicy arugula is a great herb for pesto. Add or substitute some basil for variety and use whatever nuts you have on hand. Serve tossed with pasta or spread on a sandwich.

1 bunch arugula  
2-3 cloves garlic  
1/2 cup toasted walnuts  
1/4 cup olive oil  
2 tablespoons grated Parmesan cheese (optional)  
Salt and pepper to taste

Wash and dry arugula. Pulse garlic and walnuts in food processor or blender until coarsely ground. Add the arugula (and basil if using) and olive oil, and continue to pulse to desired consistency. Add the cheese last, and then season with salt and pepper to taste.

### Asian-Style Greens with Sesame, Ginger and Soy Sauce

William Masson, Tucson CSA

2 tablespoons light sesame oil or olive oil  
1 tablespoon white hulled sesame seeds  
2 teaspoons peeled, minced ginger root  
1 garlic clove, minced  
1 head/bag tender Asian greens (works great with Tokyo Bekana)  
1 tablespoon soy sauce  
2 teaspoons rice vinegar

Heat oil in skillet or wok over medium heat. Add sesame seeds and stir until they pop and become fragrant. Add ginger and garlic and sauté for 1 more minute. Add greens and 1 tablespoon soy sauce, raise the heat and cook, covered, for 1 minute. Uncover and sauté for 1 or 2 minutes more, until greens are tender but still bright green. Stir in more soy sauce and vinegar to taste, and serve.

(Adapted from Peter Berley's The Modern Vegetarian Kitchen.)

### Bok Choy Risotto with Lemon

Lorraine Glazar, Tucson CSA

Serves 3-4 as a main dish, 4-5 as a side dish.

This recipe would work well also with rapini, Tokyo Bekana or Swiss chard, any vegetable that has a harder stalk than leaf.

4 cups vegetable or chicken stock  
2 tablespoons olive oil  
1/2 pound bok choy  
1/4 large red onion  
1 cup Arborio rice  
1/4 cup dry white wine or vermouth  
3 tablespoons lemon juice  
1/2 teaspoon salt  
1/4 red bell pepper, chopped or finely sliced  
1 cup freshly grated Parmesan cheese  
Grated zest of one large lemon  
1 tablespoon butter  
Freshly ground black pepper to taste

Place the stock in a small saucepan and bring to a bare simmer. Meanwhile, heat the olive oil in a large saucepan over medium to low heat.

With bok choy bundled together, cut the stalks in 1/4 inch slices. Add the cut up stalks to the olive oil, and sauté, stirring occasionally for a minute or so, while you chop the onion. Add the onion to the pan; sauté a couple more minutes until softened.

Meanwhile, cut the remaining leafy part of the bok choy crosswise at intervals of about an inch and set aside.

Add the rice to the bok choy and onions and stir until all the grains are coated with the oil, about 1 minute. Add the wine and the lemon juice and simmer, stirring, until liquid is absorbed; then ladle in about a cup of the simmering stock.

Add the salt and cook at a simmer, stirring frequently, until the rice has absorbed almost all the liquid... Add the cutup leafy bok choy greens and another 1/2 cup or so of stock, and continue to simmer. Stir frequently and add more stock, about 1/2 cup at a time, each time the rice has absorbed almost all the liquid and is threatening to stick. When the rice is ready, it will be creamy and a little soupy—this should take about 20-30 minutes.

Just before serving, stir in the red bell pepper slices, grated cheese, lemon zest, butter and pepper to taste. Add more salt if necessary. Serve immediately.

### Fennel and Arugula Salad with Orange Dressing

Linda Warren, Tucson CSA

Dressing:

Zest and juice of 1 orange  
2 tablespoons red wine vinegar  
4 tablespoon olive oil  
salt and pepper to taste

1 fennel bulb (or 2-3 baby fennel bulbs), thinly sliced  
1/2 red onion, thinly sliced  
1 bunch arugula (or other salad green), cleaned and trimmed

Whisk together dressing ingredients and mix with fennel and red onion. Serve on a bed of arugula. Note that after the fennel and onion are mixed with the orange dressing, they will keep for a few days in the refrigerator and the flavors will mellow a little.

### Linguine with Arugula, Pine Nuts and Parmesan Cheese

Phoenix SW Valley CSA

1 pound linguine  
1/2 cup olive oil  
4 ounces arugula, trimmed  
1 cup freshly grated Parmesan cheese  
1/2 cup pine nuts, toasted  
additional freshly grated Parmesan cheese

Cook linguine in large pot of boiling salted water until just tender but still firm to bite, stirring occasionally. Meanwhile, heat oil in heavy large skillet over medium heat. Add arugula and stir until just wilted, about 30 seconds. Remove from heat. Drain pasta and return to pot. Add arugula and toss well. Add 1 cup Parmesan and salt and pepper to taste; toss well. Transfer to bowl. Sprinkle with pine nuts. Serve immediately, passing additional Parmesan separately. Serves 6.