



October 25, 2005 – Issue 8

Tucson Community Supported Agriculture Newsletter

Support environmental, social and economic sustainability

**FALL 05
WEEK 5 OF 10**

RECIPES IN THIS ISSUE

Know your greens
Spicy Rice and Kale
Sautéed Potatoes, Turnips and Greens



**SECOND PAYMENT FOR
FALL SEASON IS DUE THIS
WEEK**



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THIS SATURDAY: DAY TRIP TO CROOKED SKY FARMS

Meet at the CSA at 8:45 AM. We'll carpool to Glendale, leaving the CSA at 9:00 AM, planning to be back by 5:00 PM. For those who prefer to get there independently, plan to arrive at the farm by 11:00 AM (see directions below). It is about

a 2-hour drive from Tucson. If you arrive after that, no problem, you'll spot us walking around in the field.

Planned activities:

- CROP TOUR with Farmer Frank.
- HARVEST your own produce for free (bring a sharp knife).
- free field LUNCH of grilled corn on the cob and salad. You are welcome to bring a side dish to share. Bring a chair if you'd rather not sit on the ground. Water and fruit juices will be provided.

- Walk away your own naturally-grown Halloween PUMPKIN

This is a fun-packed event where you get to see where your produce actually comes from, discover how it is grown, meet Farmer Frank and listen to his great stories. You may even get to go around the field on Farmer Frank miniature field tractor.

Directions to Crooked Sky Farms (from Tucson):

Go north on I-10, direction Phoenix.

In Phoenix, stay on I-10 and follow signs to Los Angeles.

Take the 83rd Ave. exit (exit number 135).

Turn RIGHT on 83rd Ave.

Go for approx. 3 miles, past Camelback Rd., then past Missouri Ave.

After Missouri Ave., there is a housing development on the right side of the

road. The farm field is immediately past those houses. There is no sign; it's just

a large field with crops and farming equipment. Park along side the field.

If you get to Bethany Home Rd. you have gone too far.

Philippe can be reached any time on his cell phone at (520) 203-6500

CROP NEWS

No worries! You won't be getting braising greens EVERY week. Soon we will get more chard, kale, spinach and other greens.

It may be the last week for green chilies, depending on the weather. If you'd like

to keep yours for later this winter, remember that roasted green chilies keep very

well in the freezer.

KNOW YOUR GREENS

(Renee Schettler, *Washington Post*)

There are two basic categories of dark leafy greens: quick-cooking and slow-cooking. Several different greens fall into each category and can be used interchangeably in recipes, although the flavors can be vastly different.

Store unwashed greens in the refrigerator for up to five days loosely wrapped in paper towels, then placed in an open plastic bag.

QUICK-COOKING GREENS can be wilted, whole or chopped, over high heat in a matter of minutes. They also can be thinly sliced and added to soups or, in some instances, served raw as a peppery counterpoint to milder salad greens.

Beet greens: Mild and similar to chard in flavor but with a tougher texture.

Chicory: Includes Belgian endive, curly endive, escarole, frisée and radicchio. Slightly bitter and often peppery; often served raw.

Chard: Commonly called Swiss chard. Red-stemmed varieties tend to have an earthy flavor; white-stemmed varieties are milder and faintly sweet.

SLOW-COOKING GREENS tend to have sturdy and often tough leaves and pungent flavors, both of which are tempered when slowly simmered in a bit of water or stock.

Collard: Very mild-flavored member of the cabbage family.

Kale: Slightly pungent; remove and discard stems from leaves before cooking.

Mustard greens: Very peppery, as the name implies.

Turnip greens: Pungent and strong; older leaves are particularly bitter.

SPICY RICE AND KALE (V)

(Philippe, TCSA; adapted from *Cooking For Health*)

2 1/4 cups canned low-salt chicken broth or vegetable broth

1 1/2 teaspoons Creole or Cajun seasoning

1 cup white rice

4 ounces kale (about 1/2 large bunch), coarsely chopped (2 cups packed)

Bring broth and Creole seasoning to boil in heavy large saucepan. Stir in rice and kale and bring to boil. Reduce heat to low, cover and cook until rice is tender and liquid is absorbed, about 20 minutes.

SAUTÉED POTATOES, TURNIPS AND GREENS (V)

(Philippe, TCSA)

1 lb of turnips, diced

1 bunch turnip greens

1 lb of potatoes, diced

1 onion, chopped

1 clove garlic, pressed

1 tbs olive oil

1 tsp chili powder (chipotle powder works great)

1 tsp rosemary, chopped

salt and pepper

In a saucepan, sauté potatoes, onions, garlic and turnips in medium hot oil for 15-20 minutes, with lid on and stirring occasionally.

After about 10 minutes, throw in your turnip greens, chili powder, rosemary, and salt and pepper to taste. Mix occasionally until potatoes are soft and golden brown.

**IF YOU HAVE GOOD RECIPES
FOR YOUR CSA PRODUCE,
PLEAAAAAASE PASS THEM ON TO US.
THANKS, PHILIPPE**