



Tucson Community Supported Agriculture

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Winter 08-09

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Philippe's Tip On Greens

Serve them in a cheese sauce!

Wash your greens and cut them in wide strips. Blanch them in steam or boiling water, until wilted. Drain.

Meanwhile, make a cheese béchamel sauce by melting **1 tablespoon butter** in a saucepan on medium heat. Stir in **1 tablespoon flour**. While stirring vigorously, gradually add **1 cup of milk**, then **½ cup of grated cheese**. Add more or less milk for desired creamy consistency. Season with some **salt, pepper and ground nutmeg**.

Mix greens and sauce and serve. Great as a side dish or as pasta sauce. This recipe is particularly effective with bitter greens.



Newsletter Editor(s)

Philippe Waterinckx & Paul Durham

WELCOME TO THE TUCSON CSA WINTER SESSION

It's another session at the CSA. Thank you to all who renewed their subscription and welcome to our new members. We and the folks at the farm really appreciate your support. We have 250 members on the Tuesday pick-up and about 200 on the Friday pick-up, same as we've had for the past year. We were able to send subscription invitations to the whole wait list and accommodate most of those who replied.

Here are a few tips on how to start your winter session on the sunny side:

E-mail lists: If you are a new member, we highly recommend that you subscribe to your pick-up day's e-mail list to avoid missing out on information that may make your CSA experience smoother. If you are a returning member who switched pick-up days, remember to unsubscribe from your former pick-up day's e-mail list and join your new pick-up day's list. To manage your e-mail list subscriptions, go to:

<http://www.tucsoncsa.org/join/join-our-mailing-list>

Greens: If you're a seasoned CSA member, you are probably fine with greens. If you're newer, you might at times feel at a loss on how to use them. And this week, you are being tossed in at the deep end. Check our online recipe archive – it has loads of recipes. Once you've discovered a few recipes or tips that work for you, you'll quickly become a pro at using many types of greens. Also, check Sara's Winter Greens User Guide, on top of the recipe archive.

Trading and surplus: Remember that trading is for trading only, it is not for the taking. When you trade, trade whole portions from your share for whole portions on the trading baskets (a portion is the amount of any one type of produce as indicated on the pick-up boxes for that week). Surplus, on the other hand, is up for grabs - within reason.

Bags: We don't provide bags, so we ask that you bring your own. Please recycle your extra paper and plastic bags at the CSA by bringing them from home and putting them in the "I-Forgot-My-Bag" wicker chest. Standard-size paper and plastic only please.

Parking: We ask that you respect our neighbors by not parking in their resident-only parking. Please read the signs or check our [online parking map](#).

Cannot pick up your share? Ask a friend to pick it up for you. We do not hold shares for later pick-up. First, we usually donate leftover produce to charity. Second, the CSA is lightly staffed to keep costs down (our "volunteers" receive a produce share for their work). The pick-up location at the Historic Y is only staffed during pick-up times, and providing an extra service, like next day pick up, would increase the cost for everyone.

MICHAEL POLLAN ON BILL MOYERS JOURNAL

If you haven't watched it yet, check out this insightful interview of Michael Pollan, author of *The Botany of Desire*, *The Omnivore's Dilemma* and *In Defense of Food*. Pollan talks about the absurdities of our current food system and its impacts on climate change, public health, food safety and national security. He makes a very compelling argument on how to reform the food system and tackle the damaging dominance of agri-businesses and special interests.

You can watch the interview on:

<http://www.pbs.org/moyers/journal/11282008/watch.html>

Because of Thanksgiving week, the farmers at Crooked Sky Farm fell behind on harvesting greens from the field. Add to this the abundance of rain as well as sunshine in the past week and it becomes urgent to harvest as many of these greens as possible before they become overgrown. So for those of you new to the CSA, think of this as a crash course in preparing winter greens!! Check out our recipes online for some ideas. The following is gleaned from our Winter Greens User Guide which is also online.

