



Tucson Community Supported Agriculture

Newsletter 116 ~ December 11, 2007 ~ Online at www.TucsonCSA.org

Fall '07, Week 2 of 12

Planned harvest list is [Online](#)

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Goat Awards at Black Mesa Ranch

Congratulations to [Eddie](#), [Penny](#), [Poppy](#), [Pepper](#), [Cinnamon](#), and [Espez](#) for being named Superior Genetics Does by the American Dairy Goat Association. The SG (Superior Genetics) title is given only to does that have a combination of great conformation, milking ability, and genetics.



Way to go, girlz!

Endives



Frisée



Belgian endive



Escarole

Newsletter editor

Philippe Waterinckx

FOR REMINDER: HOLIDAY PICK-UP SCHEDULE

There will be *no pick-up* during the week of Christmas: i.e. Tuesday, December 25th and Friday, December 28th.

The Tuesday, January 1st pick-up will be rescheduled to Wednesday, January 2nd same time (4:00-7:00 pm).



COOKING DEMONSTRATIONS AT THE CSA

When: Tuesday, Dec. 18 and Friday, Dec. 21, during pick-up hours.

Getting the most out of the CSA requires creativity and generally calls for ingredient-driven cooking rather than recipe-driven cooking. This is a change for most of us. Some of us love it, some of us never get used to it, and some of us just need a little help to show us the way. Want to find out more? Don't miss Sara's cooking demonstrations at the CSA next week. Watch "iron-chef" cooking as you pick-up your share. Sara is a master at creating on-the-spot recipes based on what's coming from the farm on a given day.

ESCAROLE, FRISEE OR ENDIVE? WHICH IS IT?

In recent weeks, our shares have on occasion included endive. Although Farmer Frank calls them as endive, we have heard members also refer to them as frisée, or curly endive, or escarole. Who is right? Well, they all are, sort of.

Endive belongs to the chicory genus, which includes several similar bitter leaf vegetables, including frisée, escarole and Belgian endive. Endive is rich in many vitamins and minerals, especially in folate and vitamins A and K, and is high in fiber. Related species also include radicchio and puntarelle.

Endive has two main forms: the narrow- and frizzy-leafed endive called curly endive, or frisée, and the broad-leafed endive, which is often called escarole. The outside leaves of an endive head are green and bitter. The inner leaves of the endive head are light green to creamy-white and milder in flavor. Both types of endive are used in salad mixtures with blander-flavored lettuce to prepare a salad with a little bite. They can also be used in soups, or sautéed in olive oil and garlic and then tossed with spaghetti.

A third form of endive, called Belgian endive, is obtained through a special method of cultivating the Chicory plant. It is also known as *witloof* in the low countries (The Netherlands and the Flemish-speaking part of Belgium), as *endive* in France, and as *chicon* in parts of Northern France and in the French-speaking part of Belgium. It has a small head of cream colored bitter leaves.

The technique for growing Belgian endive was accidentally discovered in Brussels, Belgium, in the 1830s. The leaves are cut from the growing plant, and the living stem and root are kept in a dark place. A new bud develops, but without sunlight it is white and lacks the bitterness of the suntanned foliage. It is often sold wrapped in blue paper to protect it from light and thus preserve its pale color and delicate flavor. It is traditionally braised with butter and seasoned with salt, pepper and a little lemon juice.

Spanish Egg Drop Soup

Sara Jones, Tucson CSA

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

1-2 bunches greens, cleaned and cut into strips
2-3 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. 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.

Braising Greens and Rice Pilaf

Philippe, Tucson CSA

1 bunch of braising greens (or any greens), sliced in ribbons
1 medium onion, sliced in rings
2 cloves of garlic, crushed
2 tablespoons oil
1 two-ounce can anchovies (optional)
1 stalk lemon grass (optional), cut in 1 inch segments
1/4 cup grated parmesan
1 cup rice
salt and pepper to taste

Sauté the rice in 1 tablespoon of oil until it begins to puff. Add 2 cups of water, a pinch of salt and a dash of black pepper. Cover and simmer for 15-20 minutes, or until water has evaporated.

Sauté the onion rings, garlic, lemon grass and anchovies in the other tablespoon of oil for 5 minutes or until onions are tender. Add greens and stir gently for another 5-10 minutes until greens are soft but still vivid green. Salt and pepper to taste.

Serve on a bed of pilaf rice and sprinkle with grated parmesan.

Hot Buttered Radishes

Sara Jones, Tucson CSA

Radishes aren't just for salads. Here they are cooked with their greens to make a beautiful side dish.

1 bunch radishes with greens, cleaned and sliced in half lengthwise
1 pat butter
Salt and freshly ground pepper to taste

Heat butter in a skillet over high heat to melt. Add radishes and stir to coat. Cook about 1 minute until heated through. Sprinkle with salt and pepper.

Asian Slaw

Sara Jones, Tucson CSA

Here are two ideas for using your Asian greens (Chinese cabbage, Siamese Dragon Mix, bok choy, tat soy, mibuna, mizuna, etc.). You can serve the dish as a cold salad over lettuce, or cook all the ingredients together with noodles for a meal, adding tofu or cooked shredded chicken, if you like.

Salad:

1/2 head Chinese cabbage, shredded
1 bag mixed Asian greens, shredded
1 bunch radishes, sliced thin

3-4 green onions, sliced
1 orange, sliced into segments (if available)

Mix vegetables and toss together with one of the following dressings:

Peanut Ginger Dressing

2 tablespoons peanut butter
1 inch piece fresh ginger, grated
1/4 cup orange juice
1 tablespoon rice wine vinegar
1 tablespoon soy sauce

Sesame Soy Dressing

1/8 teaspoon dry mustard
1 tablespoon rice wine vinegar
1 tablespoon soy sauce
1 tablespoon oil
1 teaspoon toasted sesame oil
1 teaspoon chili sauce