



Tucson Community Supported Agriculture

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Fall 2011

Harvest list is online

The Back Page

Baked Greens "Chips"
Easy Minestrone Soup
Rutabaga Fries
Turnip or Radish Fritters-variation

Many more recipes in
our online recipe archive

Daikon and Turnip Greens

The greens of your daikon radishes and turnips are very edible and can be used like any leafy greens. In fact, many people favor turnip greens over the turnip themselves.

There are so many ways to eat greens! If you are unfamiliar with using greens, please check some of our many recipes on our online recipe archive (look under 'Greens'). There's bound to be several recipes that will allow you to feed greens to your loved ones.

Leafy greens can also be incorporated into many of your familiar recipes. In a risotto for example, you can add chopped greens at the end of the risotto preparation. Or you can steam or boil greens and add them to a vegetable lasagna (greens and cheese make a wonderful combination!)

Annual Holiday - Reminder

We will be closed during the last two weeks of December. The last pickups before the holidays will be on December 13th and 14th. Pickups will resume January 3rd and 4th.

You do not have to put your share on vacation hold during that time. Our system will do it for you.

NEWS FROM THE FARM

We are getting wonderful greens right now. But we'll be getting other things too very soon. New crops are just a bit late maturing. But more potatoes are almost ready to be harvested. And in a few weeks we'll start getting green onions, broccoli, beets, carrots, squash and more.

THE LAST OF BLACK MESA RANCH HOLIDAY CANDY

Don't forget to check our holiday goodies from Black Mesa Ranch. They are only available between Thanksgiving and Christmas. Our last order arrives this week, since next week is the last pickup week before our holiday break. We have truly awesome chocolate candy and special seasonal goat cheeses.

RUTABAGAS



The rutabaga (*Brassica napobrassica*), a relatively newcomer in the world of cruciferous vegetables, is thought to have evolved from a cross between a wild cabbage and a turnip. The earliest records of rutabaga's existence are from the seventeenth century in Southern Europe, where they were both eaten by people and used for animal fodder. Because rutabagas thrive best in colder climates, they became popular in Scandinavia, and especially in Sweden, which earned them the name "swedes." In Europe, rutabagas are still called swedes. In

America, rutabagas were first cultivated in the northern parts of the country in the early 1800s. Canada and the northern states are today's greatest producers of rutabagas.

The rutabaga is a root vegetable that looks very much like a turnip with yellow-orange flesh and ridges at its neck. Although this beta carotene-rich vegetable has been grown and marketed in the U.S. for nearly 200 years, it remains an uncommon food in American dining. It's actually a great tasting vegetable with a delicate sweetness and flavor that hints of the light freshness of cabbage and turnip. With its easy preparation and versatility, great nutrition, and excellent flavor, the rutabaga can easily become a family favorite.

Rutabagas can be stored for up to one month in the refrigerator.

DAIKON RADISHES



Daikon (*Raphanus sativus* var. *longipinnatus*) is a variety of radish also known as Japanese radish, Chinese radish and Satsuma radish. It is white, spicy, can grow up to 3 feet long and weighs up to 100 pounds, although it is usually harvested at 1 to 5 pounds. Daikon radishes can be eaten raw, grated in salad or cut into strips or chips for relish trays, it can be pickled, grilled, boiled, broiled, stir-fried, and simmered in soups and stews. Daikon radishes have a pleasant, sweet and zesty flavor with a spicy finish. They are also preserved by

salting, as in sauerkraut.

To prepare, scrub the skin as you would a carrot and cut for whatever style your recipe idea calls for. A Japanese method of cooking daikon is to use water in which rice has been washed or a bit of rice bran added (this keeps the daikon white and eliminates bitterness and sharpness).

For chips, relish tray sticks or stir-fries – simply scrub the daikon and cut crossways for thin chips. Dip thin chips in ice water and they will crisp and curl for a Daikon chip platter with your favorite sour cream or yogurt.

Daikon leaves are rich in vitamin C, beta-carotene, calcium, and iron, so they are worth using instead of discarding. For short-term storage, the root and leaves can be refrigerated in a plastic bag.

