



Tucson Community Supported Agriculture

Newsletter 264 ~ November 8, 2010 ~ Online at www.TucsonCSA.org

Fall 2010 - Week 11 of 13

Harvest list is online

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*Many more recipes on
our online recipe archive*

Thanksgiving Turkeys (from Josh)

The turkeys will be ready for pickup next week, November 15th and 16th. Please pick yours up on your pickup day as we don't have much room in our freezers to store those big birds.

Josh said we can add a few more turkeys, so we will be taking orders until Wednesday, Nov. 10th

Food, Water, Dance on the Roof!

NEW ARTiculations Dance Theatre invites you to join its CSA—Community Supported Art program—and support local artists to keep bringing you performance and education through dance. On November 14, come to a special evening of dance, film, and food to kick off the program and celebrate its community work. The event will feature the premiere of "Nourishing Gestures," a short film documenting the dance company's 2008 project "We Are What We Eat," using dance to share stories of the food system. Dancers will also perform excerpts from their new project, "FLOW: Dancing for Water Awareness in the Desert." For more info go to www.NewArticulations.org.
When: Sunday, Nov. 14. 5pm
Where: 110 E. Pennington St. (on the roof of the parking garage)
Cost: FREE, but donations will be requested.

Newsletter editor

Philippe Waterinckx

WINTER SESSION IS OPEN FOR SIGNUP!

We have finally completed the transition to our new online signup system. We are using Farmigo, an online subscription signup and management system that specializes in CSAs.

Except for annual contracts, we will no longer have any paper-based subscriptions. Subscription will now be done online, and you must use the online system to subscribe to a quarterly share. You may pay online, or by cash or check. (Checks can be mailed or delivered, and cash must be delivered, to the CSA.)

Please go online to the Join > Signup & Cost page to sign up for the winter session.

Please note that the produce share price hasn't changed, although it might appear that the price has increased because of the way the subscription process works. There's a 5% discount if you pay in a single payment, and after this discount, the per week price remains at \$19. The bread price has increased by about 50 cents per loaf as a result of an increase in ingredient prices due to a general increase in the price of wheat combined with the switch to organic ingredients. Again, please remember to look at the price after giving effect to the 5% single-payment discount.

Also note that the winter session is shorter than the other sessions (11 weeks only as there is no pickup over Christmas and New Year's).

KALE: THE VERY SMART, BUT HEADLESS CABBAGE



Ever heard of a headless cabbage? Now you have. Kale. Kale is a form of cabbage, but its green or red leaves don't actually form a head. What it doesn't have in brains, kale makes up for in healthy properties. It is high in beta carotene, vitamin K, vitamin C, and calcium. Eating kale raw might be the best way to absorb the sulforaphane, a chemical said to have anti-cancer properties. Steaming and stir-frying are second best. But the chemical loses its potency if the kale is boiled.

Kale is believed to have over 45 flavonoids, many of which contain anti-oxidant and anti-inflammatory benefits. Our bodies need antioxidants to counter what's called "oxidative stress," which prevents the body from metabolizing oxygen. Both oxidative stress and inflammation are risk factors for cancer.

Kale is a descendant of the wild cabbage. Greeks and Romans ate early varieties of the vegetable and it was common throughout Europe through the Middle Ages. It arrived in the United States with English settlers in the 17th century. Kale is also cultivated as an ornamental plant, known popularly as "salad savoy."

The types of kale we generally get from Crooked Sky Farms are Red Russian kale, green kale and Tuscan kale.

'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 carrot, grated
2 small turnips, grated
1 cup cooked or sprouted grains
1 cup cooked or sprouted lentils
½ cup sunflower or pumpkin seeds
½ 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 the finished salad

Mix salted, bruised greens with the carrot and turnips and set aside. In a food processor or blender, puree 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.

Braised Greens and Garlic

Any dark green leafy vegetable will work with this basic preparation. Try kale, mustard, turnip greens, braising mix or chard; mustard will be more bitter, while kale has a subtle earthy flavor.

1 bunch kale, mustard greens or chard (or 1 bag of CSA braising mix)
1/2 tablespoon olive oil
1-3 cloves garlic, minced
salt to taste
lemon wedges

Wash greens thoroughly. Drain. Chop greens into 3-inch pieces.

Heat oil in a large skillet. Sauté garlic for 2 minutes. Add greens to skillet.

Cover and cook over medium heat for 10 minutes (2-3 minutes only if the greens are young and tender), stirring once in a while to coat all the greens with garlic and oil. Sprinkle with salt.

Serve with lemon wedges.

Pinto Beans

(We are re-printing this recipe this week. We ended up not receiving beans last week but should receive them this week.)

Indian and Spanish cooks in the old Southwest relied on large amounts of various dried beans, but there are fewer varieties

of beans in the modern Southwestern diet. The most common bean is the pinto bean. Its name means "painted" in Spanish, referring to the mottled brown-and-tan coloring of the raw bean. Freshly harvested pinto beans (like those we're getting at the CSA at the moment) are not to be missed! Even though they will keep, we encourage you to use them now—their flavor will be simply outstanding.

2 cups pinto beans, sorted and soaked
½ cup chopped onion
1 dried chile, optional
Salt

Put the beans in a soup pot, cover them with 2 to 3 quarts of water, and boil hard for 10 minutes.

Remove any scum, then add the onion and chile.

Lower the heat and simmer, partially covered, until they're partially tender, 30 to 45 minutes.

Add 1-1/2 teaspoons salt and continue cooking until they're soft, 15 to 30 minutes more.

Serve them with a little of the broth.

Leftover beans should not be allowed to sit around for very long, since they turn sour rather quickly.

Spaghetti Squash Lasagna

Submitted by Maggie Newman, TCSA member. Adapted from the Boston Globe, September 1997.

2 1/2 pounds spaghetti squash
2 tablespoon olive oil
1 large onion, diced
2 cup sliced mushrooms (portabella are great)
1 28 oz. can diced tomatoes
1/3 cup bouillon, red wine, or water
1/2 teaspoon dried oregano
Salt and pepper to taste
12 oz. ricotta cheese
1 cup shredded mozzarella cheese

Cut squash lengthwise in half and scoop out seeds and fibrous portion. Boil covered, cut side down in 2" water, for 20 minutes. Remove from pot and when cool enough to handle, scrape out strands with a fork. Drain squash in colander to remove excess liquid. Spread squash evenly in a 13x9x2 baking dish.

While squash cooks, in a Dutch oven or large pot, heat oil over medium heat. Add onion and mushrooms and cook until mushrooms are lightly browned and onions are softened, about 10 minutes. Add undrained tomatoes, tomato sauce, bouillon, oregano, salt, and pepper. Bring to a gentle simmer; adjust heat and simmer slowly 25 to 30 minutes or until sauce is thickened and reduced to about 5 cups. Stir occasionally.

Preheat oven to 375 degrees.

Drop ricotta by spoonfuls over squash. Spoon tomato sauce over top and sprinkle with mozzarella. Cover with foil and bake 30 minutes. Uncover, increase temperature to 450 degrees, and bake an additional 10 minutes or until casserole is hot and top is nicely browned.

Serves 5 to 6 (or more).