



# Tucson Community Supported Agriculture

Newsletter 120 ~ January 15, 2008 ~ Online at [www.TucsonCSA.org](http://www.TucsonCSA.org)

Fall '07/'08, Week 6 of 12

Planned harvest list is [Online](#)



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Are greens piling up in your fridge? Try CSA member Paula Karrer's yummy Greens, Beans and Pasta dish on the back page.

## Tokyo Bekana

Sweet and crunchy Tokyo Bekana, a relative of *bok choy*, is the most satisfying of stir-fry vegetables: easy (requires no peeling), crunchy, nutritious, quick-cooking—and you get two different vegetables (leaf and stem) for the effort of one. Tokyo Bekana is very low in calories—about 15 calories per ½ cup. It supplies plenty of vitamin C and vitamin A and a fair amount of calcium.

Although you can eat Tokyo Bekana raw, cooking enhances it considerably, and it is excellent for stir-fries and soups. It takes just a few minutes to cook to a lovely crisp-tender texture. For stir-fries, there is nothing better: its stems turn almost creamy after cooking.

Substitute Tokyo Bekana in any recipe that calls for the more commonly available *bok choy*.

## Newsletter editor

Philippe Waterinckx

## MARK YOUR CALENDARS:

### CROOKED SKY FARMS OPEN DAY - Saturday, Jan, 25<sup>th</sup>, 9:30am to noon

Farmers Frank and Kelsey invite all Tucson CSA members to visit the farm. This time, the tour will be at the south Phoenix field (where few of us have been before). There will be a field tour followed by a simple cooking demonstration. Frank, Kelsey, and Tanya will be there to visit with members. There is no charge for the tour or the cooking demonstration.

The south Phoenix field is near 19th Ave. & I-17.

Directions from Tucson:

- take I-10 into Phoenix
- take the first exit for I-17/Hwy 60
- take I-17 to the 19th Ave. exit
- take an immediate left and then another immediate left, getting on the access road rather than back on the freeway going east.
- at 16th Ave., turn right
- take another right at Watkins and follow the signs to the farm.

[Mapquest map \(click here\)](#). If you switch to the aerial view, it's pretty obvious where the field is.

### PLANT WALK WITH JOHN SLATTERY-Sunday, Jan, 27<sup>th</sup>, 8:30am to noon



It's still pretty cold at night, but many desert plants are up and blooming already. John Slattery will host his first herb walk of the year at Catalina State Park. There's a lot of diversity out there in the winter time so there will plenty of plants to see. Come out for an enjoyable hike beneath the mild January sunshine and spend some time with the plants in their winter habitat. We have medicinal and food plants growing with us year-round in and around Tucson and the winter time can be a prolific time for herbs! Mother Earth is getting ready to sprout all that we need for health and healing in this new year. Spend time outdoors, get to know your natural surroundings, and see and feel for yourself that what we have is abundant and healing. Hope to see you there!

For those interested in carpooling, we will **leave from** Born For Water Healing Center at **8am** (418 E. 7th St, 1 block east of 4<sup>th</sup> Avenue). Otherwise, just meet us at the Catalina State Park entrance gate at 8:30am. Cost: \$20. For details, call John at 520.275.2105.

John Slattery supplies the Tucson CSA with wild-crafted (made from plants gathered in the wild) desert products (herbal teas, prickly pear syrups, barrel cactus jellies, etc) . John is currently scheduling some classes for the winter and spring seasons, including: more Herb Walks, seasonal harmony with local herbs, home medicine-making, native wild foods and more Herb Walks.

### Dill Dressing

Sara Jones, Tucson CSA

The large bunches of dill that we get from the farm are perfect for dressing up winter salads. This is a creamy, yogurt based dressing, but if you prefer not to use dairy, simply omit the yogurt and add more oil/vinegar or juice.

