



# Tucson Community Supported Agriculture

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Fall '07, Week 3 of 12

Planned harvest list is [Online](#)

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Last week we had even more greens than usual. That is because the abundant rains and subsequent muddy fields had made it difficult to harvest much else. But this week, Frank and Kelsey promised us carrots.

## Newsletter editor

Philippe Waterinckx

## LAST REMINDER: HOLIDAY PICK-UP SCHEDULE

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

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

## GIVE THE CSA A HOLIDAY GIFT: EMAIL US A GREENS' RECIPE

Many of you haven't failed to notice that we have been receiving an abundance of mustards and other greens this year, more so than in previous years. While this may be what greens' lovers have been waiting for, it can be a challenge for those who are less familiar with greens. Sometimes the challenge lies in the flavor of a specific item, but sometimes it is a matter of being unfamiliar with one and not knowing how to use it. Greens are such healthy vegetables. It saddens us when we see them left behind at the CSA.

So, we believe a little communal help is needed in these challenging times: if you have a favorite recipe for using greens, please email it to us. We'll publish your recipe in the newsletter and on our online recipe page.

## MUSTARDS AND OTHER GREENS

Mustard greens (*Brassica juncea ssp. integrifolia* -- Family Cruciferae [Brassicaceae]) are members of the cabbage family and relatives of Sarepta mustard (*ssp. juncea*). Technically, the term "mustard greens" refers to a single species of Old World plants (*Brassica juncea*), which is thought to have originated in the Central Asian Himalayas before spreading to China, India, and the Caucasus. However, taxonomists identify as many as seventeen subgroups that can differ sharply in heat, flavor, and appearance. The colors can range from lime green to burgundy, from smooth to prickly, nippy to fiery, chewy to fibrous. Two wild European mustards, ancestors of the cultivated species, are the field mustard (*ssp. campestris*) and charlock (*Sinapis arvensis*). Field mustard has cultivated species called Indian colza and Indian rape. In its wild form, it is known as kalewort or summer rape in England. The name colza comes from the Dutch kool zaad, which means kale seed. Charlock is also known as corn mustard, and often eaten in Ireland, the Hebrides, and Sweden.

Mustard leaves can vary greatly in shape from curly to forming firm heads with thickened leaf stalks. They benefit from being briefly blanched or boiled because of their bitter pungent taste. In China, mustard cabbage is preserved like sauerkraut and pickled in lactic acid. The lactic acid takes the edge off the bitter substances contained in the greens, while simultaneously adding a spicy taste. Popular mixes of salad greens often contain two baby mustard greens, tatsoi and mizuna. Tatsoi is an ornamental mustard with dark green (almost black) spoon-shaped leaves with white stems. It is sometimes called flat Chinese cabbage. Mizuna has a light green, very deeply notched leaf that has a feather look. It is milder than most mustards and reminiscent of arugula, but sweeter. In the southern US, the liquid is saved from the cooking of the greens and used for dunking cornbread or, like all vegetable liquid should be, reserved for soups or stews. The water can also be used as part of the liquid in muffins, pancakes, breads, etc.

Mustard greens are an excellent source of vitamins C and E, fiber, folate, calcium, iron, magnesium, potassium, and B6. The calcium in mustard greens ranks high in its bioavailability.

Mustards are best stored in a perforated plastic bag or in a wet paper towel in the refrigerator. Mustard greens can be steamed, boiled, sautéed, or braised for ten to twenty minutes. The longer they are cooked, the softer the flavor becomes. If cooked just until just tender, they will have a spicy flavor. Baby mustard greens, on the other hand, can be eaten raw in salads or sandwiches.

Source: <http://www.innvista.com/health/foods/vegetables/mustard.htm> (12/17/07)

**Tips for using mustard greens, from Elizabeth Schneider (cook book author):**

Stir thin ribbons of mustard greens into hot soups just before serving.  
Stew mustard greens with starchy vegetables, mild greens, or apples and pears, then purée for a creamy soup or sauce. For assertive flavor and maximum aroma, stir mustard greens ribbons into rice, stir-fries, or braises at the end of cooking. For a more earthy, gentler effect, cook the chopped mustard along with potatoes, bean or grains.

