



# Tucson Community Supported Agriculture

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## Winter 2014/15

### Harvest list is online

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Many more recipes on our website

#### TRADING TABLE INSTRUCTIONS

It's easy to get the TRADING wrong, so here are the instructions:

1. Place a full portion of a vegetable from your produce in an empty basket
2. Take a full portion of another vegetable from a full basket.

The trading table should always have 9 baskets: 8 full ones and 1 empty one.

Produce portions exchanged must match the produce portions of that week's share. So if one of the produce items is 3 potatoes, for example, you may only exchange 3 potatoes, not 1 or 2.

Please do not place an unwanted bunch of something you don't want without taking from another basket. It messes things up.

If you don't want an item and don't want to trade, put that item on the SURPLUS bench.

#### LAMB SHARES

Next week we'll start taking lamb share orders, in time for Easter (April 5). For info on lamb shares, check our web page at Products > Meats

## KOHLRABI



Some say kohlrabi resembles the old Soviet Sputnik satellite. And it does a bit. But the cool thing is that you can eat it. Just trim off the stem leaves and peel it. The leaves can be eaten but must be cooked and they have a flavor similar to kale. But it is its bulb that kohlrabi is really grown for.

The peeled bulb can be eaten either raw or cooked. It can be used raw in crudites, or grated and added to salads and slaws. It can be used cooked in gratins, soups, stews or purées, or sautéed or steamed like a turnip. For example, cut it into 1/4" slices or sticks and sauté in butter or olive oil, or boil and mash like potatoes.



## PLANT STARTS

Plant starts are vegetable seedlings in little black plastic pots that are waiting to be transplanted in soil. Crooked Sky Farms sends them to us a couple times each spring. Their types vary a lot and include tomatoes, artichokes, peppers, melons, squash cucumbers, basil and more.

Carefully transplant your start and its root ball directly in the soil. Choose a sunny location. You can also plant it in a pot to be placed indoors or outdoors. Use a rich potting soil. Give it water when the soil gets dry.

## REMINDER - MEMBERS DAY AT CROOKED SKY FARMS

Come meet your farmer, tour the farm and eat some good food. This event is free. Philip and Sara will be there too.

Where: Crooked Sky Farms, 2134 S. 16th Ave., Phoenix.

When: Sunday, March 8, 10:00 a.m. to 1:00 p.m.

Who: Members and their immediate families.

Directions to the farm are in last week's newsletter (on-line)

Please RSVP by Wednesday, March. 4, at [tucsoncsa@tucsoncsa.org](mailto:tucsoncsa@tucsoncsa.org) with the number of people in your party. It helps us plan the event.

Frank sent us the menu:

<p style="text-align: center;"><b>Bean Bowl with Cilantro Rice</b> <i>Pinto beans, cilantro, crispy taco shells, carrots and collards</i></p> <p style="text-align: center;"><b>Orange Pistachio Salad</b> <i>Oranges, red scallions, Romaine lettuce and quelites blend, kohlrabi, feta cheese and pistachios</i></p> <p style="text-align: center;"><b>Chocolate Beet Brownies</b></p>
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**Kohlrabi Coleslaw**

Sara Jones, Tucson CSA

About 3 cups shredded kohlrabi and/or cabbage  
2 carrots, shredded  
½ onion, finely sliced  
½ sour apple, shredded  
2 teaspoons sugar  
¼ cup mayo (or use a couple tablespoons olive oil)  
2 tablespoons apple cider vinegar  
1 pinch celery seeds, poppy seeds or crushed fennel seeds  
Salt and pepper to taste

Mix the shredded vegetables together. Mix the rest of the ingredients in a separate bowl then pour over vegetables, tossing well to coat. Let salad sit for at least 30 minutes before serving.

**Brilliant Beet Dip**

Lori Adkison, Tucson CSA

2 pounds beets  
¼ cup olive oil  
¼ cup sour cream or tofutti (vegan sour cream)  
2 tablespoons red wine vinegar  
2 cloves of minced garlic  
Salt and pepper to taste chives

Preheat oven to 400°. Wrap beets in aluminum foil and bake until tender, approximately 1 hour. Let cool. In a food processor mix beets, olive oil, sour cream (or tofutti), vinegar, garlic, salt and pepper. Mix until it reaches dip consistency. Transfer to a serving bowl and sprinkle with chives.

**Earthy Warm Green Salad**

Philippe, Tucson CSA

½ pound bacon, cut in strips; or ½ cup blue cheese (add blue cheese at the end)  
½ pound potatoes, cubed  
1 head Romaine, cleaned and chopped  
½ bunch beet greens, cut in ribbons  
1 tablespoon olive oil  
¼ cup grated Parmesan cheese  
½ cup walnuts, lightly crumbled  
Black pepper or red chile flakes  
Salad dressing--simple oil and vinegar or Italian

In a non-stick pan, eat oil to medium high. Sauté bacon and potatoes in oil. Cover and sauté for about 20 minutes or until potatoes are soft. Stir occasionally. Season with black pepper or red chile flakes. Add to salad mix and greens. Add Parmesan cheese, walnuts and salad dressing. Toss and serve.

**Beet and Carrot Cake**

Sara Jones, Tucson CSA

2 cups grated carrots and beets, mixed  
⅓ cup granulated sugar  
⅔ cup packed dark brown sugar  
⅔ cup vegetable oil

2 large eggs  
¼ cup yogurt  
2 ½ cups all-purpose flour  
2 teaspoons baking powder  
1 teaspoon ground ginger  
1 teaspoon ground cinnamon  
½ teaspoon baking soda  
¼ teaspoon salt

Streusel topping:

⅔ cup oats  
⅔ cups walnuts  
¼ cup butter  
½ cup brown sugar

Preheat oven to 350°. Make topping by mixing streusel ingredients together in blender, pulsing, until well mixed. Combine the granulated sugar, brown sugar, oil, eggs and yogurt in a large bowl; beat with a mixer on medium speed until well blended. Add beets and carrots; beat well. Combine flour and spices in a large bowl. Add to wet mixture and mix well. Pour batter into a greased and floured 9×13" cake pan. Sprinkle evenly with streusel mixture. Bake at 350° for 30 minutes or until a wooden pick inserted in center comes out clean. Cool in pan 10 minutes on wire rack; remove from pan.

**Beet Greens**

Bevin, Tucson CSA

Don't forget to eat your beet greens! They have a fantastic flavor, like chard and spinach, to which they are related. This is a simple and unusual recipe.

Sauté the greens whole and add some soy sauce. While the greens are warm, add chopped hard boiled eggs, pine nuts and feta cheese. Other cheeses, like Parmesan, would be good as well. Serve warm.

**Carrot Miso Dressing**

Sara Jones, Tucson CSA

This is great for salads, sprinkled with some sesame seeds as a garnish. The dressing could also be used as a pasta sauce, tossed over soba or udon noodles.

2-3 medium to large carrots  
1-2 green onions  
1 inch peeled ginger, chopped  
2 tablespoons miso  
2 teaspoons sesame oil  
2 tablespoons vegetable oil  
¼ cup rice wine vinegar

Clean carrots and remove tops and bottoms, chop roughly into pieces. Put all ingredients in a food processor or blender and pulse a bit to break down carrots. Purée dressing for a couple of minutes until dressing is mostly smooth and carrot bits are very small.