



# Tucson Community Supported Agriculture

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Winter '06-'07  
Week 8 of 12

## This Week's Harvest

Tangelos  
Dry Beans Mix  
Daikon Radishes  
Beets  
Carrots  
Red Russian Kale  
Watercress  
Romaine Lettuce

## Recipes

Kale and White Bean Soup  
Blue Cheese and Watercress  
Spread  
Daikon Preparation Tips  
Daikon, Beet, carrot and Watercress Salad



## Watercress

Watercress are fast-growing, aquatic or semi-aquatic, perennials native from Europe to central Asia and one of the oldest known leaf vegetables consumed by human beings. It contains significant amounts of iron, calcium and folic acid, in addition to vitamins A and C. Watercress has a mustardlike bite and aroma but surprises the palate with a cooling, refreshing effect, rather than a fiery one. Add it raw to salads. Cooking eliminates its bite and leaves a sweet vegetable. When cooked, its volume is reduced by three-fourths, so plan accordingly.

## Editor:

Neil Diamente

## **NOW TAKING SUBSCRIPTIONS FOR SPRING SESSION!**

- **Early Bird Subscriptions**—Subscribe by February 16 for the Spring Session, which will run for 13 weeks from March 5 to May 29. Cost is \$221 (\$17 per week for the full 13 weeks). After February 16 subscriptions are pro-rated at \$18 per week. Once a year, for Spring session, we ask renewing members to submit an application also, to keep our records up-to-date. Thanks! More subscription info online.
- **Trial Memberships**—We no longer offer three-week trial memberships. However, if you have friends contemplating joining the CSA but who are hesitant to commit to a full session, tell them that now is a good time to try it out as there are only a few weeks left in this session. They can sign up for the remaining weeks at the pro-rated cost of \$18 per week.
- **Current Subscribers**—For those who are paying monthly, the third and last payment for the Winter session are due by February 6.

## CSA eggs price goes up



After supplying the CSA with organic eggs for about six months, Chris O'Brien assessed the economic aspects of his organic egg production and concluded he is not quite breaking even. His price covers the price of the organic feed but not the cost of labor or parts. Consequently, Chris and Philippe have decided to increase the price from \$3.75 per dozen to \$4.00 per dozen.

## Get Involved!

Several Tucson CSA members have asked us how they can become more involved. Here's how:

1. Email us an essay, to be published in our newsletter, about you and the Tucson CSA, i.e. why you joined, how it works for you (or doesn't work), how you cook with CSA produce, how it has changed your eating habits, etc. Length: 100 to 250 words.
2. Give us general feedback on our online "Comments" page.
3. Email us your original recipes that use the produce you get from the CSA. For every five recipes published in our newsletter or website, you get credit for one week's worth of produce for a future session.
4. Submit comments about our online recipes in the comment box below the recipe.
5. Submit your profile and photo on our online "Members" page.
6. Volunteer: volunteer opportunities are infrequent, but you may be called upon to occasionally substitute and even become a regular volunteer. See our online "Volunteer" page under the "About Tucson CSA" page.

## Need some culinary inspiration? Take a CSA cooking class

The CSA will hold its second, seasonal cooking class on Saturday, February 10th from 2-5 pm. Sara Jones, our Tuesday morning volunteer, will lead the class in exploring the different options for preparing our winter/spring vegetables. Demonstrations and a recipe booklet will be provided, but the emphasis of the class is to help participants access their own creativity in cooking. Our last class was a great success and space is limited so sign up early if you are interested in attending. The cost is based on a sliding scale, between \$10-20 and covers all class materials, including a recipe booklet and lots of samples. There is the option of staying after 5:00 for a short discussion on making your own sauerkraut and other fermented vegetables as well.

### Kale and Bean Soup

1 bag dried beans  
 2 onions, coarsely chopped  
 2 tablespoons olive oil  
 4 garlic cloves, finely chopped  
 5 cups chicken broth  
 2 qt water  
 1 (3- by 2-inch) piece Parmigiano-Reggiano rind  
 2 teaspoons salt  
 1/2 teaspoon black pepper  
 1 bay leaf  
 1 teaspoon finely chopped fresh rosemary  
 1 lb smoked sausage such as kielbasa (optional), sliced crosswise 1/4 inch thick  
 8 carrots, halved lengthwise and cut crosswise into 1/2-inch pieces  
 1 bunch kale, stems and center ribs discarded and leaves coarsely chopped

Cover beans with water by 2 inches in a pot and bring to a boil. Remove from heat and let stand, uncovered, 1 hour. Drain beans in a colander and rinse.