**Greens and Potatoes Casserole**

Adapted from Cooks.com

8 cups water  
2 bunches chopped greens  
6 or more red potatoes, sliced  
2 tablespoons olive oil  
1 or more onions, sliced  
3/4 teaspoon salt  
1 cup (4 ounces) shredded cheese  
1/2 cup vegetable broth

Preheat oven to 350°.

Bring water to a boil in a large pot. Add greens, and cook 5 minutes or until tender, stirring occasionally. Drain; set aside.

Arrange potato slices in a single layer in oiled baking dish; top with single layer of onion slices. Sprinkle with 1/4 teaspoon salt; top with half of greens mixture. Sprinkle with 1/2 cup cheese. Repeat layers once, ending with the greens. Cover with remaining slices of potatoes, and sprinkle with remaining 1/2 cup cheese. Pour broth evenly over potato mixture, and sprinkle with remaining 1/4 teaspoon salt. Cover with foil.

Bake at 350° for 45 minutes. Uncover and bake 30 minutes or until lightly browned and potatoes are tender.

**Spaghetti with Mustard Greens and Goat Cheese**

Philippe, Tucson CSA (adapted from Vegetables from Amaranth to Zucchini, by Elizabeth Schneider)

1/2 pound spaghetti  
1/2 pound mustard greens  
4 ounces goat cheese  
1 tablespoon olive oil

Wash the mustard greens leaves, fold them in half and cut away the stems. Stack the leaves, roll them tightly and slice in super-thin slivers.

Boil spaghetti until “al dente” then stir in half the greens and remove from heat. Drain. Toss with olive oil and remaining greens and crumbled goat cheese.

**Mustard Saag**

Sara Jones, Tucson CSA

You will want two bunches of greens for this recipe. If you have extra mustard greens from last week, use those. Look for greens in the surplus baskets, or add any other greens to your mustard greens. This dish goes well with rice and lentils.

2 bunches mustard greens, washed and finely chopped  
1/2 green chile (or to taste), finely chopped  
2 cloves garlic, mashed  
1 inch ginger, grated and mashed with garlic  
1 teaspoon cumin seeds  
2 teaspoons oil and/or butter

Heat the oil in a large skillet over medium high heat. Add cumin seeds and stir for about 20 seconds, then add chiles and garlic and ginger paste. Stir quickly for another 20 seconds then add mustard greens. Stir to coat with oil and spices. Cover, reduce heat to medium low, and cook for 5-10 minutes, checking occasionally to make sure you don't need to add water to prevent burning. When greens are completely wilted, add salt and pepper to taste and serve.

**Mustard Greens Gratin**

Adapted from CookingLight.com

1 bunch mustard greens  
1 tablespoon olive oil  
3 whole eggs, beaten  
10 ounces ricotta cheese  
2 ounces grated Parmesan (approximately 1/2 cup)  
1/2 teaspoon salt  
1/4 teaspoon freshly ground black pepper  
2 cloves garlic, minced  
1 cup bread crumbs

Preheat the oven to 375 degrees F.

Remove any large stems from the greens and wash them thoroughly. Roughly chop the greens.

In a large mixing bowl whisk together the eggs, ricotta, Parmesan, salt, and pepper. Set aside.

In a large oiled baking dish on medium heat, briefly sauté the garlic in the oil, then add the greens and cook until they are wilted, approximately 3 to 4 minutes. The greens will reduce to less than 1/4 of their original volume and begin to look like thawed, frozen spinach. Remove the pan from the heat.

Add the greens to the egg and cheese mixture and stir to thoroughly combine. Pour into the prepared baking dish, top with the crackers, place on the middle rack of the oven and bake for 35 to 40 minutes. Allow to cool for 5 minutes and serve.