



Tucson Community Supported Agriculture

Newsletter 426 ~ February 24, 2014 ~ Online at www.TucsonCSA.org

Winter 2014

Harvest list is online

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our website

Beef Dog/Stock Bones and Organs now available

As with every beef share delivery, we get the bones in addition to all the meat from the same animal. Since beef share pickup days can be a bit hectic, we usually don't sell the bones until the following week.

Since we distributed the beef shares last week, we are now offering the bones.

Beef bones are great for dogs but also to make beef broth. They cost \$1.00/lb.

They will be available for only a short time (2 or 3 weeks). Whatever is not sold after that will be donated to the Tucson Zoo. (The big cats like them!)

We also have beef liver, heart and kidneys, at \$3.50/lb. These will be available until we run out, and then won't be available until the next beef share delivery around May.

Josh's Eggs

With the days getting longer, Josh's hens are laying more eggs. We are pleased to lift the temporary restriction of one dozen eggs per member per week.



MINUTINA

This week, some of you will likely see vegetables in your share you have never had or heard of before. The first one is minutina. Minutina (*Plantago coronopus*), also called Buckhorn's Plaintain or Erba Stella is an Italian heirloom green grown for its subtle nutty taste and crunchy texture. With its spunky rosette tufts, it resembles miniature mizuna. This hardy green can be used in salads throughout the winter.

Minutina is a great addition to salad mixes for variety in leaf shape and texture. It can also be stir fried with other vegetables or used as an edible bed for seafood, cooked vegetables and meat medallions. It is an ideal garnish for main entrées.

For the ultimate in simplicity, try pan-frying a handful of minutina leaves in a buttered frying pan with fresh chives and a fresh egg cracked on top.

SHUNGIKU (EDIBLE CHRYSANTHEMUM)

Also known as Garland Chrysanthemum, edible chrysanthemum, Chop Suey Shungiku and Tong Ho, this Japanese edible herb is not your usual chrysanthemum. Its deeply lobed dark-green leaves resemble the foliage of ornamental chrysanthemums but they are also edible and delicious! The leaves are thin and finely serrated with an almost lace-like appearance. The stem grows upright, and the bright green leaves cascade from the top of the stalk like a palm tree. It's so pretty it's almost a shame to eat it!



This tender, edible herb has a unique, somewhat zesty flavor. Its flavor and aroma are mildly scented, providing a nice addition to salads and soups. Its leaves and stems can be eaten raw or cooked. Shungiku can be prepared by serving it fresh or by steaming, blanching, or sautéing it. It can be added fresh to salad mixes and dips. It can also be used for flavoring soups and stir-fries such as sukiyaki, ohitashi, yosenabe, and shabu-shabu. Overcooking should be avoided and it is recommended to add it at the last moment since it easily loses its structure.

In Western countries, shungiku is most commonly used as an herb to flavor dishes (like parsley or dill, for example) rather than used as a green.

DANDELION GREENS

Dandelion greens, which are named after the French phrase "dent de lion", or "lion's tooth," usually have serrated leaves with pale green or reddish stems.



Dandelions are commonly found in the wild and in lawns, but they are also widely cultivated as an edible plant. Dandelion greens are commonly enjoyed raw, but they can also be sautéed, braised, or even stewed. To eat raw, toss in your favorite salad medley or make a more elaborate salad with eggs and goat cheese. I like them simply tossed with an Italian dressing and fine onion slices.

Dandelion greens have a bitter note: this is why you often see them prepared with eggs, bacon, pork fat, cheese, vinegar, lemon juice, mustard or hot sauce. Fats, acids and hot spices are perfect to balance the bitterness of dandelion greens. Try any of those ingredients as part of your dandelion dish and those bitter greens will shine.

For a quick fix, sauté them with garlic, onions and pine nuts and finish with goat cheese crumbles. If you're in a lazy mood, just throw them in a stew or a soup. If you're more adventurous, try one of the recipes on the back page. Or look on our online recipe archive under endive: you can substitute endive, escarole or frisée for dandelion greens.

