



Tucson Community Supported Agriculture

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Fall 2013

Harvest list is online

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Many more recipes on
our website

Thanksgiving Turkeys

Four more weeks until
Thanksgiving! We are still taking
orders for Josh's pasture-raised
turkeys.

What are tendergreens?

Tendergreens are an heirloom variety of mustard greens. They are milder than the traditional mustard greens. They taste like a spinach at the beginning and have a mild mustard finish. They make a nice spinach substitute and have been a traditional Southern favorite for a long time. When young, they can be eaten raw in salads. When mature they can be cooked like any winter greens, i.e. sautéed, steamed or boiled.



EASING INTO WINTER GREENS



Crooked Sky Farms is transitioning into the cold season and the first greens are appearing in our shares after a long, greenless summer. We love greens! Not only are there many varieties and are they versatile, but also they are very good for you. Dark leafy green vegetables are, calorie for calorie, probably the most concentrated source of nutrition of any food. They are a rich source of minerals (including iron,

calcium, potassium, and magnesium) and vitamins, including vitamins K, C, E, and many of the B vitamins. They also provide phytonutrients including beta-carotene, lutein, and zeaxanthin, which protect our cells from damage and our eyes from age-related problems, among many other benefits. Dark green leaves even contain small amounts of Omega-3 fats. Perhaps the star of these nutrients is Vitamin K. A cup of most cooked greens provides at least nine times the minimum recommended daily intake of Vitamin K--one vitamin many people don't get enough of.

Storing your greens: you don't have to do this, but cleaning your greens before storing them in your refrigerator will extend their shelf life and keep them crisp. To clean your greens, fill a large bowl with cool water and completely submerge the greens. Swishing them around will get rid of dirt hidden in curly parts or along stems. After washing them, pat them dry or spin them, then store them in a plastic bag or wrapped in paper towels inside a plastic bag in the veggie drawer. Hardier greens like kale and collards will last much longer than more delicate varieties.

Eating them raw: most greens benefit from being braised or lightly sautéed, but early in the season when they are still young and tender, as they are now, you can also eat them raw in salads. Just wash them, chop them and add salad dressing. To make a more substantial salad, you can add one or more of the following ingredients: sautéed diced potatoes, bulgur wheat, seeds (walnuts, pecans, sunflower), beans, cheese, or bacon. However, even mature greens can be eaten raw when prepared the right way. Thick leaved varieties like kale and collards may need to be chopped very finely or tossed with salt and bruised slightly to make the taste and texture palatable. If you plan on making salads with cooking greens, use highly seasoned dressings (or other ingredients like parmesan cheese) that will stand up to their relatively assertive flavors.

Cooking them: the basic cooking method for any side of greens is to toss clean, still damp leaves into a hot, oiled skillet (along with garlic for the best flavor) and stir until wilted. Season with salt and pepper or soy sauce and serve! While a side of greens is good, they are easily incorporated into main dish meals. They are featured in recipes from almost every cuisine. The different varieties are somewhat interchangeable; each type of green has a distinct taste and texture that will work best with certain flavors.

As we get more greens, we will keep informing you about interesting ways to use them.

Spaghetti Squash Latkes

Sara Jones, Tucson CSA

The strands of spaghetti squash are just like grated potatoes, and their texture holds up nicely in these potato pancakes. Add a bit of finely chopped greens to the mix, if you like.

1/2 of one small spaghetti squash, seeds removed and roasted
3 green onions or 1/2 yellow onion, chopped
1/2 cup finely chopped winter greens (optional)
2 eggs
1/4 cup flour
Salt and pepper to taste
Oil for pan frying

With a fork, scrape strands of squash out of the skin into a medium bowl. Mix with other vegetables. Stir in the two eggs, then add the flour. Add a pinch of salt and pepper to taste. To cook, heat skillet over medium high heat and add enough oil to coat the bottom. When oil is hot, drop spoonfuls of mixture onto skillet and press lightly to flatten. Cook for about three to four minutes on each side, until golden brown. Remove to drain on paper towel or newspaper and continue frying, adding more oil as necessary, until finished. Top with your favorite garnish.

Roasted Winter Squash and Apple Soup

Adapted from The Healthy Kitchen by Andrew Weil and Rosie Dale

1 large winter squash (Jack O' Lantern, Cushaw, Hopi) or pumpkin, cut in half, seeds removed
2 onions, chopped
2 apples, cored and quartered
3 garlic cloves, peeled
2 tablespoons ginger, minced
2 tablespoons olive oil
Salt to taste
2 tablespoons red chili powder, or 2 jalapenos, chopped
4 vegetable bouillon cubes

Preheat oven at 400°. Toss all ingredients in the squash halves, Place the halves in a baking tray filled with 1 inch of water and bake for one and a half hours. Scoop out contents of the squash halves, down to the skin, and blend. Add water or stock to desired consistency (1-2 cups).

Grilled Pumpkins

Sara Jones, Tucson CSA

The intense heat of the grill will caramelize some of the sugars in the pumpkin, making the flesh smoky and sweet. To prepare, scrape away the seeds and fibers and slice into long one inch thick pieces. If you make a jack o'lantern, why not grill the cut out pieces for dinner?!

Several 1 inch thick pumpkin slices
Pinch of ground nutmeg, ground sage, salt and pepper
Balsamic vinegar and olive oil



Rub pumpkin slices with oil and vinegar and sprinkle with seasonings. Place slices on hot grill. Cook about 7 minutes on each side, or until nicely browned and tender. Remove, peel, and serve slices on a sandwich or as a side dish, seasoning with additional salt and pepper as needed.

Easiest Greens in Tortillas

Sara Jones, Tucson CSA

This recipe is great with 'stemmy' greens, like bok choy or mustard (tender greens) which have succulent, tender and edible stems. An Asian chile paste tastes best here, but you can use salsa to spice the greens, too.

2 large handfuls of greens (with stems), cleaned and roughly chopped
1-2 cloves garlic, minced
2 teaspoons oil
Chile paste (Sriracha is excellent), to taste
Mild, fresh cheese, if desired
4 corn tortillas, warmed

In a large skillet, over high heat, cook greens and garlic in oil, until wilted. Sprinkle with water, if necessary, to prevent sticking. Drizzle greens with chile sauce and toss to coat. Top corn tortillas with greens and sprinkle with cheese if using.

CSA Greens Chopped Salad

Philippe, Tucson CSA

The smaller 'baby' greens we are getting this week are good either cooked or raw. Mix all the greens together in a salad to get a variety of tastes and textures.

3/4 lb mixed greens such as mizuna, bok choy, arugula, and spinach, finely chopped
1/4 cup walnuts
2 tablespoons olive oil
1 tablespoon vinegar
1/2 onion, finely chopped
1/8 teaspoon salt
1/8 teaspoon black pepper

In a large bowl, whisk together vinegar, oil, onion, salt and pepper until emulsified. Add greens and toss until coated well. Sprinkle with walnuts to serve.

To make this salad more substantial, sauté 2-3 diced potatoes in olive oil until tender (about 10-15 minutes) and incorporate into the salad just before serving.