



Tucson Community Supported Agriculture

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Fall 2010 - Week 10 of 13

Harvest list is online

The Back Page

Turnips and Greens
Herbed Turnips and Potatoes
Spaghetti Squash with Pesto Sauce
Linguine with Arugula, Pine Nuts and
Parmesan Cheese
Pinto Beans

*Many more recipes on
our online recipe archive*

Winter Subscriptions

The Tucson CSA is finally catching up with the times with online signup and payment. This will make the subscription process easier. However, we are still working out the final details and are testing the new system.

We plan to open signup on Nov. 8th.

Using Your Basil

When we get basil at the CSA, it often comes in larger quantities than can be eaten in one sitting. However, don't let that intimidate you.

My favorite way to store basil is to process it with olive oil and freeze it.

Just remove the thicker stems and blend the basil in a food processor with some olive oil. Use the pulse button until you obtain a smooth puree. Spoon the puree into an ice-cube tray and freeze it overnight. You can then store the cubes in a freezer bag. Basil puree can be thawed and used as is, in a tomato salad for example, or it can be turned into a basil pesto (see the Spaghetti Squash with Pesto recipe on the back page).

Thanksgiving Turkeys

The turkeys will be ready for pickup on November 15th and 16th. Please pick yours up on your pickup day as we have little room in our freezers.

We are still taking turkey orders.

Newsletter editor

Philippe Waterinckx

ARUGULA



Arugula (*Eruca sativa*) is the American and Spanish name for this mildly spicy green, which is also known as *rocket* in French, *rocket* in English and *rucola* in Italian.

Harvested when they are about 2 inches long, young arugula is distinguished by bright green spear-shaped leaves, sometimes with one or two indentations, or notches, at the base. The leaves taste nutty, with a hint of pepper.

Like many greens, arugula can be used raw in salads or in a pesto, or cooked in soups, stuffing, sautés, and pasta dishes.

Nutrition: like almost all leafy greens, arugula is low in calories and high in vitamin C, and as for the larger category of cruciferous vegetables it is also known for its anticarcinogenic properties.

TURNIPS AND THEIR GREENS



Fall has definitely gotten itself in gear. The first root vegetables are upon us. And they are here to stay. At the beginning, we will be getting small ones, but they will gradually increase in size as the season progresses.

Turnips are a member of the cabbage family and are cool season crops. Our first turnips will be small too. When small, they are especially sweet and tender, and can be eaten raw in salads or in slaws. Raw turnips are refreshing and tangy, similar to mild radish, and when cooked become pleasantly sweet. Cooking is optional for small turnips but is recommended for larger ones.

But remember, the root is not the only edible part.

Turnip is a dual purpose crop, like beets and rutabaga. Their greens, or tops, are delicious in their own right. I used to sell Farmer Frank's produce at farmers' markets around town. Customers sometimes asked if they could buy the greens alone. I was surprised at first, but I tried to cook the greens myself, and got hooked. Early in the season, the greens are vibrant and tender. This is a particularly good time to have a go at them if you haven't tried them before. Separate the tops from the roots and use the greens as soon as possible. The roots can be stored for longer.

The turnip has round or top-shaped roots, white skin with purplish or greenish crowns, and thin, green, hairy leaves. Since it flourishes in poor and impoverished soils and keeps well, this rustic vegetable has endeared itself to the poor and given others cause to scorn it.

Turnips and Greens

Sara Jones, Tucson CSA

Turnips served over their own greens are delicious. If you don't plan on using your turnips for a few days, separate the greens from the roots to keep both parts fresher.

1 bunch turnips, greens removed and cut into quarters
1 bunch turnip greens, washed well and roughly chopped
2 cloves garlic
2 teaspoons oil
Soy sauce to taste
Ground pepper

Heat a skillet over medium high heat and add turnips. Cook about 8 minutes stirring occasionally to brown on all sides. Remove turnips from heat and add greens and garlic to pan. Stir until wilted, then remove from heat. Season with soy sauce and cover with turnips. Sprinkle with pepper and serve.

Herbed Turnips and Potatoes

Philippe Waterinckx, Tucson CSA

Equal amounts of potatoes (cubed) and turnips roots (sliced in quarters). It works with fewer turnips too.

Butter or oil
Rosemary or chopped fresh dill (or both)
Salt and pepper

Heat butter or oil in a skillet to medium heat. Add turnips and potatoes, season with rosemary, salt and pepper. Cover and sauté for 15 minutes, stirring occasionally. Incorporate the dill a few minutes before serving.

Serve with a green salad (goes well with a 50/50 mix of spring mix and baby braising greens + Italian or French dressing).

Spaghetti Squash with Pesto Sauce

Philippe Waterinckx, Tucson CSA

1 spaghetti squash
1 bag basil, large stems removed
2 cloves garlic
1 tablespoon oil
1 large handful toasted walnuts, roughly chopped
Parmesan or Romano cheese, grated (optional)
1 package pasta, cooked

Cut squash in half lengthwise and scoop out seeds. Boil or steam face down for 15 to 30 minutes or until tender. Using a fork, scrape pulp out of the shells and break it apart, making it look like spaghetti. Set empty shells aside.

Toss basil, garlic, oil and half of walnuts into a food processor and pulse until well blended. Heat a small amount of oil in a skillet over high heat and fry squash until beginning to brown.

Toss squash together with pesto, pasta and remaining nuts. Place back in the empty shells. Serve sprinkled with cheese.

Linguine with Arugula, Pine Nuts and Parmesan Cheese

Phoenix SW Valley CSA

1 pound linguine
1/2 cup olive oil
4 ounces arugula, trimmed
1 cup freshly grated Parmesan cheese
1/2 cup pine nuts, toasted
Additional freshly grated Parmesan cheese

Cook linguine in large pot of boiling salted water until just tender but still firm to bite, stirring occasionally. Meanwhile, heat oil in heavy large skillet over medium heat. Add arugula and stir until just wilted, about 30 seconds. Remove from heat. Drain pasta and return to pot. Add arugula and toss well. Add 1 cup Parmesan and salt and pepper to taste; toss well. Transfer to bowl. Sprinkle with pine nuts. Serve immediately, passing additional Parmesan separately. Serves 6.

Pinto Beans

Indian and Spanish cooks in the old Southwest all relied on large amounts of various dried beans, but there are fewer varieties of beans in the modern Southwestern diet than in the past. The most common bean is the pinto bean. Its name means "painted" in Spanish, referring to the mottled brown-and-tan coloring of the raw bean. Freshly harvested pinto beans (like those we get at the CSA at the moment) are not to be missed! Even though they will keep, we encourage you to use them now—their flavor will be simply outstanding.

2 cups pinto beans, sorted and soaked
1/2 cup chopped onion
1 dried chile, optional
Salt

Put the beans in a soup pot, cover them with 2 to 3 quarts water, and boil hard for 10 minutes. Remove any scum, then add the onion and chile. Lower the heat and simmer, partially covered, until they're partially tender, 30 to 45 minutes. Add 1-1/2 teaspoons salt and continue cooking until they're soft, 15 to 30 minutes more. Serve them with a little of the broth. Leftover beans should not be allowed to sit around for very long, since they turn sour rather quickly.

