



Tucson Community Supported Agriculture

Newsletter 327 ~ February 27, 2012 ~ Online at www.TucsonCSA.org

Winter 2011/2012

Harvest list is online

The Back Page

Winter Greens Pastry Shell
Curried Turnips
Moroccan Slaw
Indian Style Greens
Fennel Gratin

Many more recipes in
our online recipe archive

Beef Shares

Will be available for pickup next week. Sorry about the delay. Such is the nature of small scale production.

We have a few non-spoken for beef shares for those who haven't had a chance to reserve one.

And what's special about Chioggia Beets?

Well, their name for a start! Chioggia (pronounced "key-O-dja") is the name of a small island town near Venice where those beets originated. The island is a miniature version of Venice itself, complete with canals, narrow streets and renaissance architecture.

The Chioggia beet is an Italian heirloom beet. What's truly amazing about them is on the inside: they show concentric rings of white, red and pink which remain even when the beets are cooked or pickled.



ANOTHER WEEK (OR TWO) AT MY TABLE – by Paula Redinger

When I open the refrigerator door, there is no doubt that two weeks have passed. It had been looking quite lonely in there, so I was pleased to be reloading it with more pretty produce. Bring it on!

Rapini – I can't get enough greens, and because rapini is traditional with orechiette, I use it as an excuse to delve into my supply of the homemade stuff. (It's best the day it's made, but will dry perfectly well.) In a little twist of my "beans, greens and pasta" (in the recipe archive), I replace the beans with Italian sausage.

Swiss Chard – It's the Dalmatian of the vegetable world. With its bright colors as improbable as my last dog's black spots, how can you look at it and not smile? I had hoped to do something to showcase those brilliant stems, but this week I had many lunches to eat on the go. It served me best in my trusty cheese melt and garlicky greens sandwiches.

Cauliflower – Cauliflower looks hardier than it is, but I know now to move it closer to the head of the perishability line. I blanched the head right away, and I will likely brush pieces with melted butter and mustard, and run them under the broiler.

Spanish Radishes, Rutabaga – If I think to trim them all and keep them in a bowl in the refrigerator, I set them out with every meal. Their cool crisp crunch adds a nice contrast to any meal. The rutabagas were nice dipped in hummus as well.

Lettuce – Lettuce is a tough one for me, not because I don't like it, but because I get chilled easily and don't like to eat cold food in the winter (aside from a few crunchy radishes as above). I grew up with the tradition of a plain green salad eaten after dinner, and while I will still do this if I have time, lately, I've been making mixed salads, with lots of hearty add-ins, and eating them in the warmer part of the day, or just before or after bicycle commuting. Anything goes: cheeses, onions, black olives, garbanzos, "croutons" made from cubes pieces of sautéed left over polenta... I let the contents of the fridge be my guide!

Potatoes – I think these potatoes' noblest use is roasted - crisp on the outside, creamy on the inside - and then served alongside one of Josh's chickens. But for me, the chickens are a special treat, rather than a week night dinner, so this time the potatoes became the gnocchi that go so well with the pesto in my freezer.

I'toi Onions – They give me an excuse to make delicious little Chinese "scallion pies," a sort of bread dough, rolled flat, scattered with handfuls of the chopped onions, coiled up, flattened again into little pancake shapes, and then sautéed until crisp and browned. Just the thing to have with a bowl of miso soup.

Paula periodically writes for the Tucson CSA newsletter about what she did with her CSA haul of the previous week. You can also follow Paula's cooking endeavors on her blog at Eating on Two Wheels (<http://operaflute.blogspot.com>)

Winter Greens Pastry Shell

Howard, Tucson CSA

Yes, putting greens into a quiche is a great way to use them. But putting them into the pie shell, that's ingenious! Double up on your greens by putting them in the shell and the filling. Make more than one, because they freeze easily, too.

