



Tucson Community Supported Agriculture

Newsletter 376 ~ February 18, 2013 ~ Online at www.TucsonCSA.org

Winter 2012-13

Harvest list is online

The Back Page

Spinach and Arugula Salad with French Dressing
Carrot and Fennel Pasta
Caramelized Fennel and Onion
Lentil Soup with Italian Sausage
Easy Minestrone Soup
Radish and Yogurt Spread

Many more recipes on our website

Radishes - tips

The radish tends to be a misunderstood vegetable. Perhaps this is due to its spiciness. This can be remedied by preparing it appropriately and/or by mixing it with right ingredients. Check our many radish recipes on our online recipe page.

Soaking radish slices in water, or sprinkling them with salt and then rinsing them, will remove much of their bite. Lemon juice makes them milder too.

Mixing grated radishes with yogurt (*Radish and Yogurt Spread*) also makes them quite mild. So does a *Winter Chopped Salad*, because of the added lemon juice. Prepare them the Korean way (*Korean Radish Salad*). Or do as they do in Morocco and make a *Moroccan Radish and Carrot Salad*.

Cooking radishes is another way to take the spice off them. Just slice them in half, with their greens, and sauté them in some butter and salt until tender. Or make radish fritters fritters, as Lilly showed us last week at her cooking demo in the courtyard (*Radish Fritters*).

Radish Soup is another way to turn them into a tasty, and hearty winter soup. And it uses both the roots and the greens.

In any case, radishes are best eaten fresh. If left too long in the fridge they tend to become pithy (spongy) and dry.

MEMBERS DAY AT THE FARM THIS SATURDAY - 11:00 AM TO 3:00 PM



We hope to see many of you at Crooked Sky Farms this Saturday! Bring sturdy shoes and a hat. Farmer Frank will start the tour of the fields soon after 11. If you arrive later than that, you will however be able to catch with the group but may miss part of the tour.

There's nothing quite like walking through row after row of so many different organically grown produce. The variety of crops is just amazing! It is at the other end of the scale from

monoculture.

Farmer Frank's chef will prepare lunch for everyone using freshly harvested produce. Be ready for a treat!

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 to and through the farm's entrance.

FENNEL

Fennel may be used raw or cooked. With its soft anise flavor, fennel is sweet, refreshing, and delectable. Because a fennel bulb has a well-defined shape, it can assume a strong role on the plate, especially when cooked in halves. Fennel bulb is a key ingredient in some Italian and German salads, often tossed with chicory and avocado, or it can be braised and served as a warm side dish. It is delicious braised, baked, steamed, sautéed, or grilled.

Small fennel bulbs perfect for salads. Good partners for it include olive oil, butter, thyme, bay parsley, fennel seeds, orange, lemon, saffron, tomatoes, potatoes, olives, garlic, Parmesan, Gruyere, and goat cheese.

Many egg, fish, and other dishes employ fresh or dried fennel leaves. One may also blanch and/or marinate the leaves, or cook them in risotto. In all cases, the leaves lend their characteristically mild, anise-like flavor.

I often substitute fennel bulbs for meat in tomato sauces and serve it with pasta. Similarly, pasta and caramelized fennel are wonderful in a Mornay sauce (cheesy Béchamel sauce), or just sprinkled with grated Parmesan cheese.



Spinach and Arugula Salad with French Dressing

Philippe, Tucson CSA

Toss together 1 CSA bag spinach and 1 CSA bag arugula. Add 1/2 cup crumbled walnuts, 1/2 thinly sliced onion, and 4 strips of fried and crumbled bacon.

French dressing: Put in a jar and shake well: 1 teaspoon Dijon mustard, 2 tablespoons balsamic vinegar, white/red wine vinegar or cider vinegar, 5 tablespoons olive oil, and salt and pepper.

