



Tucson Community Supported Agriculture

Newsletter 229 ~ March 8, 2010 ~ Online at www.TucsonCSA.org

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A Few Reminders

With so many new members in the CSA this session, a few reminders might be helpful:

PICKUP DAY: Remember that you can only pickup your share on your pickup day, not on the other pickup day. The farm delivers only as many shares as they are members on each pickup day, so we don't have extra shares available on another pickup day and we don't have the space or resources to set your share aside. If you can't pick up your share, ask a friend to pick it up for you. Shares unclaimed by 7 pm on each pickup day are donated to charity.

SELLING/BUYING OR TRADING SHARES: You can use our cork board (above the trading table) or our Facebook page to communicate with other members about trading pickup days or selling and buying part shares.

PARKING: If you come to the CSA by car, make sure to park it legally, even if you're parking only for a few minutes. Our neighbors are very sensitive about their resident-only parking being used by non-residents. Parking agents patrol the area regularly and the fines are hefty (\$100+). Be sure to check the parking signs. While there isn't always space in front of the building, there is almost always space a block or two away.

Newsletter Editors

Philippe Waterinckx & Kimi Eisele

HEY, BEFORE YOU SHOVE THAT ORANGE IN YOUR MOUTH ...

...why not take a moment to really contemplate it?



If you've been wondering how to bring a new dimension to your healthy eating, you might consider cultivating a mindfulness practice. No longer just the domain of Zen Buddhists, yogis, and other "spiritual types," the practice of mindfulness is spreading farther into the mainstream as more and more people start to think more about what they are eating to experience it more fully.

You might get some insight on why mindful eating can be so beneficial from *Savor*, a new book by world-renowned Zen master, writer, and teacher Thich Naht Hahn and Harvard nutritionist Dr. Lilian Cheung.

Recognizing the challenges faced by so many when it comes to finding one's adequate weight and keeping it, the authors offer tools "to help you end your struggle with weight and improve your health, the health of those around you, and the well-being of the world in which we live."

The way to end this struggle, the authors suggest, lies in developing a practice of mindfulness and applying it to eating and exercise. Being mindful of what we are doing in any given moment helps us stay conscious and present and make healthy choices consistently.

Here is a passage from Thich Naht Hahn's essay "Mindful Eating" offers an introduction to the concept:

I often teach "orange meditation" to my students. We spend time sitting together, each enjoying an orange. Placing the orange on the palm of our hand, we look at it while breathing in and out, so that the orange becomes a reality. If we are not here, totally present, the orange isn't here either.

There are some people who eat an orange but don't really eat it. They eat their sorrow, fear, anger, past, and future. They are not really present, with body and mind united.

When you practice mindful breathing, you become truly present. If you are here, life is also here. The orange is the ambassador of life. When you look at the orange, you discover that it is nothing less than fruit growing, turning yellow, becoming orange, the acid becoming sugar. The orange tree took time to create this masterpiece.

When you are truly here, contemplating the orange, breathing and smiling, the orange becomes a miracle. It is enough to bring you a lot of happiness. You peel the orange, smell it, take a section, and put it in your mouth mindfully, fully aware of the juice on your tongue. This is eating an orange in mindfulness. It makes the miracle of life possible. It makes joy possible.

"Savor: Mindful Eating, Mindful Life" by Thich Naht Hahn is available in hardcover from HarperCollins.

Double B Nips

From the kitchen of Char Green, Tucson CSA member

1 bunch beautiful beets
1 bunch beautiful turnips
1 handsome onion
1 lovely clove garlic
triple S (serious salubrious splash) of olive oil
triple S of seasoned rice vinegar
sea salt TYT (to your taste)
1/2 stick butter

Cut tops off beets and turnips, set aside.

Peel and slice thinly and in bite-size pieces the beets, turnips and onions. Dice the garlic and throw all into a heavy pan with the olive oil. Sauté until onions are translucent.

