



Tucson Community Supported Agriculture

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Fall 2014

Harvest list is online

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Many more recipes on our website

CSA HOLIDAY SCHEDULE

We will be closed during the two weeks of Christmas and New Year. There is no need to place your subscription on hold for those two weeks.

The last pickups in December will be on Dec. 16 & 17, and pickups will resume after the New Year on Jan. 6 & 7.

BLACK MESA RANCH HOLIDAY CANDY

We have BMR's delicious chocolate candy, including chocolate rubbles, caramels, mints, truffles, candied ginger, fudge and various kinds of toffee.



MUSTARD GREENS



Mustard greens may not have the current popularity of their kale cousins, yet, like kale and all other cruciferous vegetables, they are an amazingly healthy and versatile food! Plus they add a spunky and peppery taste to recipes in which they are featured.

Mustard greens are the leaves of the mustard plant, *Brassica juncea*. Mustard greens come in a host of varieties, each with its distinct characteristics. And these brilliant leaves can enhance the beauty of any meal. Most mustard greens are actually emerald green in color, but

some are not green at all but rather dark red or deep purple. The leaves of mustard greens can have either a crumpled or flat texture and may have either toothed, scalloped, frilled, or lacey edges. Mizuna, for example, is one type of frilly mustard greens that often comes in our shares.

Few vegetables are as healthy as leafy greens. Their health benefits include detox support, anti-oxidant properties, anti-inflammatory benefits, cholesterol regulation and cardiovascular support. And they are loaded with vitamins and minerals.

Mustard greens are believed to have originated in the Himalayan region of India and they have been grown and consumed for more than 5,000 years. Mustard greens are a notable vegetable in many different cuisines, ranging from Chinese to Southern American. Like turnip greens, they may have become an integral part of Southern cuisine during the times of slavery, serving as a substitute for the greens that were an essential part of Western African foods. While India, Nepal, China and Japan are among the leading producers of mustard greens, a significant amount of mustard greens are grown in the United States as well. In addition to providing wonderfully nutritious greens, this plant also produces the acrid-tasting brown seeds that are used to make Dijon mustard.

How to store and prepare: Place mustard greens in a plastic bag, removing as much of the air from the bag as possible. Store in the refrigerator where they should keep fresh for about three to four days.

Before using, rinse mustard greens under cold running water and cut into 1/2" slices for quick and even cooking.

There are so many ways to prepare them, but here is a braised greens recipe that can be used to prepare most greens. It provides the greatest flavor and is also a method that allows for concentrated nutrient retention.

Heat 5 tablespoons of broth (vegetable or chicken) or water in a stainless steel skillet. Once bubbles begin to form, add mustard greens, cover, and sauté for 5 minutes. Toss with a simple salad dressing (e.g. 1 tablespoon of lemon juice, 1 medium clove garlic - pressed or chopped, 3 tablespoons of extra virgin olive oil, salt and black pepper to taste.) Top with your favorite optional ingredients.

If you like your mustard greens milder than they naturally come, dip them in boiling water for 1 minute and then drain before using.

Mustard Greens and Pork Casserole

Mustard greens and endive are tasty when cooked with pork. The fat in the pork seems take the bite out of the greens and mellow out their flavor.

1/2 pound ground pork or 1/4 pound bacon (sliced)
1 onion, chopped
2 potatoes, cubed
1 bunch mustard greens or endive, coarsely chopped
1/4 teaspoon thyme (or other herb)
Salt and pepper to taste

Sauté meat, potatoes and onion in a skillet. If using sausage, break it up as you brown it. When meat is brown or rendered, add greens and thyme.

Cover and simmer for 45 minutes or until potatoes are tender, stirring occasionally. Add 1/4 cup water or more if the mixture seems dry.

Saag

Sarah Elwood, Tucson CSA

Here's a simple recipe for saag. There are a million ways to do it. We like it sometimes with not so many chiles and with chili powder in its place, but always with mustard seeds (add these at the onion stage), lemon, and cilantro. Sometimes we put a big spoonful of yogurt in at the end. Or you can add a diced potato, or paneer cheese. A fine way to eat all these greens we've been getting!

1 bunch mustard greens
1 bunch spinach or other greens
1 onion, chopped
1 inch piece ginger, minced
4 cloves garlic, minced
2 green chilies, minced
Red chile flakes
2 tablespoons gram flour, sieved (optional)
1 tablespoon butter
Salt to taste

Boil both the greens till soft, about 2 minutes. Dunk in cold water and squeeze to remove excess water. Chop the leafy vegetables well and reserve. Heat the butter, sauté onions until soft, then add ginger, garlic, green chilies and red chile flakes and cook. When the masala has been browned, add the mashed greens and salt. Mix the gram flour in a little water and add to the saag. Simmer for at least 30 minutes. Season with salt to taste and stir in a little yogurt, cream or coconut milk if desired.

Curried Turnips

Sara Jones, Tucson CSA

If you haven't found a way that you like turnips, give this recipe a try. Curry spices are also delicious sprinkled over roasted turnips or rutabagas as well! And the curry spices, cumin, coriander, turmeric and ginger are all powerful digestive aides, for those who find turnips hard to digest.

1 bunch turnips with greens, cleaned, roots diced and greens roughly chopped
1 small onion

1 clove garlic
About 1 tablespoon freshly grated ginger
1 tablespoon good curry powder
1/4 cup canned, chopped tomatoes
Oil
Fresh chopped cilantro, for garnish

Heat oil in a large skillet over medium high heat. Add onions and cook until beginning to brown. Smash garlic and ginger into a paste and add to skillet, then add curry powder. Cook, stirring well, for one minute then add turnips and tomatoes and about 1/4 cup of water. Cover and cook until turnips are tender. Stir in greens and cook until wilted. Season to taste with salt and garnish with fresh chopped cilantro.

Braised Turnips (with onions and greens)

Maggie Newman, Tucson CSA, Adapted from EverGreen Farm

1 bunch of turnips with greens
1 clove of garlic, minced
Salt, to taste
2 teaspoons olive oil
1 onion, sliced

Wash the turnips tops and roots. Trim the turnip greens from the roots and put aside for later. Quarter the turnip roots. Over low heat, add 1 teaspoon of oil and turnips to a skillet. Sprinkle with salt. Cover and cook on low heat until the turnips are soft but not mushy, about 10-15 minutes. Cut turnip greens into 1/2 inch pieces. Fill skillet with water and bring it to a boil. Do not add salt yet! When the water is boiling, add cut turnip greens and blanch until soft about 1-2 minutes. Drain and set aside. Peel and thinly slice onion. Heat 1 teaspoon of oil over medium heat. Add sliced onions and garlic. Cook until translucent. Add salt, cook until soft, then add blanched turnip greens. Add more salt. Cover and continue cooking for another 5 minutes. Serve with braised turnip roots.

Asian Slaw

Sara Jones, Tucson CSA

About 1 head Chinese cabbage, thinly sliced
3 turnips, shredded
3-4 green onions, sliced
1 orange, sliced into segments, if desired
2 tablespoons peanut butter
1/2 inch piece fresh ginger, grated
1/4 cup orange juice
1 tablespoon rice wine vinegar
1 tablespoon soy sauce

Blend peanut butter, ginger, orange juice, vinegar and soy sauce together until smooth. Toss veggies together with sauce and top with orange segments, if using.