Carrot and Fennel Pasta

Sara Jones, Tucson CSA

This is a fast and easy recipe, everything is ready by the time the pasta is done cooking. The vegetables, cut into long thin strips, cook quickly. Use a vegetable peeler to cut strips of carrot, and a very sharp knife to cut long strips of fennel and onion. Butter complements the taste of fennel, but you can use olive oil if you prefer.

2-3 carrots, sliced into thin strips (or grated)
1 large or 3 small head fennel, any woody core removed, sliced into thin strips (use leafy fennel fronds for garnish if desired)
3 green onions, sliced lengthwise into thin strips
3 cloves garlic, minced
2 + tablespoons butter
Salt and pepper to taste
Cooked pasta

While pasta is cooking, stir carrots, fennel, onion and garlic into melted butter, in a skillet over medium high heat. Stir often, sprinkling mixture with a little of the boiling pasta water or white wine if it appears too dry. When pasta is cooked through, drain and add to vegetable mixture. Season with salt and pepper and another pat of butter, if desired, and toss to mix. Serve hot.

Caramelized Fennel and Onion

Sara Jones, Tucson CSA

This is a great topping for either pasta or pizza. If you want to add protein to the dish, Italian sausage or sardines are great options to compliment the fennel. If you like the flavor of fennel, add crushed fennel seeds to highlight the vegetable. Otherwise, the fennel flavor is mild enough for those who usually dislike it.

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

In a large skillet, heat oil over medium high heat. Stir in onion and fennel (and fennel seeds if using) and reduce heat to

medium. Continue cooking, stirring occasionally until mixture turns a nice golden brown. Add lemon zest and juice. Stir well. Season to taste with salt and pepper.

Lentil Soup with Italian Sausage

Lisa Janz, Tucson CSA

This recipe offers a good way to use wilted greens that have been sitting in the fridge a bit too long. I used kale and arugula, but any green can be substituted (I bet dandelion greens would be amazing). It has quite few ingredients, but is quite simple to make and fairly quick (about 1 hour).

2 cups dried red lentils
5 cups broth (chicken, beef, or whatever else you have around)
3 cloves of garlic peeled and crushed
1/2 large onion
2 teaspoon sage leaves
2 sprigs of rosemary
2 tablespoons extra virgin olive oil
1 teaspoon salt

Combine the above ingredients in a soup pot and bring to a boil over medium-high heat. Turn heat down and simmer with lid slightly ajar until lentils are soft and begin to combine form a thick liquid. This takes about 1 hour. If needed, add more water during cooking process. Pick out the rosemary and sage leaves before adding sausage mix. Prepare the sausages while waiting for the lentils to cook.

1 tablespoon extra virgin olive oil
3 Italian sausages cut into 1/2 to 1 inch lengths
1 black Spanish radishes grated, or several smaller radishes
3 tablespoons fresh parsley, chopped
1 cup broth
2-3 carrots, chopped
1 bunch of greens, chopped into 1 inch lengths (I used leftover kale and some arugula that was growing in my back yard)
1/8 teaspoon whole nutmeg, freshly grated
Salt and pepper

Heat olive oil in a pan over medium high heat. Add sausage and grated radish. Stir and cook for two minutes. Add parsley. Stir and cook until sausage is browned all over and juices are beginning to show. Add broth and carrots. Cook over medium heat until carrots are beginning to soften (about 5 minutes). Add greens and continue to cook until greens are wilted and carrots are soft, but still a bit firm. Sausage should be cooked by this time. Turn contents into soup pot and add nutmeg. Cook for two minutes and then taste. Season with salt and a generous amount of freshly grated black pepper. Especially good as a main dish with whole wheat bread and salad – in which case it will serve 3-4 people.

Radish and Yogurt Spread

Philippe, Tucson CSA

Mix together 1/2 bunch radishes (grated or cut into coins), 1 cup Greek yogurt, a few stalks of green onions or chives (chopped), a generous amount of salt and pepper.

Spread on slices of bread.