



Tucson Community Supported Agriculture

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Winter 2010/2011 - Week 6 of 11

Harvest list is online

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Dandelion Greens

Dandelion greens are one of the finest of spring tonics. Indeed, they are the most nutritious leafy vegetable you can eat. The greens have a slightly bitter note, they are elegant in a salad and they make a tasty potherb. You can also put them in stir fries and soups.

Like all bitter greens, their bite is significantly reduced by the addition of acid or fat. So, for example, Italians will prepare them raw with a vinegary salad dressing. French and Belgians are more likely to cook them in pork fat or eat them raw with bacon bits and lemon juice.

For an excellent salad, toss dandelion greens, alone or with other greens.

Dandelions support digestion, reduce swelling and inflammation, and treat viruses, jaundice, edema, gout, eczema and acne. This sunflower relative boasts potent medicinal properties with laxative and diuretic properties (its French name, *pissenlit*, wet the bed, aptly describes its effectiveness).



JOSH EGGS' SEASONAL LOW

Hens take it easy during the cold months. The lower temperatures and shorter days cause a decrease in egg production. Unlike large scale eggs producers who provide artificial lighting and heat, Josh lets his hens cycle naturally through the seasons. We therefore have fewer eggs than usual at the moment.

Ideally, we should follow that natural cycle and eat fewer eggs in the cold months and more eggs in the warm months. Ironically, it is often the other way around. So, until egg production picks up again in the spring we ask members to limit themselves to one dozen eggs at the time. We understand that you may sometimes need an extra dozen, and that's OK. We're just trying to ensure that everyone has a chance to get eggs.

TATSOI



Tatsoi has very dark green, spoon-shaped leaves in a perfect rosette. It has a pleasant and sweet flavor, and is generally eaten raw, but can also be cooked. Mix with other lettuces to enhance the appearance, flavor, and nutritional value of a salad. Tatsoi can also be added to soup – slice finely and add them at the end of cooking; the heat of the broth will cook them sufficiently.

COLLARD GREENS, SOUTHERN TRADITION

Southerners love their greens. A time-honored tradition in southern kitchens, greens have held an important place on southern tables for well over a century, and there is no other vegetable that is quite so unique to the region. Greens are any sort of cabbage in which the green leaves do not form a compact head. They are mostly kale, collards, turnip, spinach, and mustard greens.

Collard greens have been cooked and used for centuries. The Southern style of cooking of greens came with the arrival of African slaves and the need to satisfy their hunger and provide food for their families. Though greens did not originate in Africa, the habit of eating greens that have been cooked down to a low gravy, and drinking the juices from the greens (known as "pot likker") is of African origin. The slaves of the plantations were given the leftover food from the plantation kitchen. Some of this food consisted of the tops of turnips and other greens. Ham hocks and pig's feet were also given to the slaves. Forced to create meals from these leftovers, they created the famous southern greens. The slave diet began to evolve and spread when slaves entered the plantation houses as cooks. Their African dishes, using the foods available in the region they lived in, evolved into present-day Southern cooking .

The traditional way to cook greens is to boil or simmer slowly with a piece of salt pork or ham hock for a long time (this tempers their tough texture and smooths out their bitter flavor) until they are very soft. Typically, greens are served with freshly baked corn bread to dip into the pot-likker. Pot likker is the highly concentrated, vitamin-filled broth that results from the long boil of the greens. It is, in other words, the "liquor" left in the pot.

Miso Soup

Sara Jones, Tucson CSA

Soba noodles taste best here, but you can use any long spaghetti type noodle you have on hand.

1/4 block of firm tofu
1 cup radishes, sliced
Several handfuls tatsoi or boc choi, chopped
Soba noodles
1/2 inch ginger, grated
2 cloves garlic, minced
Red chili flakes, to taste
2 tablespoons miso paste
Soy sauce to taste

Sauté grated ginger, minced garlic, and red chili flakes very briefly in a soup pot. Add a quart or so of water, bring to a boil and add chopped greens, noodles, cubed firm tofu and radishes, if desired. When noodles are ready remove pot from heat and add about 2 tablespoons of miso and a dash of soy sauce. This is an incredibly easy and nutritious soup, I think of it as my vegan chicken soup recipe.

Tatsoi 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 tatsoi 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.

1 bunch tatsoi (including stems), finely chopped
1/2 inch ginger, grated
3-5 green onions
or 4 grated radishes
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.

Radish Potato Salad

Sara Jones, Tucson CSA

Radishes make a great foil for a creamy potato salad. If you have the time and inclination, make the dill aioli. If not, you can stir the dill into a store-bought mayonnaise.

1 pound red potatoes, cooked and roughly chopped
4-5 green onions, chopped
3-4 radishes, sliced
2 hard boiled eggs, chopped
About 1/2 cup dill aioli

Stir together all ingredients. For the best flavor, let the salad sit in the fridge for an hour or so.

French Aioli

Use it with a potato salad or as a dip for steamed artichokes or raw vegetables. Also makes a good sandwich spread!

1 large egg yolk at room temperature
1 teaspoon Dijon-style mustard
Salt
2 to 3 teaspoons fresh lemon juice
3/4 cup peanut oil or mild olive oil (or half of each)
4 to 6 garlic cloves, finely chopped
Small bunch dill, well chopped

Whisk the egg yolk in a small bowl until light and smooth, then stir in the mustard, a pinch of salt, and the lemon juice. Whisk in the oil until the egg and oil thicken. Stir in garlic. Keep covered and refrigerated.

Collards and Quinoa

Laurel Lacher, TucsonCSA

1 cup dry quinoa
2 cups water
1 bunch collard greens, stems removed and coarsely chopped
1 bouillon cube (veggie or chicken)
Put quinoa, water, and bouillon cube in a 2-quart pot and bring to a boil. Add collards, stir, and reduce heat to simmer. Continue cooking 10-15 minutes until quinoa is done and all of water is absorbed.

Kohl-slaw-new

Sara Jones, Tucson CSA

Also works great with turnips instead of kohlrabi.

Because of its crisp, crunchy texture, kohlrabi is great served raw. If you want to practice your knife skills, julienne the kohlrabi, otherwise, it is fine grated. If you have large radishes use some in this recipe, too.

3 small to medium kohlrabi bulbs, peeled and grated
1 small clove garlic, minced
2 tablespoons mayo
1 heaping teaspoon Dijon mustard
About 2 tablespoons orange juice, plus the zest from one orange
1 handful arugula or watercress, chopped into thin ribbons
1 tablespoon poppy seeds (optional)

Whisk together the garlic, mayo, mustard and orange juice. Pour mixture over kohlrabi and toss to coat. Add arugula just before serving to prevent wilting and garnish with poppy seeds and orange zest.

