



Tucson Community Supported Agriculture

Newsletter 375 ~ February 11, 2013 ~ Online at www.TucsonCSA.org

Winter 2012-13

Harvest list is online

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Many more recipes on
our website

CROOKED SKY FARMS

MEMBERS' DAY

Sat., February 23rd, 11 to 3

Come see where your veggies grow
and meet Farmer Frank and his crew.
We hope to see many of you there!
Food and drinks will be provided.

The drive from Tucson to the farm
takes just under 2 hours. Directions:

- Take I-10 to Phoenix
- In Phoenix, take exit to I-17 N/US 60 W (signs for Flagstaff/I-10 West Truck Route)
- Take exit 197 for 19th Ave.
- Turn left on 19th Ave., go under the freeway, then left again onto the access road (do not get back on the eastbound freeway)
- Turn right on S. 16th Ave. You will see fields to your right.
- Park your car on the street and walk through the farm's entrance.

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



Mizuna

KONICHIWA TUCSON!

We're having a very Japanese harvest this week, with mizuna, purple Osaka mustard and hakurei salad turnips, all of which originated in Japan.

Mizuna is a vigorous plant producing dark green, deeply serrated leaves. It is highly resistant to cold and grown extensively during the winter months in Japan. It has a fresh, crisp and mild mustard greens flavor, slightly spicy, but less so than arugula. It is typically used in stir-fries or soups and the Japanese are also fond of it pickled.

A very old Asian heirloom, purple Osaka mustard has magnificent purple-green leaves. Like mizuna, it is also cold resistant. It is milder than green mustards and it won't cause the burning sensation typical of other mustards. You can use raw pieces of it to spice up a green salad a little. A typical way of cooking them is to sauté them in olive oil with chopped anchovies.

Hakurei salad turnips are amazingly smooth, sweet and mild and have none of the bite of traditional turnips. Simply great julienned in a salad, or glazed with their greens!

A WEEK AT MY TABLE – By Paula Redinger

Arugula – If I were a famous chef being interviewed and was asked “What food do I never tire of eating?” aside from my usual beans, greens, and pasta, I might very well say pizza. I'll make a few pizza crusts at a time, and have them ready in my freezer. I love throwing handfuls of arugula and shredded parmesan on a hot-from-the-oven plain tomato pizza.

Sweet Potatoes – It's unusual that I love a simple baked, buttered sweet potato as much as I do, given my grumblings about squash and pumpkin being too sweet. I've longed to find a way to make a baked sweet potato feel like an entire meal. Toppings? No, not quite. Shepherd's pie? Perhaps, but that would dilute the sweet potato-ness. A sweet potato knish? Yes, please! Freezable, and packable, too.

Salad Mix – A simple green salad makes a nice contrast to the rich sweet potato knishes.

Spanish Radishes – Glazed radishes. Wow. A radish revelation! I ate most of them right out of the pan (see *Glazed Turnips or Radishes* recipe on back page).

Navel Oranges – Eat straight up, or juice, depending on my whim, but I'll save the thick peels to candy.

Purple Top Turnips – There's another cold front moving in, so I want as many excuses to keep my oven on as possible. With CSA dill in my freezer, and turnips in the crisper drawer, I've got the makings of a turnip variation on potato dill bread.

Carrots – A batch of carrot muffins have replenished my recently depleted freezer with some sweet snacks.

Braised Greens and Garlic

Any dark green leafy vegetable will work with this basic preparation. Try kale, mustard or chard. Add these cooked greens to just about any dish, from pasta to sandwiches, tacos or burritos, pizzas and calzones...

1 bunch kale, mustard greens or mizuna
1/2 tablespoon olive oil
1-3 cloves garlic, minced
Salt to taste
Lemon wedges

Wash greens thoroughly. Drain. Chop greens into 3-inch pieces. Heat oil in a large skillet. Sauté garlic for 2 minutes. Add greens to skillet. Cover and cook over medium heat for 10 minutes (2-3 minutes only if greens are young and tender), stirring once in a while to coat all the greens with garlic and oil. Sprinkle with salt. Serve with lemon wedges.

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? Add diced turnips to this recipe, if you like.

1-2 large bunches mustard greens (substitute other greens if needed)
2 teaspoons butter or olive oil
2 cloves garlic, minced
1/4 large 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.

Glazed Turnips (or Radishes) – *New*

Philippe – Tucson CSA

1 pound salad turnips or radishes, greens reserved
1/4 stick butter
2 tablespoons sugar
Salt and pepper

Cut turnips in quarters or bite size pieces. Place them in a skillet and add water to cover turnips halfway. Add butter, sugar, and a large pinch of both salt and pepper. Bring to a boil and cook, stirring occasionally, until liquid is syrupy and

turnips are tender, about 10-15 minutes.

Add chopped turnip greens and cook for 2-3 minutes, stirring occasionally, until just wilted.

Walnut Cilantro Pesto

Philippe, Tucson CSA

1 cup walnut pieces
2 cups cilantro leaves
1 jalapeno
2 tablespoons cider vinegar
1 tablespoon olive oil
1/4 cup water
Salt to taste

Blend all ingredients. Add water or stock to desired consistency.

You can use this pesto on pasta, on spaghetti squash, on baked sweet potatoes, or simply as a spread for sandwiches.

Easy Minestrone Soup

Sara Jones, Tucson CSA

This soup is perfect for winter vegetables. 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.

2 medium turnips, cleaned and chopped
3-4 small red potatoes, chopped
2 handfuls cauliflower florets
1-2 bunches greens, cleaned and chopped
2 carrots, diced
1 sweet yellow onion, diced
3 cloves garlic or
1 tablespoon tomato paste
1 can diced tomatoes
1 can beans, drained
1 large handful pasta
1 teaspoon oregano or marjoram
1 teaspoon thyme
1 bay leaf
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 2-3 cans of water. Stir in remaining veggies, except greens. Bring to a simmer and cook for about 15 minutes, until potato and turnips 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.