Japanese Farmhouse Greens

Sara Jones, Tucson CSA

This is a different and delicious approach to preparing strong flavored greens. The tahini provides an excellent foil to the bitter note of the dandelions in this week's share. Use this as a filling for sushi, too. Or, if you don't have miso on hand, use a squeeze of lemon instead for a Middle Eastern-style dish.

2 bunches greens (shingiku, dandelion or minutina)
1 tablespoon tahini
2 teaspoons miso paste
Soy sauce to taste
Sesame seeds to garnish

Blanch greens by submerging in boiling water (about 1 minute for dandelion and only 30 seconds or so for shingiku or minutina) then removing to a cold water bath. Squeeze excess water from greens and chop roughly. Stir together tahini and miso paste, adding a bit of hot water to thin to a smooth paste. Mix into chopped greens and season to taste with soy sauce. Sprinkle with sesame seeds to serve.

Braised Ground Pork, Potatoes and Dandelion Greens

Philippe, Tucson CSA

There is something about dandelion greens and pork that makes them a perfect combination as the fat of the meat tones down the bitterness of the greens. I usually don't blanch the dandelion greens for this recipe because I like their bitter flavor, but if you prefer a milder flavor, just blanch the greens for a few minutes in salted water.

1 pound ground pork, chorizo or Italian sausage
1 bunch dandelion greens, chopped in 2-inch segments
1 pound potatoes, cubed
1 onion, chopped
2 garlic cloves, minced
Salt and pepper to taste

In a skillet on medium heat, sauté the meat until browned. No need to add olive oil, as the meat will provide its own fat. Add onions, garlic and potatoes. Stir until the onions are translucent. Cover and reduce heat. Cook for 30 minutes or until the potatoes are soft. Add the chopped greens and stir until mixed. Add salt and pepper to taste.

Spring Tonic Soup

Sara Jones, Tucson CSA

This brothy soup is light and refreshing, but you can make it more substantial by adding a can of white beans, and sour cream or yogurt.

1 large carrot, diced small
1/4 cup white rice
3 cloves garlic
3 handfuls mixed greens
1/2 cup chopped chard stems

1 1/2 quarts vegetable broth
2 hardboiled eggs, finely chopped, to garnish
Salt and pepper, to taste
Olive oil, to drizzle over individual servings

Bring vegetable broth to a simmer over medium high heat and add carrots, chard stems, garlic and rice. Cook for about 12 minutes and add greens. Cook an additional 6 or 7 minutes, until rice is tender. Garnish each bowl with a sprinkling of chopped eggs and a drizzle of olive oil.

Sesame Ginger Greens

This will be especially tasty with the shingiku and minutina in our shares this week. For stronger flavored greens, use the sauce to sauté the blanched greens.

About 3-4 cups mild CSA greens
1 inch fresh grated ginger
A few cloves minced garlic
A couple of dashes of sesame oil
A drizzle of soy sauce
A sprinkle of red chile flakes
Rice wine vinegar

Grate about 1 inch of fresh ginger. Mix together with a few cloves of minced garlic, a couple dashes of toasted sesame oil, a drizzle of soy sauce, a sprinkle of red chile flakes, and about 1 tablespoon rice wine vinegar. Toss together with greens and serve immediately, garnished with sesame seeds and green onions.

Huevos Florentine

Paula Redinger, Tucson CSA

Per serving:

1 large flour (or corn) tortilla
A couple small handfuls mixed greens
2 eggs
Olive oil
Crushed garlic
Salt and pepper

Combine a tablespoon or so of olive oil with crushed garlic (as much as you like.) Wash and shred the greens. Wilt in a pan with a few drops of olive oil, salt and pepper. Cook a few minutes longer, covered. When done, stir in garlic/olive oil mixture. When the greens are almost done, fry the eggs, sunny side up or over easy. Season with salt and pepper. Warm the tortilla. Place the tortilla on a plate, arrange greens on the tortilla and top with the eggs.