



Tucson Community Supported Agriculture

Newsletter 383 ~ April 8, 2013 ~ Online at www.TucsonCSA.org

Spring '13

Harvest list is online

The Back Page

Citrus Stewed Baby Artichokes
Red Cabbage and Warm Spinach
Salad
Dill Dressing
Radish Pods (Moongre ki Subzi)

**Many more recipes on
our website**

Dill - tips

A bunch of dill may seem like a lot of dill to eat in one meal, although you will go through a bunch very quickly if you use some of it to make a dill dip (with yogurt and cucumbers for example), and use some more in a potato salad, and use the rest of it to make a dill dressing (which will keep for several weeks in the refrigerator).

If a bunch of dill is still too much for you, an easy and practical way to preserve it is to just freeze it as is. Freezing dill preserves most of its flavor. Just place the dill, as is, in a freezer bag, squeeze as much air as possible out of the bag before sealing it. Flatten the bag and store it in the freezer.

Whenever you need some dill, take it out of the freezer bag, chop off the quantity you need and place the rest back in the bag and back in the freezer.



PODDING RADISHES



The podding radish (*Raphanus caudatus*), or rattail radish as it is often referred to in the U.S., is a type of radish known for its edible seed pods rather than for its roots. It originates from East Asia but has been around in our country since the mid-1800s. It has however remained little known and is typically grown more as a garden curiosity than as a

food crop.

The pods look like green beans and are green, purple or both. They don't need to be shelled, although if they are more mature you should cut their thin extremities if they seem a little fibrous. Podding radishes are soft but crisp and they can be eaten raw or cooked. When you bite into a raw pod you know you are eating a radish, yet the flavor is more delicate and refined than that of a root radish. When cooked they lose pungency. You can chop the raw pods, or leave them whole to use fresh in salads, or add them to a crudit  platter, or just surround a bowl of dip with them at a summer gathering - because they are unusual, they are sure to arouse the curiosity of your guests. They may also be pickled in vinegar. They are superb in stir-fries, holding their texture well. In India they are cooked in ghee and used in curries.

Growing regular root radishes in our climate can pose challenges because they bolt quickly. Podding radishes are ideal for our climate because the goal is to make the plant bolt and set seed as rapidly as possible. They will keep producing over the course of many weeks. They need to be planted 12 to 18 inches apart and benefit from support along a trellis, as they easily grow 3 to 4 feet tall. Tomato cages provide ideal support and make it easier to harvest the pods, as opposed to leaving the plant trailing on the ground.

MEANWHILE, BACK AT THE RANCH FARM...

This will make some members happy and will make other members sad: the greens season is gradually coming to an end. But it is by no means the end of things! New exciting crops will be coming our way soon. This month we can expect artichokes, the first of the summer squash and a variety of new potatoes, including gold, blue and fingerling ones. In May we will see the first cucumbers--initially there will just be Armenian cucumbers, and a bit later the slicing cucumbers, then the pickling cucumbers, and finally the lemon cucumbers. In June will come the peloton of summer vegetables, including corn, tomatoes, okra and melons.

Some of you have been asking about beets, because we haven't been getting many of them this year. The bad news for beet lovers is that we will likely not see many beets before the summer comes. Frank said we might get beets once or twice more. There is no clear explanation for why the beets didn't do well this year, but it seems to be a pattern that every year some vegetables do very well and others don't. Last year was the year of the beets, as we received beets most weeks for a very long time during the cold season. And the year before was the year of the carrots. And there has been the year of the eggplant. And the year of the corn. Every year there seems to be some vegetables that do very well and some that don't. This year was obviously not the year of the beets. We haven't quite figured out yet what vegetable this will be the year of.

Citrus Stewed Baby Artichokes

Sara Jones, Tucson CSA

This recipe is perfect for smaller artichokes, medium ones work fine, but you may only be able to use the tender heart of really big artichokes. A blend of different citrus works best, a bit of sour and sweet. To bulk up the recipe add chard stems, fava beans, peas or potatoes.