Cook onions in oil in an 8-quart pot over moderately low heat, stirring occasionally, until softened, 4 to 5 minutes. Add garlic and cook, stirring, 1 minute. Add beans, broth, 1 quart water, cheese rind, salt, pepper, bay leaf, and rosemary and simmer, uncovered, until beans are just tender, about 50 minutes.

While soup is simmering, brown sausage (if using) in batches in a heavy skillet over moderate heat, turning, then transfer to paper towels to drain.

Stir carrots into soup and simmer 5 minutes. Stir in kale, sausage, and remaining quart water and simmer, uncovered, stirring occasionally, until kale is tender, 12 to 15 minutes. Season soup with salt and pepper.

Note: Soup is best if made 1 or 2 days ahead. Cool completely, uncovered, then chill, covered. Thin with water if necessary.

Makes 6 main-course servings.

Gourmet, February 2002

### Sautéed Kohlrabi and Watercress

1 pound small kohlrabi bulbs (about 1 bunch)  
 1 bunch watercress  
 2 tablespoons unsalted butter  
 2 tablespoons fresh lemon juice

Peel kohlrabi with a vegetable peeler and cut into 2-inch-long julienne strips. Discard coarse stems from watercress. In a large heavy skillet heat butter over moderately high heat until foam subsides and sauté kohlrabi, stirring, until crisp-tender, 5 to 10 minutes. Add lemon juice and sauté kohlrabi, stirring, 1 minute more. Remove skillet from heat and immediately stir in watercress. Season vegetables with salt and pepper.

Serves 4.

Gourmet

January 1998

### Blue Cheese and Watercress Spread

Adapted from Bon Appetit Magazine

3 ounces blue cheese, crumbled  
 4 ounces cream cheese, room temperature  
 3 tablespoons butter, room temperature  
 1 bunch watercress, stems trimmed, leaves chopped  
 2 green onions, chopped  
 1/4 cup finely chopped toasted walnuts

Mix the blue cheese, cream cheese and butter in a medium bowl until blended. Mix in watercress, onions and nuts. Season with salt and pepper. Spoon the mixture into a small bowl. You can prepare the spread up to one day ahead. Serve the spread with crackers or a thinly sliced baguette.

### Daikon Radishes Preparation Tips

WhatsCookingAmerica.net



This is an extremely versatile vegetable that can be eaten raw in salads or cut into strips or chips for relish trays. It also can be stir-fried, grilled, baked, boiled or broiled. Use the daikon as you would a radish. It may be served raw in salads or grated for use

as a condiment (if you don't have a Japanese-style grater, use a cheese grater and grate just before serving), pickled, or simmered in a soup. They are also preserved by salting as in making sauerkraut. Daikon also is used in soups and simmered dishes. To prepare, peel skin as you would a carrot and cut for whatever style your recipe idea calls for. Not only is the root eaten, but the leaves also are rich in vitamin C, beta carotene, calcium, and iron, so they are worth using instead of discarding.

A Japanese secret to cooking daikon is to use water in which rice has been washed or a bit of rice bran added (this keeps the daikon white and eliminates bitterness and sharpness).

For Chips, Relish Tray Sticks or Stir Fries - Simply peel Daikon with a peeler and cut crossways for thin chips. Dip thin chips in ice water and they will crisp and curl for a Daikon chip platter with your favorite sour cream or yogurt dip. Cut into julienne strips for relish trays, salads or stir-frys.

Nutrition Information - Daikon is very low in calories. A 3 ounce serving contains only 18 calories and provides 34 percent of the RDA for vitamin C. Rich in vitamin C, daikon contains active enzymes that aid digestion, particularly of starchy foods. Select those that feel heavy and have lustrous skin and fresh leaves.

### Daikon, Beet, Carrot and Watercress Salad

Mix together:

1 daikon, scrubbed and sliced  
 2 carrots, scrubbed and sliced  
 1 bunch beet bulbs, steamed, peeled and sliced  
 1 tablespoon red pepper flakes, or 1 red pepper, diced  
 1 bag watercress, chopped  
 2 tablespoons extra virgin olive oil  
 2 tablespoons soy sauce  
 1 tablespoon fresh lemon juice, or to taste