Bitter Greens

Don't let the word bitter turn you off, rarely are these greens truly bitter when fresh and in season. This category includes hearty and thick-leafed kale and collard greens. Dandelion and escarole are also in this category, but with tender leaves and a much more pronounced bitterness. These greens are best in hearty, long cooking recipes like soups and stews, though, they are great quickly sautéed as well. Bitter greens are perfect for Italian and Greek recipes. They are good in tomato-based dishes. Cheese, butter and cream will help to mellow their bitterness. Also, you may want to add a dash of vinegar or squeeze of lemon to whatever you cook with these green, as the acid really balances the flavor. Winter squash or sweet potatoes can provide a complementary sweetness.

Spicy Greens

Mustard greens, turnip greens and arugula are relatively spicy greens that can sometimes be extremely pungent. The young leaves are good raw but the flavor intensifies with age and you will usually want to cook larger leaves. If you have an especially mustardy bunch, blanching the leaves in boiling water, followed by a dunk in cold water, will remove some of the spiciness before you proceed with your recipe. Many recipes for mustard greens call for fatty cuts of pork to smooth out the flavor. Using cream, butter or coconut cream (or even mayonnaise!) will work equally well to mellow and meld the taste with the other ingredients in the dish. Strong spices such as ginger, chilies and curry are good with these greens. As with bitter greens, the sweetness of winter squash or sweet potato is a good complement to the flavor of spicy greens.

Asian Greens

These greens, like bok choy, tatsoi and mibuna, range in flavor but tend to have a mildly bitter, spicy cabbage taste. Many of them have dense, watery stems that should not be removed, but enjoyed along with the leaves. Since they are generally milder than other types of greens, they are good in lighter dishes and broth based soups. Asian ingredients like miso, soy sauce, sesame oil and coconut milk are great flavors for these types of greens. Freshly grated ginger, garlic and red chile flakes are the perfect combination of spices with any of these greens.

Mild Greens

These greens usually only taste, well, *green*. Spinach and chard have mild flavors and are extremely versatile. Most varieties of baby greens are mild, as well, developing their unique taste as they mature. Unless a recipe, like creamed spinach or saag, specifically calls for a long cooking time, only add these greens in the last few minutes of cooking.

Horseradish Maple Glazed Beets

Gretel Hakanson, Tucson CSA member (adapted from Gourmet)

1 bunch of beets
extra-virgin olive oil
Salt
Freshly ground pepper
2 tablespoons butter
1-2 tablespoons bottled horseradish
1-2 tablespoons maple syrup

Heat oven to 400 degrees. Wash and trim beets (save greens for another use). Lightly coat with olive oil, sprinkle with salt and pepper. Wrap in foil. Roast in the oven for about an hour or until completely cooked through. When cool, peel and slice into quarter wedges (or eighths depending on the size). Melt butter in a medium saucepan. Add horseradish, maple syrup. Stir in beets, salt and pepper to taste.

Eggs Florentine

Lorraine Glazar, Tucson CSA

Per serving:
1 bunch CSA greens (depending on bunch size, one might serve two people)
2 eggs
Olive oil or butter
Garlic to taste
1-2 tablespoons parmesan cheese

Heat an oven to 350 degrees. Prepare the greens. If young and tender (braising greens, beet greens, chard, shingizu, etc) just wash and cut into one inch pieces, possibly eliminating stems. If older and spicier, wash, cut out stems, cut into wide ribbons and parboil. Heat olive oil in a sauté pan and brown the garlic. Add the greens, toss to coat with oil, and steam with the lid on. Butter or oil a small oven-safe dish. Place the sautéed greens in the dish. Crack eggs and place atop the greens. Bake for 10 minutes or until the eggs are done to your liking. Top with parmesan cheese.

Sesame Ginger Greens

1-2 shares tatsoi and/or Chinese cabbage
2 inches fresh grated ginger
A few cloves minced garlic
A couple of dashes of sesame oil
A drizzle of soy sauce
A sprinkle of red chile flakes
2 tablespoons rice wine vinegar

Grate about 2 inches of fresh ginger. Mix together with a few cloves of minced garlic, a couple dashes of toasted sesame oil, a drizzle of soy sauce, a sprinkle of red chile flakes, and about 2 tablespoons rice wine vinegar. Toss together with greens and serve immediately, garnished with sesame seeds and green onions.