



Tucson Community Supported Agriculture

Newsletter 118 ~ January 2, 2008 ~ Online at www.TucsonCSA.org

Fall '07/'08, Week 4 of 12



Planned harvest list is [Online](#)

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Greenless Turnips



Repeated frosty nights at the farm damaged the greens of the turnips, so the turnips we are getting this week have had their greens removed.

Harvest History

Check the [Harvests](#) link on our website to view a new table (created by Wendy) which shows which produce has been available at different times of the year.

Newsletter editor

Philippe Waterinckx

MEMBERS' RECIPES

Special thanks to all the members who emailed us some of their recipes for cooking greens. Those recipes will appear in the newsletters over the coming weeks as the farm sends us more greens. As it turns out, this week's harvest includes more root vegetables than greens. If you have a favorite way to cook root vegetables (beets, carrots, turnips, etc.), please share it with us. Your recipes help other members who are less familiar with certain types of CSA produce.

And of course we always love to hear what our members do with their CSA veggies!

All recipes are available on our website's recipe archive.

BEETS THIS, BEETS THAT

We get beets of many different colors from Crooked Sky Farms: classic red beets, bull's blood beets, golden beets, white beets, chiongia beets and more.



The color of beets is more than just captivating. Along with prickly pears, they are one of the few edible sources of pigments called betalains. Betalains are a powerful antioxidant. Beets are also providers of potassium, vitamins A and C, magnesium, riboflavin, iron, copper, calcium and zinc.

Beet pigments do have negative aspects. They stain hands, clothes, countertops and cutting boards. However, the pigment is water soluble so it won't dye your white shirt forever. To avoid stains altogether, it is best to peel beets after cooking them rather than before.

To prepare beets for roasting, simply scrub the skin. Don't peel them, or trim off the little tails on the bottom. Remove the greens, but leave an inch or two of the stems to insure that the pigments stay inside the beets. Once the beets are cooked and cooled, simply pull the skins off with your hands and remove the tails and stems.

Betalain pigments also respond well to acidic ingredients. Many recipes call for beets to be cooked with a bit of vinegar, which accomplishes two things: the color remains a vibrant ruby red and the flavor of the acidity complements the sweetness of the beets.

If you are making a beet slaw and plan on grating beets, look for the largest ones you can find. If you are roasting them whole, try to pick smaller beets that are all approximately the same size so they cook evenly.

Beet greens are a delicacy. It is best to cut off the greens as soon as you get home, and serve them within a few days. Beet greens are similar in flavor to Swiss chard and can be sautéed with garlic and olive oil. The beets themselves can be stored in the refrigerator loosely wrapped for a few weeks.

Beets can be eaten raw, steamed, boiled, juiced or roasted. When roasted and drizzled with olive oil, they acquire deep, rich, ruby hues.

Spinach Saag (Creamed Greens)

From *The Tao of Chow* by Jewell Starsinger, 1997

Contributed by Tucson CSA member Paige Winslett

4-6 garlic cloves, bruised and minced
1 medium onion
2 cups chopped greens (spinach, chard, beet greens, etc.)
1/4 cup soy sauce
3 tbs. tomato tapenade
4 ounces tofu, cubed
1/4 cup sesame tahini
Optional - a dash of Thai fish sauce

This is one of my favorites at the Indian Restaurant, but sadly, it is made with tons o' dairy, cheese and cream. I have discovered the secret of non-dairy saag.

Gently saute onion & garlic 10-15 minutes. Add everything but the tahini. Cover pan and let steam for 5 minutes.

Mix tahini with water and 2 Tbs soy sauce. Stir all together until you have a creamy consistency. Add more liquids or tahini for more sauce.

Stir sauce into pan, simmer for a few more minutes and serve hot with rice or chapatis.

Stir Fried Pak (Bok) Choi

From Tucson CSA member Lorraine Glazar

1-½ teaspoon oil (canola or peanut)
A few drops of toasted sesame oil
1 quarter-sized piece fresh ginger, cut into julienne sticks
1 clove fresh garlic peeled and cut into thin slices or julienne sticks
1 bunch or bag Pak Choi leaves, or Pak Choi on the stem base, cut lengthwise into four to six pieces each
½ teaspoon rice wine vinegar
Drizzle of tamari or soy sauce, to taste *

Heat oils over medium heat in a 10 inch frying pan or wok until it is very hot, about 2-3 minutes. Put in ginger, garlic and Pak Choi and stir vigorously with a wooden spoon or paddle to circulate the greens. When the greens are cooked through but the stalks are still crispy, add the rice wine vinegar and the tamari or soy sauce. Cook for one more minute and serve.

* You may substitute salt for the tamari.

Double B Nips

From the kitchen of Char Green, Tucson CSA member

1 bunch beautiful beets
1 bunch beautiful turnips
1 handsome onion
1 lovely clove garlic
triple S (serious salubrious splash) of olive oil
triple S of seasoned rice vinegar

sea salt TYT (to your taste)

1/2 stick butter

Cut tops off beets and turnips, set aside.

Peel the beets and slice thinly and in bite-size pieces, turnips and onions. Dice the garlic and throw all into a heavy pan with the olive oil. Sauté until onions are translucent.

Rinse the greens and slice into one-inch swaths and toss into the pan. Add the rice vinegar and salt and toss all until greens are coated and mixed thoroughly. Keep turning until the greens have cooked down a bit but not quite done. Pat the butter and distribute evenly over the top.

Put on heavy lid and turn off the heat. Wait a few minutes for the butter to melt and the greens to finish cooking. Toss and serve.

Easy Way To Cook Butternut Squash

Lela Aldrich, CSA Member

I found this easy way to cook butternut squash in the Bentley Farms Cookbook (BFC). Put the whole squash in a little water and steam until the narrow end is easily pierced with a fork. I cooked the one I had for 35 minutes, about what it would take to cook one in the oven. You don't have to cut the squash, which is always a hassle for me; I never get it cut straight and you don't have to fiddle with the oven heating up the house. The BFC says to peel the squash, cube it and then reheat with butter, etc. I just cut it in two, took out the seeds and put it on the plates. Worked just fine for us.

Peanut Butternut Soup

Sara Jones, Tucson CSA

This is a delicious, if somewhat unusual, soup.

About 3 cups of butternut squash, cut into large chunks
1 bell pepper, diced
1/2 onion, diced
1 inch ginger, grated
1 tablespoon curry powder
Enough water or vegetable broth to cover all ingredients
1 tablespoon oil
1/2 cup chunky peanut butter (not the kind with sugar)
Salt and pepper to taste

Heat the oil in a large soup pot over medium high heat. Stir in onion, ginger, bell pepper and curry. Cook until fragrant. Add squash and cover with water or broth. Bring to a boil and cook for about 30 minutes until squash is tender and falling apart. Remove one cup of soup from pot and blend together with peanut butter. Return mixture to pot and mix well. Season with salt and pepper.

If you want a creamy soup, blend in batches to desired consistency. Otherwise, smash squash with a potato masher or wooden spoon to thicken broth. Garnish with roasted peanuts, if desired.