



# Tucson Community Supported Agriculture

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## Fall 2010 - Week 12 of 13

**Harvest list is online**

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*Many more recipes on  
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### Pickup week for Josh's Pasture- Raised Thanksgiving Turkeys

Please pick up it on your pickup day **this week** as we don't have much room in our freezers to store them.

Josh's turkeys typically weigh around 16 pounds, plus or minus 3 pounds. When you come to the CSA, head to the room to the right of the front desk and Paul will help you select the turkey of your choice.

The turkeys come frozen because Josh processes them starting mid-October and then flash freezes them in preparation for the pickup.

### Safe Methods for Thawing

Store your turkey in your freezer as soon as you get home.

#### Refrigerator Thawing

Allow approximately 24 hours for each 4 to 5 pounds in a refrigerator set at 40 °F or below. Place the turkey in a container to prevent the juices from dripping. A thawed turkey can remain in the refrigerator for up to 2 days.

#### Cold Water Thawing

Allow about 30 minutes per pound. Be sure the turkey is in a leak-proof plastic bag to prevent cross-contamination and to prevent the turkey from absorbing water, resulting in a watery product. Submerge the wrapped turkey in cold tap water. Change the water every 30 minutes until the turkey is thawed. Cook the turkey immediately after it is thawed.

### Newsletter editor

Philippe Waterinckx

## WINTER SESSION IS OPEN FOR SIGNUP

Signup is online now. There are no paper contracts for quarterly subscriptions. You may pay online or by check or cash. If you pay by check, please mail it or deliver it to the CSA (slipping it under our door if you deliver it outside pickup hours). If you pay cash, you'll need to pay at the front desk during pickup hours. Please go online to the Join > Signup & Cost page to sign up for the winter session.

## SUNDAY, NOVEMBER 21 IS MEMBER DAY AT CROOKED SKY FARMS!



The farm will open its doors from 10 am to 2 pm to welcome CSA members. A tour of the farm followed by fresh foods and drinks will be provided (free of charge).

We hope many of you will take this opportunity to come visit Crooked Sky Farms this weekend. If you want to meet your farmer and find out where and how your produce is grown, this is the time.

About twice a year, Farmer Frank and his crew take the time to thank all of the CSA members for supporting his farm. Normally the farm doesn't receive visitors as it interferes with the farm operation, so this is a special time for CSA members and their family to visit the farm and see where all the food they've been eating is grown. This is a good time to visit the farm as the weather is mild and the fields look very lush with leafy greens.

It's an informal and private party. Jen, Tania, some of the harvesters, and April, freshly graduated from culinary school, will cook, using freshly harvested produce from the fields. This time, crispy turnip chips might be part of the menu.

Farmer Frank will of course be available to talk to the members one-on-one and in groups as he takes members through the fields.

Members are encouraged to take pictures, walk around the fields (carefully, so as not to damage the plants) and maybe even harvest some produce.

Please dress according to the weather and know that your feet might get muddy. Bring hats, water and sunscreen.

Directions to the farm: Location: near 19th Ave. & I-17, in south Phoenix. The drive from Tucson to the farm takes just under two hours.

#### Directions from Tucson:

- take I-10 to Phoenix
- in Phoenix, take the first exit for I-17/Hwy 60
- continue on I-17 to the 19th Ave exit
- take an immediate left, go under the freeway, then another immediate left, onto the access road (don't get back on the freeway going east).
- turn right on 16th Ave.
- take another right at Watkins.

The entrance to the farm will be on your right. You can park at the base of the big talus that's on the farm grounds.

### About Rapini

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.

It 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 and 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 flavor of rapini is similar to that of broccoli but more pungent and slightly more nutty and bitter. Its flavor is more complex than that of many greens as long as it is not overcooked. It can be steamed, braised, sautéed, broiled, stir-fried or, even better, oven-roasted. It pairs beautifully with beans or lentils, pork (try it with Italian sausage!) and chicken, and it works well as a side dish or in pasta dishes and soups.

Here's an easy way to cook rapini: 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 broccoli raab/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.

### Pasta with Roasted Rapini and Beans

Philippe, Tucson CSA. Adapted from BayAreaBites blog.

1 bunch rapini, chopped in 1 inch pieces  
1-2 cup cooked beans (e.g. pinto, blackeyed, mayocoba)  
3-4 garlic cloves sliced  
Olive oil  
Salt and pepper  
Parmesan cheese

Preheat oven to 350 degrees.

In large baking dish, toss rapini and garlic with some olive oil and some salt. Bake for approximately 10 minutes, or until the rapini stems are tender. Don't worry if the leaves become crisp; they'll taste great.

Take the rapini out of the oven and set aside.

In a medium pan, heat the remaining 2 tablespoons olive oil and stir in the cooked beans. Season with salt and pepper to taste. Add some water if desired.

Mix rapini with beans and serve on a bed of pasta. Garnish with grated parmesan cheese.

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

Contributed by William Masson, Tucson CSA; Recipe courtesy Peter Berley's The Modern Vegetarian Kitchen

4 tablespoons light sesame oil or olive oil  
2 tablespoons white hulled sesame seeds  
4 teaspoons peeled, minced gingerroot  
2 garlic cloves, minced  
2 pounds tender Asian greens (works great with Tokyo Bekana)  
2 tablespoons soy sauce  
4 teaspoons rice vinegar

1. In a wide heavy sauté pan or wok over medium heat, warm the oil. Add the sesame seeds and stir until they pop and become fragrant. Add the ginger and garlic and sauté for 1 more minute.
2. Add the 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 the greens are tender but still bright green.
3. Stir in more soy sauce and vinegar to taste, and serve immediately.

### Winter Greens Lasagna or Pasta

(or what to do with the wilting winter greens)

Sauté garlic and pine nuts in olive oil, add greens and lightly sauté with lid on pan to conserve heat and steam.

I added some white wine, which made them really tasty.

Sauté your greens in some olive oil and garlic until wilted.

In a separate pan, make a béchamel cheese sauce (Joy of Cooking has an easy and basic recipe). Basically, you melt a quarter stick of butter in a pan, add a tablespoon of flour and a cup of milk (slowly) while stirring. Add a small, clove-studded onion (or an onion plus a bit of ground cloves). Simmer while stirring for 5-10 minutes. Then you add cheese until you like the consistency. I used a little ricotta, goat cheese, and parmesan. You can use olive oil rather than butter.

For the lasagna, toss the sauce and the sautéed greens together and layer between dry lasagna noodles and put in the oven. My lasagna was an utter failure because I tried to boil the noodles first. In case of failure, try...

Winter green pasta!

Toss the greens with your favorite pasta noodle and pour sauce over them.

The mustard greens are SUPER tasty with the cheese sauce. Trader Joe's has really cheap fancy cheeses – especially the goat ones.

**(This recipe, Winter Greens Lasagna or Pasta, and the preceding one, Asian-Style Greens with Sesame, Ginger and Soy Sauce, also work very well with turnip greens.)**