



Tucson Community Supported Agriculture

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Winter 2011/2012

Harvest list is online

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our online recipe archive**

Beef shares

If you want a beef share and haven't put down a deposit yet, please do it this week. We'll place our order with Josh this Thursday, and depending on demand, we may stop taking beef share deposits after this week.

Josh's pullet eggs

Some of you may remember that Josh lost many hens last fall because of predators. This has contributed to our current shortage of Josh's eggs. However, things are about to improve. The replacement chicks that Josh bought have now reached egg-laying age. But they are still young and will lay smaller eggs for a while – hens less than one year old are called "pullets" (from the French word "poulette", which means "little hen").

Josh has increased the price of his eggs because chicken feed prices have increased. Josh's regular eggs now cost \$5.50 and Josh's pullet eggs cost \$4.50. As the pullet eggs increase in size, the price will increase.



THE INCREDIBLE EDIBLE "FLOWERS" OF CAULIFLOWER AND BROCCOLI

Who knew cabbage could be so much fun? It's true, both cauliflower and broccoli are derived from wild cabbage. Essentially cousins, both vegetables come from the same family (Brassicaceae), as do kale, cabbage, collards and yes, mustard greens.

Cauliflower is believed to have originated in Asia minor and traveled to the Mediterranean by 600 BC, where it became an important food in Turkey and Italy. In 16th-century France it became popular and was then cultivated elsewhere in Northern Europe and the British Isles.

Cauliflower is a delightfully nutty and creamy cruciferous vegetable. Its head, known as a "curd" is made up of undeveloped flower buds, which look like small trees. Its thick leaves protect it from sunlight and thus from developing chlorophyll, which explains its white color.

But cauliflower isn't always white. It also comes in orange, which is 25 times higher in beta-carotene (vitamin A precursor) than the white variety; purple, which contains healthy antioxidants known as anthocyanins also found in red cabbage and red wine; and green, which is higher in protein than white cauliflower. We've had those at the CSA in the past and we may get them again.

You can eat cauliflower raw, roasted, steamed, fried or boiled. Eating it raw, steamed or microwaved is the best way to keep its amazing assortment of vitamins and nutrients intact. Low in fat and carbohydrates, cauliflower is high in vitamins C and K, and manganese. It also contains a high number of antioxidant phytonutrients. These antioxidants help lower the risk of oxidative stress in our cells, which can lead to cancer.

Cauliflower's cousin, broccoli, is also high in vitamin C and jam-packed with anti-cancer properties and nutrients. These are best ingested when the broccoli is eaten raw, steamed or stir-fried; boiling can greatly reduce these nutrients.

Because of these nutrients, broccoli is known to decrease risk of prostate cancer and helps prevent heart disease. But beware – broccoli contains sulfur compounds, which might make for fragrant post-dinner tooting!

Broccoli gets its name is from the Italian "brocco" and the Latin brachium for "arm" or "branch." It has been celebrated in Italy since the Etruscans derived it from a cabbage variety. It was a valuable food all through Roman times. It expanded to the rest of Europe eventually and the British, for instance, called it "Italian asparagus." Italian immigrants introduced it to the United States, where it became more widely known in the 1920s. Lucky for us!

One last thing. As if each wasn't good enough on its own, you might also someday discover a broccoflower, a cross between broccoli and cauliflower. Sometimes known as "Romanesco broccoli," it is vibrant green and celebrated by mathematicians for its distinct and striking fractal pattern!

Creamed Mustardy Mustard Greens

Sara Jones, Tucson CSA

Why not highlight the mustardy flavor of mustard greens by combining them with some spicy Dijon mustard?

1-2 large bunches mustard greens (substitute other greens if needed)
2 teaspoons butter or olive oil
2 cloves garlic, minced
1/2 onion, diced
2 teaspoons Dijon mustard
Good splash (2-4 tablespoons) cream
1 teaspoon red wine vinegar
Salt and pepper to taste

Bring well-salted water to a boil in a large pot, add mustard greens and return to a boil. Cook about one minute and remove greens. Drain. Heat oil in a large skillet over medium high heat. Add onions and garlic and cook until beginning to brown. Squeeze excess moisture from greens and chop into small pieces. Add mustard greens to skillet and continue to cook while you combine mustard and cream. Pour cream mixture over greens, turn heat to low and stir well to completely coat all greens. Add more cream if necessary. Remove from heat and add a dash of vinegar and some salt and pepper to taste.

