



Tucson Community Supported Agriculture

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Fall 2010 - Week 9 of 13

Harvest list is online

The Back Page

Scrambled Eggs with Chiles
(Piperade)
Frittata with Greens
Radish and Yogurt Spread
Braised Greens and Garlic
Butternut Squash, Chiles and Potatoes

*Many more recipes on
our online recipe archive*

Braising Greens and Braising Mix

Finally, the greens are beginning to reappear after this long summer! We'll get salad mix and braising greens for a while to come...

Braising mixes are a mix of various braising (or cooking) greens. They often include mustard greens, kale, collard greens, Swiss chard, and a selection of Asian greens, such as mizuna or tat soi. When they are young, we often get a mix of them in a bag. As they mature, we start getting them in bunches.

When young and tender, a braising mix can be eaten in a salad. However, typically, they are braised, i.e. sautéed in olive oil, with onions and garlic, until wilted.



Newsletter editor

Philippe Waterinckx

MORE ON THE HAIL DAMMAGE AT CROOKED SKY FARMS



Here's a photo of Crooked Sky Farms taken by Farmer Frank after the October 5th hail storm (what looks like a lake in the photo is supposed to be a field!). Hailstones the size of quarters pulverized four 800-ft rows of cucumbers. Carrot seedlings were crushed and beet seedlings were torn up. Hailstones of that size tend to beat the ground to the extent that young plants with a still fragile root system are simply

destroyed. Freshly planted seeds were either beaten flat, or knocked out of the ground and later washed away by the flood.

Mature crops suffered as well. Okra plants were reduced to bare sticks and eggplants were scarred badly. Many leafy greens were destroyed, but those with an established root system suffered above-ground damage only and are now already coming back.

After the flood receded, the farm crew worked very hard to re-seed everything that had been destroyed.

For the farm, it means a serious financial set-back and a lot of extra work. For us CSA members, it means that many fall and winter crops will be delayed by 2 to 3 weeks. Luckily, the farm has a stored supply of potatoes, sweet potatoes, winter squashes which can be used to tide them and us over until the lost crops are ready again.

ELEGANT WAYS TO EAT VEGETABLES WITH EGGS

Last week, the New York Times featured two articles on eggs and vegetables, pointing out that egg dishes can be a great way to serve up more vegetables at dinner time. A third article discussed eggs and cholesterol. (Summary: eggs don't raise blood cholesterol or contribute to heart disease in most people.) See "The Sunny Side of Eggs" at <http://well.blogs.nytimes.com/2008/07/28/the-sunny-side-of-eggs/?ref=fitnessandnutrition>.

On October 22, Blogger Tara Parker-Pope (Tara Parker-Pope On Health) said "Like omelets and frittatas, scrambled eggs make a great setting for vegetables. Generally, the vegetables are cooked first, then the eggs are added to the hot pan and stirred until scrambled. Mexican cooks add eggs to a seared tomato salsa for the iconic huevos a la Mexicana, while Tunisians make a spicy scrambled egg dish with onions, sweet and hot peppers, tomatoes and potatoes. Simpler, milder scrambled egg dishes can be made with whatever produce lingers in your refrigerator, like mushrooms, zucchini or greens. You might still have some green tomatoes ripening on your countertop and bell peppers waiting to be eaten. Add a few eggs to that and you have most of the ingredients to make the French classic, piperade." See back. The blog article references an October 22 article and various recipes by Martha Rose Shulman at http://topics.nytimes.com/top/news/health/series/recipes_for_health/eggs/index.html?cp=3&sq=piperade&st=cse.

Scrambled Eggs With Chiles (Piperade)

Philippe Waterinckx, Tucson CSA

Adapted from The New York Times

You can mix and match peppers and chiles. Be sure to cook them for a long time so that their juices infuse the eggs.

2 tablespoons olive oil
1-2 bell peppers, or 4-5 fresh green chiles, or 4-5 roasted chiles, diced
1 garlic clove, minced
2-3 tomatoes, diced
thyme
black pepper
salt to taste
4 eggs

Heat some olive oil in a large nonstick skillet or heavy casserole over medium heat. Add the peppers or chiles. Cook, stirring often, for five minutes. If using roasted chiles, just stir them until hot.

Add the garlic and a generous pinch of salt. Cook, stirring, until the garlic smells fragrant, about one minute.

Add the tomatoes, thyme, salt and pepper.

Bring to a simmer, and simmer, stirring from time to time, until the tomatoes have cooked down somewhat, about 10 minutes.

Cover, and reduce the heat. Simmer over low heat for another 15 to 20 minutes, stirring from time to time, until the mixture is thick and fragrant.

Beat the eggs in a medium bowl and season to taste with salt and pepper. Turn the heat to medium, and stir in the eggs.

Cook, stirring every few seconds, until the eggs are scrambled. Remove from the heat and serve with sliced baguette.

Frittata with Greens

Sara Jones, Tucson CSA

5 eggs
1/4 cup milk
2 tablespoons flour
1/2 bunch baby leeks, thinly sliced
3-4 chard stems, diced
1 handful greens, roughly chopped
1 handful parsley, roughly chopped
About 1 tablespoon olive oil
Salt and pepper to taste

Heat oil in a large skillet over medium high heat. Add leeks and chard stems. Cook about 5 minutes, then add greens. Continue cooking, briefly, until greens are wilted. Remove from heat. In a medium size bowl, whisk together eggs, flour and milk. Stir cooked vegetables and parsley into the mixture and season with salt and pepper. Pour the mixture into a well-greased pie pan and bake in a 350-degree oven for about 15-20 minutes, until eggs are set.

Radish and Yogurt Spread

Philippe Waterinckx, Tucson CSA

This is surprisingly refreshing and delicious concoction! And so easy to make.

1/2 bunch radishes, cut in slices
1 cup Greek yogurt
a few stalks of green onions, chopped
salt and pepper
sliced bread

Mix together radishes and yogurt. Spread on bread slices. Sprinkle with green onions, salt and pepper.

Braised Greens and Garlic

Any dark green leafy vegetable will work with this basic preparation. Try kale, mustard or chard; mustard will be more bitter, while kale has a subtle earthy flavor.

1 bunch kale, mustard greens or chard (or 1 bag of CSA braising mix)
1/2 tablespoon olive oil
1-3 cloves garlic, minced
salt to taste
lemon wedges

Wash greens thoroughly. Drain. Chop greens into 3-inch pieces.

Heat oil in a large skillet. Sauté garlic for 2 minutes. Add greens to skillet.

Cover and cook over medium heat for 10 minutes (2-3 minutes only if greens are young and tender), stirring once in a while to coat all the greens with garlic and oil. Sprinkle with salt.

Serve with lemon wedges.

Butternut Squash, Chiles and Potatoes

Weslyn Hoekstra, Tucson CSA member

Here is a recipe using unroasted green chiles that we enjoy at our house. (Roasted chiles will work just as well, though).

2 tablespoons oil
1 butternut squash, peeled and cut in chunks
1 clove garlic, crushed
5 potatoes, peeled and cut in eight pieces
1/2 onion, diced
2 green chiles, diced
1 cup water
Salt and pepper to taste

Heat the oil in a large pan. Add the garlic and squash and cook until lightly browned. Add the remaining ingredients and cook until the potatoes are done.