3-4 baby artichokes
Generous tablespoon olive oil
Juice of one sweet citrus fruit, plus several slices of a combination of sweet and sour citrus
1/2 teaspoon dried thyme
About one cup cooked white beans
1/2 cup spring veggies
Salt and pepper to taste

Fill a medium bowl with water and lemon juice. To prepare artichokes peel away outer layer of leaves and cut about 1/4 of the top. To make sure that you are discarding all the fibrous pieces from the artichokes test one of the remaining leaves by snapping it in half. If it does not snap in half, continue removing leaves until you reach more tender leaves. Peel, but do not remove stem. Quarter artichokes and dunk in lemon water to prevent browning. (Drain artichokes before using!) In a medium saucepan, with a tight fitting lid, toss together all ingredients. Bring to a simmer, cover, and reduce heat to low. Artichokes should be ready after 15-25 minutes, depending on size. Taste for salt and serve hot or at room temperature. Garnish with extra slices of citrus, if desired.

Red Cabbage and Warm Spinach Salad

Adapted from Gourmet, April 2000

For balsamic vinaigrette
1 garlic clove, minced
1/8 teaspoon salt
1/2 teaspoon Dijon mustard
1 1/2 tablespoons balsamic vinegar
2 1/2 tablespoons extra-virgin olive oil

For salad

1/4 cup pine nuts
2 oz. sliced pancetta (Italian unsmoked cured bacon), chopped
1 pound red cabbage, cut into 1/4-inch-thick slices (you can just as well use green cabbage)
1 (5-oz) bag baby spinach, any tough stems discarded

Make vinaigrette: Mash garlic with salt to a paste. Whisk together garlic paste, mustard, and vinegar, then add oil in a stream, whisking until emulsified.

Make salad: Toast pine nuts in a dry large heavy skillet over moderate heat, stirring frequently, until beginning to turn golden, about 2 minutes. Add pancetta and cook until browned and crisp, about 2 minutes. Add cabbage, tossing to combine, and cook, covered, until wilted and just tender, 8 to 10 minutes. Reduce heat to low and add spinach, stirring gently until it just begins to wilt. Remove pan from heat. Add vinaigrette and toss. Serve immediately.

Dill Dressing

Sara Jones, Tucson CSA

The large bunches of dill that we get from the farm are perfect for dressing up winter salads. This is a creamy, yogurt based dressing, but if you prefer not to use dairy, simply omit the yogurt and add more oil/vinegar or juice.

1/2 large bunch dill, finely chopped
1/4 yellow onion, minced
1 cup plain yogurt
1 tablespoon olive oil
2 tablespoons apple cider vinegar
Salt and pepper to taste

Whisk together all ingredients. Store any leftovers in a jar in the refrigerator for up to 1 week.

Radish Pods (Moongre ki Subzi)

From A Mad Tea Party blog. Thank you!

1/2 pound (250 g) fresh radish pods
1-2 potatoes
1 tablespoon grated ginger
5 garlic cloves, crushed
2 tomatoes, chopped
1-2 tablespoons oil
1 teaspoon cumin seeds
Pinch of hing (a spice used in South Indian cooking)
1/2 teaspoon turmeric
1 1/2 teaspoon coriander powder
1 teaspoon red (cayenne) chilli powder
Salt
Coriander leaves (cilantro) for garnish

Rinse the radish pods. Top and tail them. Snap into 1-1 1/2" lengths. Peel and cube the potatoes.

Heat oil in a heavy-bottomed pan. Add the cumin seeds followed by hing, then garlic and ginger. Once the garlic is fragrant add the chopped tomatoes. Stir and cook till the tomatoes turn to mush and the oil begins to surface. Add a pinch of salt if the mush starts to stick to the bottom of the pan. Add turmeric, coriander powder, and red chilli powder, in that order. Give a stir and let fry for a few seconds till the spices are cooked, taking care not to let the chillies burn. Add the prepared vegetables. Sprinkle salt and mix. Cover and cook till potatoes are tender, about 20 minutes.