Onion Mustard Crackers

Felice Gaia, Tucson CSA

Can't figure out what to do with your mustard greens? These crackers make a surprisingly wonderful and healthy snack. The mustard takes a back seat and comes out mild. This is a raw recipe that uses a food dehydrator or an oven on low heat.

1 bunch mustard greens, well-cleaned
1/2 large onion
About 1 cup of almonds (preferably sprouted)
3/4 cup of golden flax seed
About 1 teaspoon turmeric, to taste
Himalayan salt to taste

Puree mustard greens in a blender. In large bowl add mustard greens to the flax seeds. The moisture from the greens will start to 'gel' with the flax seeds. Puree the onions and add them too. Allow to sit for at least one hour. Grind sprouted almonds in food processor. Add to mixture. Add seasonings with your clean loving hands so ingredients get mixed thoroughly. Let sit for another hour, until the mixture gets a firm pliable texture. Spread on dehydrator sheets to cracker thickness. Dry at 105 degrees for up to 18 hours. Or, spread on a baking sheet lined with parchment paper and bake at 250°, checking every 30 minutes or so until cracker is mostly dry and firm.

*Fennel***Caramelized Fennel and Onion Pasta**

Sara Jones, Tucson CSA

If you like the flavor of fennel, add lots of fresh chopped fennel fronds just before serving this dish. Otherwise the flavor is mild enough even for those who tend to dislike fennel. The fennel and onion mixture caramelizes in the time it takes to bring water to a boil and cook the pasta al dente. If you want to add protein to the dish, Italian sausage or sardines are great options to compliment the fennel.

1 medium yellow onion, thinly sliced
1 large or 2 medium bulbs fennel, thinly sliced
1 tablespoon olive oil
1 lb. pasta, preferably penne
Zest from one lemon, plus juice of 1/2 lemon
Salt and pepper to taste
Fennel fronds, roughly chopped, to garnish

Put large pot of salted water on to boil, for pasta. In a large skillet, heat oil over medium high heat. Stir in onion and fennel and reduce heat to medium. Continue cooking, stirring occasionally. When pasta is almost cooked through, fennel mixture should be turning a nice golden brown. Drain al dente pasta, reserving 1/2 cup of pasta water. Add pasta and water to skillet with fennel mixture. Cook an additional minute or so, tossing everything well. Add lemon zest and juice. Stir well. Season to taste with salt and stir in fennel fronds, if using.

Amish Turnips

Philippe, Tucson CSA. Adapted from Phoenix CSA

2 medium to large turnips
2 cups bread crumbs
2 tablespoons sugar
Salt to taste
2 eggs, beaten
2 cups milk
2 tablespoons butter

Scrub turnips and cut into chunks. Put the chunks in a large saucepan and cover with water. Add 1 teaspoon of the salt. Bring to a boil; reduce heat, cover, and simmer for about 25 to 30 minutes or until tender. Drain and let dry in a colander or in the pan with the top ajar. Mix with all remaining ingredients and only half of the bread crumbs. Place in greased casserole. Cover with the rest of the crumbs and bake 45 minutes at 350°. Turnip haters like this dish.

Braised Baby Fennel

Philippe, Tucson CSA

1/2 dozen small fennel bulbs, or 2-3 larger bulbs, cored and quartered
1 cup fennel fronds (not the stems, just the fine leaves), finely chopped
1/2 cup extra-virgin olive oil
2 cloves garlic, finely chopped
3 salt-packed anchovy fillets, rinsed, drained, and chopped
1/4 teaspoon red pepper flakes
Salt and pepper

Boil quartered fennel bulbs for 10 minutes, or until tender. Drain and set aside.

In a frying pan, heat the oil over medium-low heat, and add the garlic, anchovies, and pepper flakes. Cook gently until the garlic has softened and the anchovies begin to dissolve. Add the fennel quarters and leaves and continue cooking another 5 minutes. Season with salt and pepper. Serve hot or at room temperature, with pasta or noodles.