



Tucson Community Supported Agriculture

Newsletter 221 ~ Jan. 11, 2010 ~ Online at www.TucsonCSA.org

Winter '09 Week 5 of 11

Harvest list is online

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Rogue Theatre Offers Discount To CSA Members

The Rogue Theatre, in The Historic Y right next to the CSA courtyard, invites you to their current production of Thornton Wilder's *Our Town* at a special \$5.00 discount.

Dates: January 7 to 24

For more information, visit www.TheRogueTheatre.org.

To order tickets, call 551-2053; mention "CSA" and get \$5.00 off each ticket.

The Black Spanish Radish



The black Spanish radish is a winter-keeping radish, meaning if you set it aside in a cool, dark place (even the fridge), without its tops, it will keep for a long time. Under those conditions, it will naturally mellow to a smoother, milder radish flavor.

Newsletter Editors

Philippe Waterinckx

CERTAINLY CITRUS!

Farmer Frank says we can expect to see citrus in our shares for the remainder of the winter and well into the spring. This time of year there is frequently some sort of citrus in our surplus area, as well, where generous members have left behind fruit from their own trees to share (keep your eyes peeled for delicious limequats, Meyer lemons and key limes!). Also, we may occasionally see someone from the Iskashitaa** Harvesting Network at the CSA, selling citrus gleaned from around Tucson to benefit local refuge groups.

So, what can we do with this abundance? Luckily, citrus works well in both savory and sweet dishes, offering many opportunities to use it in your cooking*. Orange or grapefruit segments add a perfect sweet/tart flavor to salads, and work particularly well with spicy, bolder flavored greens. You can use the juice to make a tangy dressing, which can be used to top meat or cooked vegetables, as well as a salad. Beets and citrus are natural together, too. And don't forget what many consider the best part of a citrus fruit: its zest. Citrus zest adds a fresh note to many recipes, including pastas, rice, meat, soups and sauces. If you don't have a citrus zester, you may want to invest in one (it also works well for grating ginger and nutmeg, hard cheeses and chocolate). Zest is also a delicious way to enhance the flavor of buttery cookies and fluffy cakes.

Most citrus can be used more or less interchangeably in dessert recipes - just make sure to adjust the sugar. How about a grapefruit meringue pie? Marmalade, citrus curd and sorbet recipes are also abundant in cookbooks and on the web. Candied citrus peel is something that lots of CSA volunteers are crazy about right now. Dipped in chocolate they are over the top! If you still find yourself trying to figure out what to do with your citrus fruit, squeeze it and freeze it for a hot summer day. Our homemade grapefruit soda is better than anything you could find in the store.

*Recipes ideas mentioned in this article are in our online recipe archive.

**If you wish to donate your garden's surplus fruit to Iskashitaa and have them come harvest it, contact Barbara at 520-440-0100. Web: www.iskashitaa.org

THE BLACK SPANISH RADISH

We sometimes get radishes in our shares that you just might mistake for a dark-skinned turnip. It's called the black Spanish radish and it is a nearly forgotten vegetable. Its skin is dark and its flesh is white, pungent, and dry, with a pure, luminescent quality.

If you are looking for a zingy addition to a winter salad, the black Spanish radish is a great pungent choice. It can be grated or sliced, eaten raw or cooked. If you have one or two kicking around, try them grated into your dinner salad or grated into a lentil or split pea soup. I like to slice them very thinly and eat them straight, with a sprinkling of salt, or I use them as a topping for sandwiches.

The black Spanish radish has been around since at least the time of the pharaohs. It is traced to 1548 in Europe, and it was a common garden variety in England and France until the early 19th century. The French call it *Gros Noir d'Hiver*, or the Big Black of Winter. In ancient times, it was used medicinally as a remedy for cough. It is an antioxidant and beneficial to digestion. It has a tonic effect on the respiratory system, activates the liver cells, maintains a healthy gallbladder, aids digestion, has a diuretic effect, is cleansing, is antibacterial, and is an excellent coadjutant for a hepatic colic by stimulating the secretion of bile. Being rich in Vitamin C, it makes for an interesting ally during winter months to help fight off coughs, infections and free radicals.

