



Winter 2016-17

Harvest list is online

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Veggie Trivia - Why are vegetables from the Brassica family called cruciferous vegetables?



The word cruciferous comes from the Latin *crucifer* or “cross-bearing,” in reference to the symmetrical placement of the four petals of the flowers of the Brassica family.



HAPPY VALENTINE’S!

... and get some Black Mesa Ranch candy for your loved ones! David sent us some Fudge on Fire to add to the last of his caramels, truffles, English toffee (sea salt and chipotle) and cajeta (goat’s milk dulce de leche).

Two 21st Century Uses for Cauliflower

As we’ve mentioned before, winter in the Southwest is the prime season for veggies in the Brassica family (also referred to as cruciferous vegetables), which are nutritional powerhouses, and cauliflower is one of them - as is broccoli! But let’s stick to cauliflower for now. Cauliflower especially has enjoyed a Renaissance of sorts in recent years. With the advent of the Paleo movement and other foodie trends came lots of new uses for this cancer-fighting food proving how surprisingly versatile this veggie really is! Here are two favorites:



Cauliflower Rice - A popular ways of cooking cauliflower these days is turning it into cauliflower “rice”. You simply cut the cauli into chunks, and process it in a food processor until they form what look like grains of rice. Then you can sauté in olive oil with some salt and pepper OR mix with oil, season and spread on a baking sheet to roast at 400 degrees for about 15 minutes. If you don’t have a food processor, you can use a grater (though use it in a large wide bowl to catch the “crumbs”).

Cauliflower Mash - Cauliflower can be easily turned into a low carb version of mashed potatoes. Cut a head of cauliflower into chunks and steam for about 10 minutes until tender along with a few peeled cloves of garlic. Plop it all into a food processor with 2 tablespoons of butter, some salt and pepper and whirl until smooth. Delish!

Tender, Tasty Tatsoi

Tatsoi, a relative of the bok choy, is native to China, yet its culinary roots are in Japan. This small, low-growing rosette of petite leaves has been cultivated for so long, it’s considered an ancient green. Its spoon-shaped leaves are glossy with a buttery, succulent texture. Fresh tatsoi mingles sweet and tangy flavors with a mineral finish. Once cooked, it develops a warm earthiness, similar to spinach.

Tatsoi is a very versatile green in the kitchen. It can be mixed with any other green that you would enjoy in a salad, such as arugula or watercress. It may even be substituted for any recipe calling for spinach. Its slightly tangy and peppery notes pair well with citrus, crisp and cool ingredients such as apple, fennel and mint, and warm flavors that are abundantly found in chiles, garlic and allspice.



Use tatsoi with ingredients rich in umami such as scallops, mushrooms, seaweed and braised meats. Fermented ingredients such as fish sauce, soy sauce and vinegars also pair well.

Braised Broccoli

Sara Jones, Tucson CSA

While bright green, perfectly al dente broccoli is delicious, sometimes its nice to cook it down into a tender, earthy side dish.

1 bunch broccoli, cut lengthwise into long spears with stems attached
¼ large onion, diced
1 tablespoon tomato paste
1 tablespoon olive oil
Salt and pepper to taste

Put broccoli and onion in a medium saucepan over medium low heat. Drizzle with olive oil and tomato paste thinned with about ¼ cup water. Sprinkle with salt and pepper and cover. Cook for about 20-30 minutes, until broccoli is meltingly tender. Add more salt if necessary and serve.

Cauliflower with Lemon-Mustard Butter

Epicurious.com

1 small head of cauliflower (about 1 3/4 pounds)
1 teaspoon coarse kosher salt
6 tablespoons (3/4 stick) butter
2 tablespoons fresh lemon juice
2 tablespoons whole grain Dijon mustard
1 1/2 teaspoons finely grated lemon peel
1 tablespoon chopped fresh parsley

Preheat oven to 400°F. Butter a rimmed baking sheet. Cut cauliflower in half, then cut crosswise into 1/4-inch-thick slices. Arrange slices in single layer on prepared baking sheet; sprinkle with salt. Roast until cauliflower is slightly softened, about 15 minutes. Meanwhile, melt butter in small saucepan over medium heat. Whisk in lemon juice, mustard, and lemon peel. Spoon mustard-lemon butter evenly over cauliflower and roast until crisp-tender, about 10 minutes longer.

Note: Can be made 2 hours ahead. Let stand at room temperature. If desired, rewarm in 350°F oven until heated through, about 10 minutes.

Transfer cauliflower to platter. Sprinkle with parsley and serve warm or at room temperature.

Simple Greens Bisque (simple greens pasta sauce)**

Kumi Rao, Tucson CSA

2 tablespoons of butter or olive oil
2 shallots or 1 medium-sized onion (diced very fine)
4 cloves garlic (minced)
1 cup of pureed greens
1/2-1 teaspoon (to taste) crushed red chili flakes
1/2 cup of heavy cream/milk/coconut milk/unflavored almond milk
Salt to taste

On a medium-low flame, add chili flakes to 2 tablespoons of butter/olive oil for 1-2 minutes. Add shallots or onion, a heavy pinch of salt and sauté until the onions start to turn a lovely brown (about 4-5 minutes). Add minced garlic and sauté for one minute. Add pureed greens and cook until most of the moisture has been evaporated (about 5 minutes). Thin mixture out with the milk of your choice and simmer for another 5 minutes. Season with salt to taste.

Serving suggestion: Top with a drizzle of extra virgin olive oil and cream – serve with Barrio bread.

** To make this into a pasta sauce, simply add basil/oregano or fresh herb of your choice, thin out with only 1/4 cup of “milk” (preferably a richer option, heavy cream or coconut milk) and add to 8 ounces of pasta.

Frozen Broccoli

Sara Jones, Tucson CSA

If you are not sure you can eat all the fantastic broccoli we have been getting in our shares you can easily freeze it to savor later.

1 large head broccoli
1 large pot lightly salted water
1 large bowl ice water

Separate broccoli florets into roughly 1” pieces. Peel stem and cut into ¾” pieces. Bring large pot of water to a boil. Add broccoli and cook for 1-2 minutes, until bright green but still crisp. Remove and strain and dunk immediately into ice water to cool. Drain and shake to dry a bit. Lay out in a single layer on a baking sheet and freeze. Once pieces are frozen pack them together into a ziplock bag for freezer storage.

Spanish Egg Drop Soup

Sara Jones, Tucson CSA

Use milder greens, like chard, spinach or baby greens for this simple soup. You can add diced ham for a heartier soup.

1-2 bunches greens, cleaned and cut into strips
3-4 cloves garlic minced
2 teaspoons olive oil
2 eggs
1 teaspoon each of salt and pepper
1 tablespoon flour
4 cups soup stock
Green onion, chopped, to garnish

In a soup pot, sauté garlic in olive oil until fragrant, add stock and bring liquid to a boil. Cook about 5 minutes to let garlic mellow. Mix together eggs, salt and pepper and flour. Pour egg mixture through a colander and into boiling broth. Stir briefly, add greens (and ham, if using) and stir again. Cook until greens are wilted, just a few minutes. Serve, garnished with chopped green onion.