½ large bunch dill, finely chopped  
¼ yellow onion, minced  
1 cup plain yogurt  
1 tablespoon olive oil  
2 tablespoons apple cider vinegar  
Salt and pepper to taste

Whisk together all ingredients. Store any leftovers in a jar in the refrigerator for up to 1 week.

### Orange Dressing

Sara Jones, Tucson CSA

Use this as a dressing for raw winter salads. You can also pour the mixture over root vegetables before roasting them to make a delicious, hot vegetable dish.

1 cup orange juice, plus grated peel from one orange  
¼ yellow onion, finely chopped  
1 tablespoon balsamic vinegar  
3 tablespoons olive oil  
1 teaspoon ground cumin  
1 teaspoon ground coriander  
Salt and pepper to taste

Heat oil, spices and onion over medium high heat, stirring constantly for about 1 minute. Add balsamic vinegar and juice, reduce heat to medium, and cook for about 5 more minutes. Remove from heat and season with salt and pepper to taste. Cool, then serve. Store leftovers in a jar in the refrigerator for up to one week.

### Tokyo Bekana Slaw

Sara Jones, Tucson CSA

Serve this finely cut slaw alone or over cooked rice noodles. You could also use it as a filling for spring rolls, wrapped up with lettuce in rice paper wrappers.

½ head Tokyo Bekana, shredded  
½ bunch radishes, shredded  
½ bunch carrots, shredded  
1 tablespoon rice wine vinegar  
1 teaspoon freshly grated ginger  
1 teaspoon honey  
1 teaspoon toasted sesame oil  
2 teaspoons olive oil  
2 teaspoons soy sauce

Toss together vegetables. Mix liquid ingredients in separate bowl, then pour over vegetables. Toss, then let marinate in refrigerator for at least one hour before serving.

### Dilly Carrots and Radishes

Sara Jones, Tucson CSA

In this recipe, the carrots and radishes are barely cooked so that they retain a bit of crispness and their bright colors.

1 bunch radishes, trimmed and cut into bite size pieces  
½ bunch carrots, trimmed and cut into bite size pieces  
½ bunch dill, finely chopped  
1 large pat of butter (or use olive oil)  
Salt and pepper to taste

Sauté radishes and carrots in butter over medium high heat for a few minutes. Sprinkle dill over vegetables, stir to coat, then remove from heat. Add salt and pepper to taste. Serve hot or at room temperature.

### Greens, Beans and Pasta - Aglio e Olio style

Paula Karrer, Tucson CSA

I've always found the traditional Italian aglio e olio pasta (garlic and olive oil) disappointing until I stopped following a recipe and did it my own way, using raw garlic. For me, the key is lots of garlic and lots of pepper flakes. I've adapted my recipe to make a more substantial meal adding greens and cannelloni beans. If you don't like the punch of raw garlic, feel free to sauté it with the olive oil and greens. I use a smaller amount of pasta than is traditional. Double the amount of pasta for a more traditional balance of sauce to pasta. You could substitute the pasta with cooked wheat berries as well. Aglio e olio is traditionally made with spaghetti or thin spaghetti, but in this case I think short pasta shapes work better.

Per serving:

2 oz short pasta shapes (such as penne)  
1-2 tbsp olive oil - this is the time to use the good stuff!  
1-2 cloves crushed garlic - take the time to really mash it well  
hot pepper flakes  
1 bag CSA greens - washed and shredded  
½ 15-oz can cannelloni beans  
a splash of broth - optional  
parmesan cheese

Combine the olive oil, crushed garlic and hot pepper flakes. You will have to decide how much you like. I usually do this right in my serving dish.

Cook pasta to al dente in heavily salted boiling water. Drain. While pasta is still hot, wilt the greens in the water clinging to them and add a teaspoon or so of olive oil. Add a splash of broth if you like, cover and cook for a few minutes. Add the beans and cook briefly until all is combined and hot. Add the cooked pasta and heat for a few seconds. Take some time to mix everything thoroughly, since the greens tend to "clump together." Toss with olive oil mixture and lots of parmesan.