Curried Turnips -new

Sara Jones, Tucson CSA

If you still haven't found a way that you like turnips, give this recipe a try. Curry spices are also delicious sprinkled over roasted turnips or rutabagas, as well! And the curry spices, cumin, coriander, turmeric and ginger are all powerful digestive aides, for those who find turnips hard to digest.

1 bunch turnips with greens, cleaned, roots diced and greens roughly chopped
1 small onion
1 clove garlic
About 1 tablespoon freshly grated ginger
1 tablespoon good curry powder
1/4 cup canned, chopped tomatoes
Oil
Fresh chopped cilantro, for garnish

Heat oil in a large skillet over medium high heat. Add onions and cook until beginning to brown. Smash garlic and ginger into a paste and add to skillet, then add curry powder. Cook stirring well for one minute then add turnips and tomatoes and about 1/4 cup of water. Cover and cook until turnips are tender. Stir in greens and cook until wilted. Season to taste with salt and garnish with fresh chopped cilantro.

Gyoza/Dumplings

Sara Jones, Tucson CSA

You can buy round gyoza/dumpling wrappers at most grocery stores. These are delicious deep fried, but can also be boiled or pan fried in a small amount of oil. One bunch of greens will make enough stuffing for quite a few dumplings. Make extra and place them on a cookie sheet to freeze. Once they are frozen, remove from the tray and place in freezer bags to freeze for up to 6 months.

2 large handfuls mixed greens, finely chopped
1/2 inch ginger, grated
3-5 green onions, finely chopped
3 or 4 grated radishes/carrots
Soy sauce, to taste
Pinch black pepper
1 package dumpling/gyoza wrappers

Mix first five ingredients together. To stuff dumplings, place a small amount of filling on the lower half of a wrapper. Moisten edges with water and fold top half down over filling. Use the tines of a fork to seal the edges. To cook, drop in boiling water and remove once dumplings float. Or, coat the bottom of a large skillet with oil and cook on each side until golden brown. Prepare frozen dumplings, straight out of the freezer, the same way. Serve dumplings with a dipping sauce or soy sauce with sugar, minced garlic and sesame oil added to it.



Moroccan Slaw

Sara Jones, Tucson CSA

Consider using any combination of mixed grated root vegetables—preferably beets, carrots and turnips or kohlrabi.

Mix:

3 cups mixed grated root vegetables
1 orange or grapefruit, peeled and cut crosswise in thin slices
Dress with:
1 pinch ground cumin
1 pinch ground coriander
1/4 cup yogurt
orange or grapefruit juice
orange or grapefruit zest
pistachios or cashews, chopped
fresh cilantro, chopped
salt and pepper

You can replace the yogurt with oil and apple cider vinegar. Mix together veggies, spices, zest and yogurt. Dress with juice and add salt and pepper to taste. Refrigerate 30 minutes. Garnish with nuts and cilantro before serving.

Butternut Squash /Pumpkin Cupcakes

Sara Jones, Tucson CSA

Cooked, pureed butternut squash works well in any recipes calling for pumpkin. You can also use squash in recipes calling for sweet potato, and vice versa. These cupcakes are typically served with a cream cheese frosting, but they are just as nice plain, or with chocolate chips added to the batter.

1 1/2 cups flour
3/4 teaspoon baking powder
3/4 teaspoon baking soda
1 teaspoon cinnamon
1/2 cup canola oil
3/4 cups sugar
1 cup butternut squash puree
3 eggs

Preheat oven to 325 degrees. Mix together flour, baking powder and soda, and cinnamon. Beat oil, sugar and squash together, then add eggs until well blended. Add flour mixture and stir until combined. Add chocolate chips, if using. Scoop batter into greased cupcake tins or cake pan, filling each container about 3/4 full. If you are using regular sized cupcake tins, cook for about 20 minutes. Check mini cupcakes at about 10 minutes, and a cake pan at about 25 minutes.

Black Spanish Radish Slaw -new

www.mariquita.com

2-3 black Spanish radishes, scrubbed and grated
3 cups finely shredded cabbage
1 cup coarsely grated carrots, any color
1/2 cup thinly sliced green or red onion
2 tablespoons fresh lemon juice
1/2 teaspoon sugar
2 tablespoons olive oil
2 tablespoons finely chopped parsley, cilantro, or mint leaves