Baked Greens “Chips”

Nicole Baugh, Tucson CSA member, Adapted from 28 Cooks food blog

For people like me who really don't like stewed or sautéed greens, here's a different (and crunchy!) way to prepare a lot of greens. More of a method than a recipe, I've tried this with kale, collard greens and chard, but I imagine it would work with various leafy Asian greens as well. All amounts are adjustable to taste, and you can use your favorite seasonings instead of salt and pepper, or replace the oil and vinegar with (non-creamy) salad dressing.

3-4 cups greens
2-3 teaspoons olive oil
1 teaspoon apple cider vinegar
Salt and pepper to taste

Preheat the oven to 325°. Wash and dry the greens. If the leaves are large, de-stem and tear into 2 or 3 pieces. Place in a bowl or plastic bag and add the other ingredients, tossing to coat thoroughly. On a non-stick cookie sheet (or one lined with parchment), spread the greens into a single layer. If desired, you can wait to add the seasonings until this stage instead. Bake for 10-20 minutes, checking often after the first 10 minutes to ensure that they don't burn. You may want to stir the leaves a little halfway through to keep them from sticking, but it shouldn't be necessary to turn them. The leaves should be crisp but not thoroughly browned, as they will become bitter if overcooked.

Easy Minestrone Soup

Sara Jones, Tucson CSA

This soup is perfect for winter vegetables. Rutabagas give the soup a nice sweet flavor, but you can use potatoes or turnips, too. Almost any greens will do nicely in here, but remember they will shrink a lot. One whole bunch isn't too much. And remember that different greens will add different textures, so try adding a few varieties.

1-2 large rutabagas, peeled and diced
1-2 cups peeled and diced winter squash
1-2 bunches greens, cleaned and chopped
1 sweet yellow onion, diced
3 cloves garlic
1 tablespoon tomato paste
1 can diced tomatoes
1 can beans, drained
1 large handful small pasta
1 teaspoon oregano
1 teaspoon thyme
1-2 tablespoons oil
Salt and pepper to taste

In a large saucepan, sauté onion in oil over medium high heat until beginning to brown. Push onion to one side and add tomato paste to pan. Cook, stirring continuously, until paste

has darkened a shade or two. Add garlic, herbs, canned tomatoes and about 2 tomato cans of water. Stir in remaining veggies, except greens. Bring to a simmer and cook for about 15 minutes, until rutabaga and squash are mostly tender. Add beans, pasta and greens and continue cooking until pasta is ready. Season to taste with salt and pepper and a drizzle of balsamic vinegar, if desired. Serve garnished with shredded Parmesan and croutons.

Rutabaga Fries

Sara Jones, Tucson CSA

Like other root vegetables, rutabaga is great baked. Try making fries with your share and you won't be disappointed. These fries will be more like sweet potato fries, in that they will never get perfectly crisp like a potato. To help them crisp better, switch them to broil right when they are almost tender. That will give them more color and a better texture than just baking.

1 share rutabaga, peeled and cut into French fry strips
2 teaspoons oil
Salt and pepper
Curry powder, paprika, cayenne or any other spice mix you like

Preheat oven to 375°. Toss rutabaga with oil, salt and pepper and spices. Spread in a single layer on a baking sheet and place in oven. Cook about 10-20 minutes (depending on the thickness of your slice). Once almost tender, switch oven to broil and cook until nicely browned. Serve immediately.

Turnip or Radish Fritters-variation

Tina Hansleben, Tucson CSA

Fritters are a great way to transform your root vegetables into something that everyone will like.

3 large turnips, radishes or 2 smaller rutabagas
¼ cup flour of choice (I have used many different kinds of wheat-free flours with success.)
1 egg
1 tablespoon dried dill or more if fresh
Juice of one lemon
Peel of one lemon
½ teaspoon salt
Sugar, to taste
Chèvre, to garnish

Shred roots into a large bowl. Add egg, dill, lemon peel, salt, flour, juice from 1/2 lemon. Add a little more flour if the mixture is still very wet, you want the vegetables to stick together. Heat a pan to medium with oil. Scoop out the mixture in a ¼ cup measure and press down with a spoon. Drop mixture onto the pan, flatten with a spatula and fry until golden on each side. Mix remaining lemon juice with a little sugar until you have a sweet concoction to drizzle onto the fritters at the table.