



Tucson Community Supported Agriculture

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Fall 2011

Harvest list is online

The Back Page

Pak Choi/Gyoza Dumplings
Quick Pickled Radishes
Low-fat Curried Vegetables
Beans & Greens Soup

**Many more recipes in
our online recipe archive**

Safe Methods for Thawing a Turkey

Take your frozen turkey home and store it in the freezer. Then plan ahead to figure out how long to thaw it based upon your thawing method and the weight of the bird.

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 on other foods.

A thawed turkey can remain in the refrigerator for a couple days or so before cooking.

Cold Water Thawing

Allow about 30 minutes per pound.

First 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.

A turkey thawed by the cold water method should be cooked immediately. After cooking, meat from the turkey can be refrozen.

PAK CHOI = BAK CHOY = CHINESE CABBAGE = CRUNCHY AND DELICIOUS GOODNESS



It's the season for greens in the Southwest! Yay! This week we may get pak choy, a variety of Chinese cabbage (*Brassica rapa*). Pak choy is similar to bok choy: both have dark leaves with pale, sometimes white, stems. However, instead of forming a vertical head like bok choy, pak choy tends to form a rosette, not unlike tatsoi, although not quite as flat: its dark leaves form a circular cluster, rising up from white, spoon-shaped stems. Both leaves and stems are edible—the stems are similar in crunch and juiciness to a celery stalk!

Among winter greens, pak choy, tatsoi and bok choy are among the milder ones. Yet they are very flavorful and they acquire a somewhat creamy, buttery quality when cooked. They make a great addition to stir fry or salads, or they can be sautéed and steamed and eaten on their own.

Some Chinese cooks pickle the leaves or boil them, then dry them in the sun, allowing them to be stored for the winter. Lucky us, we get the plant fresh throughout the winter, barring frost!

Pak choy contains glucosinolates, which are known to prevent cancer in small doses. However, in large doses it can cause nausea, dizziness, and indigestion. But normal portions in a CSA share are nothing to worry about. Fear not: you'd have to eat a large quantity of pak choy (2-3 pounds) every day for a long time to put yourself at risk!

POPEYE'S BEST FRIEND CAN BE YOURS, TOO



Another green leaf vegetable native to Asia is the well-known and ever popular spinach. So popular was this nutritious leafy green in 16th century France, that Catherine de Medici, queen of France, ordered it be served at all meals. In honor of the queen's birthplace—Florence—all spinach dishes were given then descriptor "Florentine."

Had Popeye been a king instead of a sailor, he might have ordered the same. This popular cartoon character made spinach edible for generations of children by touting its strength-inducing properties.

You might not grow instant muscles from eating spinach, but there's no arguing that this leafy green is very good for you. It contains lots of antioxidants, and is also rich in vitamins C, E, and K, beta-carotenes, and magnesium, manganese, folate, betaine, iron, vitamin B2, calcium, iron, potassium, vitamin B6, folic acid, copper, protein, phosphorus, zinc, niacin, selenium and omega-3 fatty acids.

Boiling spinach leaves tends to leach some of these nutrients, so for maximum strength absorption, eat it raw! If you tire of salads, spinach is an excellent addition to smoothies! If you prefer to cook it, try it only lightly sautéed or steamed.

Pak Choi/Gyoza Dumplings

Sara Jones, Tucson CSA

You can buy round gyoza/dumpling wrappers at most grocery stores. These are delicious deep-fried, but can also be boiled or pan fried in a small amount of oil. One bunch of pak choi will make enough stuffing for quite a few dumplings. Make extra and place them on a cookie sheet to freeze. Once they are frozen, remove from the tray and place in freezer bags to freeze for up to 6 months.

1 bunch pak choi (including stems), finely chopped
1/2 inch ginger, grated
3-5 green onions
3 or 4 grated radishes
Soy sauce, to taste
Pinch black pepper
1 package dumpling/gyoza wrappers

Mix first five ingredients together. To stuff dumplings, place a small amount of filling on the lower half of a wrapper. Moisten edges with water and fold top half down over filling. Use the tines of a fork to seal the edges. To cook, drop in boiling water and remove once dumplings float. Or, coat the bottom of a large skillet with oil and cook on each side until golden brown.

Prepare frozen dumplings, straight out of the freezer, the same way. Serve dumplings with a dipping sauce or soy sauce with sugar, minced garlic and sesame oil added to it.

Quick Pickled Radishes

Sara Jones, Tucson CSA

Radishes are good raw, in salads, or in a dip. Did you know that, lightly pickled with some of their greens, they also make a great side dish. Adjust the seasoning to your taste.

You can also use mild turnips, such as Japanese hakurei turnips for this recipe.

½ bunch radishes, cleaned and thinly sliced, plus a few greens, roughly chopped
1 pinch of salt
1 tablespoon rice wine or apple cider vinegar
1 teaspoon soy sauce
1 pinch sugar
Freshly grated ginger
Red chile flakes
Sesame seeds, for garnish

Toss sliced radishes and greens with the salt and squeeze and toss gently. Combine rest of ingredients and massage those into turnips as well. Put turnips into a sealable bag and refrigerate for at least 1 hour before serving. Serve sprinkled with sesame seeds, if desired.

Low-fat Curried Vegetables

Wendy McCrady, Tucson CSA

Curry is a tasty way to prepare many of your vegetables. Use vegetables roasted ahead of time for an easy short-cut. Thai red curry paste is sold in the Asian foods section of grocery stores.

1 onion, chopped
2 cloves garlic, minced
1 tablespoons grated ginger
2½ cups water
1 teaspoon coconut extract
Up to 2 tablespoons maple syrup or 4 tablespoons brown sugar, to taste
1½ tablespoons low-sodium soy sauce
1½ teaspoon curry powder
½ teaspoon cumin
½ teaspoon red curry paste
¼ teaspoon crushed red pepper flakes (optional)
Vegetables (diced winter squash, root vegetables, cooked garbanzo beans, etc.), diced
Cooking greens, roughly chopped
3 tablespoons plain soy creamer (or half and half)
2 teaspoons chopped cilantro
Cooked grain (rice, wheat berries, oats, etc.)

In a large non-stick skillet, sauté onion, garlic, and ginger over medium-high heat for 5 minutes. No oil is needed. Stir in the water, seasonings, and vegetables other than greens. Bring to a boil. Reduce heat and simmer for 15 minutes until veggies are tender. Stir in the greens to cook for a few minutes. Remove from heat and stir in creamer. Serve over hot cooked grain and sprinkle with cilantro.

Beans & Greens Soup

Gretel Hakanson, Tucson CSA

2 bunches greens (braising greens, turnip greens, etc.)
3 tablespoons extra virgin olive oil
4 cloves garlic, minced
2 cups cooked beans (tepary, anasazi, navy, etc.)
3-4 cups chicken or veggie stock
Salt and freshly ground pepper
Parmesan

Wash greens. Remove any tough stems and chop into bite-sized pieces. Heat oil in medium soup pot. Add garlic and sauté until golden. Add greens and sauté until soft (you may have to add them in batches if they don't all fit into your pot). Add beans and stock. Simmer 15 minutes or so. Add salt and pepper to taste, top with freshly grated Parmesan.