



# Tucson Community Supported Agriculture

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## Spring `18

Harvest lists are online

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### More Recipes Online

### Cheese Shares Start Next Week!

The reason that there are no cheese shares from January to April is because that is when goats are kidding, i.e. when baby goats (kids) are born, and most of the goats' milk goes to their kids.

If you are signed up for a cheese share, you will automatically start receiving your cheese logs starting Tuesday, April 24 and Wednesday, April 25, and every other week after that until the end of the year.

You can add or remove cheese shares to or from your CSA subscription throughout the year. If you want to try it, you can buy some cheese logs at the front desk when we have extra, or you can just temporarily add a cheese share to your subscription.

A goat cheese share consists of 1 log of cheese every other week. We offer 3 cheese share plans based on the cheese logs' flavoring:

- 1) plain only,
- 2) alternating between plain and herb, and
- 3) rotating among plain, herb, chipotle and jalapeño.



## Shungiku (Chrysanthemum Greens)

It always breaks my heart to see the trading table fill up with just shungiku. I can't help but have compassion for those often unwanted aromatic greens from East Asia.

Maybe it's the fear of the unknown. They are, after all, something one doesn't come across every day. Yet quite a few members have told us how much they like them. If you haven't tried them, or don't know how to use them, I really encourage you to give them a try. They are tasty and easy to use. You

can eat the whole thing. Only trim away the stems if they seem too fibrous. Also, don't overcook shungiku or the leaves tend to get mushy.

I generally use shungiku like spinach, lightly sautéed, with a bit of garlic and a dash of soy sauce. But if you feel more adventurous, try one of the 45 recipes from Cookpad.com (<https://cookpad.com/us/search/shungiku>). Some of those recipes are mouth-watering and easy to make, such as 5-Minute Chrysanthemum Greens with Sesame Seeds, Stir-Fried Chrysanthemum Greens with Ginger, Tender Chicken Breast and Chrysanthemum Greens with Garlic and Soy Sauce, Chrysanthemum Greens Pesto, and Chrysanthemum Greens with Tuna-Mayonnaise Sauce, to mention a few.

Let us know how you fixed your shungiku!

## Tartine au Fromage Blanc (French for "What To Do With Radishes")



Tartine au Fromage Blanc is a summer favorite in Belgium and northern France, often eaten at sidewalk cafés and traditionally accompanied by a glass of Gueuze (lambic beer) or Kriek (lambic cherry beer). You can buy Gueuze and Kriek in the Belgian beer section at Total Wine. It's really good. Try it! Some people add a cube of sugar to it to balance its sourness.

Unfortunately, true fromage blanc, a creamy soft fresh cheese, doesn't exist in the US. But let that not stop you: there are perfect substitutes for fromage blanc to be found locally. The nearest thing to it is labneh, which you can buy at any Middle Eastern specialty store (e.g. Caravan, Babylon Market). In the absence of labneh, Greek yogurt will do the job too.

Now, all you need to do is to spread generous dollops of fromage blanc/labneh/Greek yogurt on slices of bread, then add some chopped green onions and sliced radishes. Sprinkle with salt and a generous dose of freshly ground black pepper, and you have an amazingly refreshing snack. You can even make a meal of it, as Belgians do.

## **Korean Radish Salad**

Amy Valdez Schwemm, adapted from  
<http://www.maangchi.com/recipe/musaengchae>

This recipe works well with large radishes, such as watermelon radishes or black Spanish radishes, but small radishes work also. You could quarter French breakfast radishes lengthwise instead of trying to julienne them.

1 bunch radishes, cleaned and julienned or shredded  
1 teaspoon salt  
2 cloves garlic, minced  
1 green onion, chopped  
1 tablespoon vinegar  
2 teaspoons chile flakes, or to taste  
2 teaspoons sugar  
1 teaspoon sesame seed

Grate radishes into a bowl (or cut into matchsticks). Add salt and let rest for 5 minutes. Drain, and squeeze out excess moisture. Add remaining ingredient and mix well. Serve with rice.  
Note: it's even better the day after!

## **Radish Fritters**

Tina Hansleben, Tucson CSA

1 bunch radishes  
¼ cup flour of choice (I have used many different kinds of wheat-free flours with success.)  
1 egg  
1 handful fresh herbs, chopped  
Juice of one lemon  
Peel of one lemon  
½ teaspoon salt  
Sugar, to taste  
Goat cheese, to garnish

Shred the radish bulbs into a large bowl. Add egg, herbs, lemon peel, salt, flour, juice from 1/2 lemon. Add a little more flour if the mixture is still very wet – you want the vegetables to stick together. Heat a pan to medium with oil. Scoop out the mixture in a ¼ cup measure and press down with a spoon. Drop mixture onto the pan, flatten with a spatula and fry until golden on each side. Mix remaining lemon juice with a little sugar until you have a sweet concoction to drizzle onto the fritters at the table. Garnish with cheese and serve.

## **Cauliflower Melt Salad**

Philippe Waterinckx, Tucson CSA

1 cauliflower  
1 lettuce head  
1 tablespoon olive oil  
1 cup grated cheddar cheese  
2 tablespoons Italian or French dressing  
Salt and pepper

Finely chop head of lettuce. Place into salad bowl and add salad dressing. Break up cauliflower in small pieces. Heat oil to medium heat in skillet. Add cauliflower. Cover and braise for 10 minutes or until tender, stirring occasionally. When cauliflower is done, add salt, pepper and grated cheese. Melt for a few minutes while

stirring to cover all pieces. Add to salad bowl. Toss. Serve immediately.

## **Japanese Farmhouse Greens (with shungiku)**

Sara Jones, Tucson CSA

This is a different and delicious approach to preparing greens. The tahini provides an excellent foil to the herbal flavor of shungiku and is also great on mizuna. Use this as a filling for sushi rolls, too.

1 or 2 bunches greens  
1 tablespoon tahini  
2 teaspoons miso paste  
Soy sauce to taste  
Sesame seeds to garnish

Blanch greens by quickly submerging in boiling water, 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 water if necessary. Mix into chopped greens and season to taste with soy sauce. Sprinkle with sesame seeds to serve.

## **Quinoa Tabbouleh**

1 ½ cups cooked quinoa  
2 tomatoes, chopped  
3-4 parley roots, scrubbed and grated  
1 bunch parsley, finely chopped  
1 bunch I'toi onions or spring onions, finely chopped  
1 tablespoon chopped mint  
3 tablespoons extra virgin olive oil  
3 tablespoons lemon juice  
Salt and ground black pepper to taste

In large bowl combine all ingredients. Toss and serve or cover and refrigerate for up to 24 hours.

## **Stir-Fried Shungiku with Ginger**

Adapted from Cookpad.com

1 bunch shungiku  
1 knob ginger  
2 tablespoons soy sauce  
2 1/2 tablespoons honey  
1 dash sesame oil

Cut shungiku into 4 even lengths.

Julienne half of the ginger, and grate the other half. Mix with the soy sauce and honey, then set aside.

Heat a frying pan, and coat the pan with sesame oil.

Start stir-frying with the shungiku stems. Add the leaves, and briefly stir-fry.

Pour in the ginger, soy and honey mixture, and stir-fry over high heat. When the ginger and soy sauce are well blended with the chrysanthemum greens, it's done.