Rinse the greens and slice into one inch swaths and toss into the pan. Add the rice vinegar and salt and toss all until greens are coated and mixed thoroughly. Keep turning until the greens have cooked down a bit but not quite done.

Pat the butter and distribute evenly over the top. Put on heavy lid and turn off the heat. Wait a few minutes for the butter to melt and the greens to finish cooking. Toss and serve.

Saag

Philippe, Tucson CSA

There's a million ways to prepare saag, this flavorful dish from Northern India. Here's just one of them. It's one of my favorite ways to use mustard greens. Saag can refer to the mustard greens themselves, or to a dish made from mustard greens and other greens. To me, saag is more of a method to cook greens and I never make it twice in the same way. Sometimes I omit the chiles, or replace them with chile flakes. I usually use mustard greens as the main ingredient, but I often replace the spinach with other greens (Swiss chard, kale, arugula, etc.). If I have tomatoes, I add a few to it. You can also add diced potatoes, diced turnips, paneer cheese, or even tofu.

1 bunch mustard greens, very finely chopped
1 bunch spinach, very finely chopped (or any other leafy greens)
1 onion, chopped
2/3 inch segment ginger, grated
4 cloves garlic, minced
2 green chiles, chopped, or 1 tablespoon chile flakes
2 tomatoes, diced (optional)
2 tablespoons corn flour
2 tablespoons ghee or butter
Salt to taste

Steam the greens in a covered pan with a little water, until they are completely wilted. Drain, mash, and then return to pan. Mix in the corn flour and continue to cook on low heat, stirring occasionally. Note: I often omit the mashing part, as I like the texture of chopped greens.

In a pan, on medium heat, sauté onions until translucent, then add ginger, garlic, and chiles. Cook for 5 minutes then add tomatoes. Continue to cook until tomatoes are soft.

Add the greens. Simmer for at least 30 minutes. Stir occasionally and add some water if mixture becomes too dry.

Frisée Au Gratin

Philippe, Tucson CSA

Adapted from Epicurean.com

This traditional Belgian dish is usually made with Belgian endive, but frisée or escarole can be used instead (they are all different incarnations of the same vegetable).

1 head (or bag) of frisée
2 cups soft bread, crust removed, shredded
1 cup milk
1 cup ham, cut in little squares (optional)
2 hard-boiled eggs
2/3 cup light cream
1 cup grated Swiss cheese
2 tablespoons butter
1/4 teaspoon nutmeg
salt, pepper to taste

Preheat oven to 400°.

Boil salted water in a pot large enough to take a head of frisée. Boil until wilted. Drain, cool, and cut lengthwise in strips. Place strips side-by-side in a buttered gratin dish.

Put the soft bread in the milk. Mash the hard-boiled eggs with a fork. Mix together the eggs and the bread/milk mixture (add extra milk if necessary to obtain a creamy consistency). Add the ham, salt, pepper and the nutmeg. Mix well and pour over frisée strips.

Pour the cream over the frisée, and sprinkle with grated cheese. Add some little pats of butter over the dish. Bake for 15-20 minutes, then broil for 5 minutes or until lightly browned.

Moroccan Slaw

Sara Jones, Tucson CSA

Consider using any combination of mixed grated root vegetables, preferably beets, carrots and turnips or kohlrabi.

Mix:

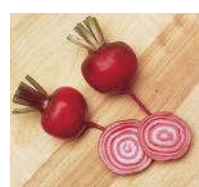
1 cup beets, peeled and grated
1 cup carrots, scrubbed and grated
1 orange or grapefruit, peeled and cut crosswise in thin slices

Dress with:

1 pinch ground cumin
1 pinch ground coriander
1/4 cup yogurt
cashews, chopped
fresh cilantro, chopped
salt and pepper

You can replace the yogurt with oil and apple cider vinegar.

Refrigerate before serving.



Chioggia (pronounce kee-OH-gee-ya) beets are an heirloom beet variety from Chioggia, Italy, a small island near Venice. When cross-cut, they reveal concentric white and pink rings.