



# Tucson Community Supported Agriculture

Newsletter 122 ~ January 29, 2008 ~ Online at [www.TucsonCSA.org](http://www.TucsonCSA.org)

Week 8 of 12

Winter '07/'08

Planned harvest list is [Online](#)



Rapini

### The Back Page

- Daikon Radish Kimchi
- Easy Tuscan Kale
- Arugula and Grapefruit Salad
- Creamy Rapini Pasta
- Whole Baked Onions

### Spring Session Enrollment

From February 1<sup>st</sup> to 29<sup>th</sup>, we will be taking subscription for the Spring session. Cost is \$247 (same weekly cost as the winter session, but the spring session is one week longer).

Current and former CSA members will have priority enrollment from February 1<sup>st</sup> to 15<sup>th</sup>, after which we will open enrollment to those on the waitlist.

The spring session application form and details will be posted online on February 1<sup>st</sup>.



Tuscan Kale

### Newsletter editor

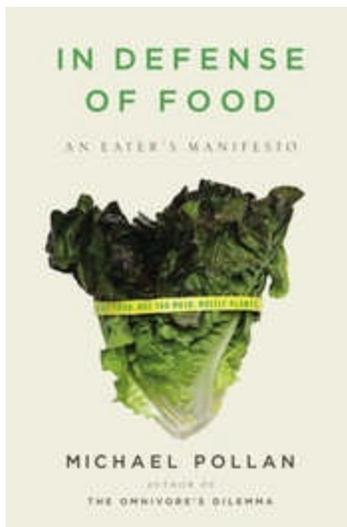
Philippe Waterinckx

### VISIT TO CROOKED SKY FARMS

Thanks to all who came to the farm last Saturday. Crooked Sky Farms' new field, with its incredible diversity of crops, is organic urban agriculture at its best! It all started with a freshly harvested and cooked meal and just got better! We were joined by members of the Flagstaff and Tempe CSA's, and the children enjoyed rides around the fields in a train of little green cars pulled by a small tractor.



### MICHAEL POLLAN'S NEW BOOK



*In Defense of Food: An Eater's Manifesto*, Michael Pollan's new book is published by Penguin Press.

Noted food author Michael Pollan has published a new book that will surely be of interest to Tucson CSA members. In the book, Pollan argues that most of us are no longer actually consuming *food* nor are we really *eating* anymore. Instead, real food, the kind our grandparents ate, is being replaced in the market basket by "edible food-like substances" that we consume in our cars, in front of the television, at our desks, and in other anti-social contexts.

Go to the following National Public Radio website to access an interview with Pollan on *In Defense of Food: An Eater's Manifesto* as well as an assortment of interviews on his other food books beginning with his first book, *The Botany of Desire*, published in 2001.

<http://www.npr.org/templates/story/story.php?storyId=17850369>

-- contributed by CSA member Sallie Marston, Professor of Geography, Univ. of Arizona

### HOW TO COOK RAPINI (aka Broccoli Raab)

The leaves, stems, and flower heads are cooked (broil, stir-fry, braise, sauté, or steam) and eaten just like regular broccoli. They have a flavor similar to broccoli. Preparing it is very easy: Rinse and trim 1/4-inch from bottom of stems. Cut stalks crosswise into 2-inch pieces and drop them into salted (optional), boiling water. Cook for 1 to 2 minutes and remove with slotted spoon. Sauté the blanched broccoli raab/rapini in a little olive oil and as much garlic as you like for 3 to 5 minutes until tender.

### **Daikon Radish Kimchi**

Sara Jones, Tucson CSA

This makes an excellent side dish served with rice. Since daikon stimulates the digestion, this kimchi would also be good served with deep fried foods or fatty cuts of meat. It will keep well in the refrigerator after the initial preparation.

1 bunch daikon, greens separated, cleaned and roughly chopped, roots scrubbed clean and diced  
About 1-2 inches fresh ginger, grated  
4 cloves garlic, minced  
1 + teaspoons of red chile flakes, to taste  
1 teaspoon sugar (optional)  
Salt

Place prepared daikon roots and greens into a bowl and sprinkle liberally with salt (about 1 tablespoon per bunch). Cover and let sit in cool place in kitchen for at least 4 hours or overnight. Prepare a spice paste by mashing together garlic, ginger, chile and sugar. Rinse and drain daikon then mix together with the spice mix, using hands to mix well. Put into a jar and refrigerate. Will taste best after sitting for at least one day.

### **Easy Tuscan Kale**

Crooked Sky Farm

At the farm visit this past Saturday, farmers Kelsey and Tania treated us to this tasty, and super easy, kale dish. They used Tuscan Kale, but you can use any hearty green that you have available. The greens are cooked quickly, until just barely wilted.

1 bunch kale, cleaned, tough stems removed and chopped  
2-3 cloves garlic, minced  
2 teaspoons olive oil  
Lemon juice to taste  
Salt

Heat oil in heavy skillet and add garlic, stir quickly then add kale. Cook, stirring often for about two minutes, until kale is slightly wilted. Drizzle with fresh lemon juice and a pinch of salt, stir to coat, and serve hot.

### **Arugula and Grapefruit Salad**

Sara Jones, Tucson CSA

Another recipe inspired by our farm visit, peppery arugula and sweet/sour grapefruit go perfect together in this simple recipe. The hardest part of this recipe is segmenting the grapefruit. To do this, just peel the grapefruit with a knife, cutting away the peel as well as the pith. Remove the individual segments by cutting between segments in a V shape towards the center of the fruit.

1 bunch arugula, washed and dried (chop roughly if using large leaves)

1 grapefruit, cut into segments  
1 small handful thinly sliced onion  
2 teaspoons olive oil  
2 teaspoon balsamic vinegar  
Salt and freshly ground pepper  
Chopped pecans or walnuts  
Crumbled feta or blue cheese

In a small saucepan heat oil, vinegar and grapefruit over medium high heat. Stir for a few minutes until grapefruit has released some juice. Season mixture with salt and pepper. Pour over arugula, tossing to coat. Garnish with nuts and cheese. Serve immediately.

### **Creamy Rapini Pasta**

Sara Jones, Tucson CSA

The creaminess of this dish is provided by hummus rather than dairy. Use a packaged, prepared hummus for a really simple recipe. Or you can make your own at home by pureeing any cooked white bean with garlic, oil, lemon juice, tahini and salt.

1 bunch rapini, cleaned and chopped  
1 tablespoon olive oil  
1 regular size package pasta  
About ½ cup hummus

While pasta is boiling in well-salted water, sauté rapini in olive oil in a large pan over medium high heat. When pasta is al dente, drain, reserving some of the cooking water. Add pasta and hummus to greens and toss together. Add pasta water, if needed, to help thin hummus and coat pasta. Season with salt and pepper, if needed, and serve.

### **Whole Baked Onions**

Lorraine Glazar, Tucson CSA

Adapted from a recipe by Paula Deen

Onions  
Olive oil  
Vegetable bullion cubes (use the kind with no added salt)  
Freshly ground black pepper  
Foil

Peel the onions and slice vertically into fourths, without cutting all the way through the root end. Gently separate the onion layers and rub with olive oil (I have a Misto sprayer and I just lightly spray a few layers). Put a vegetable bouillon cube in the center of the onion, grind some black pepper inside, then reassemble and wrap tightly in a square of foil, like you would a baked potato.

Bake in a 375-degree oven for 45 minutes to an hour, until onions are soft.