1 lb greens and their stems (to date, I've successfully used every green we get)
2 - 3 tablespoons butter (veg oil works, but isn't as flavorful)
3/4 cup all-purpose flour
3/4 cup bread crumbs (bran also works; either wheat or oat)
Optional herbs (dill, celery seed,)

Pre-heat oven to 375°. Lightly oil a 9 inch pie plate. Chop greens (or pulse in food processor) until they are finely minced (if stems are tough, you could remove, but I've not had a problem with them). Melt butter in a heavy skillet and add greens. Sauté until soft, then transfer to a bowl and mix in flour, bread crumbs, and herbs. Press mixture into the pie plate, using a fork or spatula to spread evenly and then forming the edges with your fingers. Bake for 15 to 20 minutes. At that point you can refrigerate or freeze for later use, or without cooling, use it for a quiche (since the oven's hot, why not?). Sprinkle 1/2 lb. grated cheese (Swiss, cheddar, etc.) as a bottom layer. Fill to the top with mixture of sautéed greens, onions, peppers, more herbs, etc. Beat 3 eggs with about 1 cup milk (or soy milk) and pour over greens. Bake at 375° for about 30 minutes, or until center is firm. I haven't seasoned with salt or pepper; there seem to be plenty of good flavor enhancers in there naturally. Remove foil and cook about 10 more minutes until top is golden brown.

Curried Turnips

Sara Jones, Tucson CSA

If you still haven't found a way that you like turnips, give this recipe a try. Curry spices are also delicious sprinkled over roasted turnips or rutabagas as well. And the curry spices, cumin, coriander, turmeric and ginger, are all powerful digestive aides, for those who find turnips hard to digest.

1 bunch turnips with greens, cleaned, roots diced and greens roughly chopped
1 small onion
1 clove garlic
About 1 tablespoon freshly grated ginger
1 tablespoon good curry powder
1/4 cup canned, chopped tomatoes
Oil
Fresh chopped cilantro, for garnish

Heat oil in a large skillet over medium high heat. Add onions and cook until beginning to brown. Smash garlic and ginger into a paste and add to skillet, then add curry powder. Cook stirring well for one minute, then add turnips and tomatoes and about 1/4 cup of water. Cover and cook until turnips are tender. Stir in greens and cook until wilted. Season to taste with salt and garnish with fresh chopped cilantro.

Moroccan Slaw

Sara Jones, Tucson CSA

Consider using any combination of mixed grated root vegetables, preferably beets, carrots and turnips or kohlrabi.

Mix:

2-3 cups mixed grated root vegetables
1 orange or grapefruit, peeled and cut crosswise in thin slices
Dress with:
1 pinch ground cumin
1 pinch ground coriander
1/2 cup yogurt
Cashews
Chopped fresh cilantro
Salt and pepper

You can replace the yogurt with oil and apple cider vinegar. Refrigerate before serving.

Indian Style Greens

Lorraine Glazar, Tucson CSA

1 tablespoon vegetable oil
1 teaspoon cumin seeds
Roasted green chile (mine came from the freezer), cut in small dice, or use 1-2 jalapenos, chopped
1 bunch CSA greens, separated from their stems and sliced into ribbons (if stems are tender, they may be cut in one-inch pieces and cooked as well)
1 tablespoon of grated fresh ginger
Squeeze of citrus
Salt

Heat the oil in a skillet and add the cumin seeds. When they start to pop, add the chile and the greens, with or without stems. Put the lid on the skillet and allow to cook down a bit. Add water if it starts to brown too much. Add the fresh ginger and continue to cook until tender. Serve with a good squeeze of lemon, orange or grapefruit juice, and salt.

Fennel Gratin

Fennel bulbs (about 1.5 lbs), fronds trimmed and reserved
About 2 cups olive oil
Salt and pepper
1 teaspoon red pepper flakes
1/3 cup freshly grated Parmesan cheese

Preheat oven to 350°. Trim the base of the fennel and remove all dark and light green parts down to the white bulb. Slice each bulb in half lengthwise, and cut each half lengthwise into 4 wedges and remove the cores. Smaller bulbs don't need as much trimming and can be simply halved or quartered.

Lay the wedges on rimmed baking sheet and add olive oil to a depth of 1/4-inch. To minimize the amount of olive oil, use the smallest baking dish that will hold the fennel. Sprinkle each wedge with a pinch each of salt, pepper, and red pepper flakes. Top each with about 1 teaspoon of Parmesan.

Bake until fork tender, about 30 minutes. Remove from the oven and let cool until just warm. Plate using a slotted spatula and garnish with reserved fennel fronds.

Note: the leftover olive oil is quite delicious as a dipping oil for bread.