



# Tucson Community Supported Agriculture

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## Winter 2010/2011 - Week 8 of 11

Harvest list is online

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### Philippe's Tips On Greens

1) 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.**

2) Cook them with pork!

Pork and winter greens go amazingly well together, and it is a great way to eat a large amount of greens.

In a stock pot on medium heat, sauté one pound of ground pork (plain ground, Italian sausage or chorizo) until it is well crumbled and browned. Add salt, pepper and herbs of your choice (I use thyme, Italian herbs, or Herbes de Provence.)

Add chopped onions and garlic and continue to sauté until onions are brown. Add chopped greens (any greens). Stir frequently until greens are wilted and keep the lid on the pot between stirring. You may want to add your greens in several batches, adding another batch as the previous batch wilts down.

Serve with rice or noodles.

## NEW SESSION SUBSCRIPTIONS OPEN NEXT WEEK

Next week we will open subscriptions for the next session, which starts March 1<sup>st</sup> (Tuesday) and 2<sup>nd</sup> (Wednesday). For the new session, we're introducing two improvements to make your CSA subscription more flexible:

- 1) You will be able to subscribe for either six weeks or twelve weeks at a time; and
- 2) You will be able to put your subscription on hold, for whatever amount of time you specify, so long as you go online to start the hold a few days before it takes effect.

There will be more information about these improvements in next week's newsletter.

## DANDELION GREENS



Dandelion greens are popular edible greens in parts of Western Europe and Italy in particular, where they are often served cooked or part-wilted with a hot dressing. They are often served with olive oil, garlic, bacon, eggs, vinegar, lemon juice, cheese, tomatoes, capers, grated Parmesan cheese and/or bread. They excel in salad mixes as well as in cooked dishes. If you are deterred by their tangy flavor, you might prefer them cooked (see cooking tips below).

To make a dandelion greens salad, combine salad mix and dandelion greens, crumble blue

cheese or chèvre over it and sprinkle with green onion and slivers of garlic. Drizzle over the top a vinaigrette of olive oil, lemon juice, salt and pepper (lemon or vinegar are essential to soften the bitterness).

Or try the following variations:

- *Country style*, with bacon bits, croutons, garlic and a hard-boiled egg.
- *Autumn salad*, with beets, apples and walnuts.
- *Maritime*, with fennel, pollack, and vinaigrette whisked with a little fish stock.
- *Italian*, with vinaigrette of olive oil, balsamic vinegar, mustard and garlic.
- *Monacan*, with tomatoes, beets, celery, Gruyère and walnut halves. Spread leaves with goat cheese. Cover with prosciutto or serrano ham and roll up to serve as appetizers.

**Dandelion Greens Cooking Tips.** If you plan to cook your dandelion greens, a simple and delicious method is to sauté them in garlic and olive oil, then sprinkle with grated Parmesan cheese.

Serving dandelion greens on bread, for some reason, completely eliminates the bitterness, according to Peter Gail, author of *The Dandelion Celebration* (Goosefoot Acres Press, 1994). One of his favorite ways of eating dandelions is to make a broiled dandelion pizza sandwich out of bread, tomato sauce, chopped raw or cooked dandelions and cheese.

### Creamed Mustardy Mustard Greens-new

Sara Jones, Tucson CSA

Why not highlight the mustardy flavor of mustard greens by combining them with some spicy Dijon mustard?

1-2 large bunches mustard greens (substitute other greens if needed)  
2 teaspoons butter or olive oil  
2 cloves garlic, minced  
¼ onion, diced  
2 teaspoons Dijon mustard  
Good splash (2-4 tablespoons) cream  
1 teaspoon red wine vinegar  
Salt and pepper to taste

Bring well salted water to a boil in a large pot, add mustard greens and return to a boil. Cook about one minute and remove greens. Drain. Heat oil in a large skillet over medium high heat. Add onions and garlic and cook until beginning to brown. Squeeze excess moisture from greens and chop into small pieces. Add mustard greens to skillet and continue to cook while you combine mustard and cream. Pour cream mixture over greens, turn heat to low and stir well to completely coat all greens. Add more cream if necessary. Remove from heat and add a dash of vinegar and some salt and pepper to taste.

### Dandelion Greens Fettuccini

The Cook's Garden catalog – Spring/Summer 1989

2 cups dandelion greens  
2 eggs  
1 1/2 cup flour  
1/2 teaspoon salt

Put dandelion greens and eggs in a blender and blend until smooth. Transfer to a bowl, add salt and start adding flour while beating with a spoon. Keep adding until dough is stiff. Turn out onto floured surface and knead until smooth (approximately 5 minutes). Roll out with rolling pin to 1/8"-1/4" thickness or thinner. Allow to stand and dry 1 hour, then cut into strips. Drop into boiling water and cook 1-2 minutes. Serve with butter and grated parmesan or asiago cheese.

### Beet Greens Soufflé

Submitted by Maggie Newman. Recipe developed by Ellen Ogden. In *The Cook's Garden* catalog. Vol. 8, No. 1. Spring/Summer 1991. Pg. 6.

3 tablespoons Parmesan cheese, grated  
2 medium beets, cooked and peeled  
2 tablespoons butter  
2 tablespoons flour  
3/4 cup chicken broth, hot  
1 cup beet greens, sautéed  
1/2 cup Cheddar cheese, grated  
3 egg yolks  
4 egg whites

Butter a 1 quart soufflé dish; sprinkle with Parmesan cheese. Slice the cooked beets and line the bottom of the soufflé dish with them. In a small saucepan, melt the butter, stir in the flour; add the hot broth and continue to cook until slightly thickened, then transfer to a larger bowl. Coarsely chop beet greens and add to the sauce along with Cheddar cheese. In a separate bowl, beat egg yolks; blend them with beet green mixture. Beat egg whites until they form peaks. Fold into bowl with other ingredients; blend well. Transfer all to buttered soufflé dish. Sprinkle with Parmesan cheese. Bake at 350° F. for 30 minutes, or until soufflé is puffed and golden.

### Greens and Radishes

Here are two recipes for dressings that would be great with cooked or raw greens (use milder Asian greens like yukina savoy, tatsoi or spinach) and radishes. If you are eating the dish raw, you will want to finely chop the greens and grate the radishes. For cooking, you can leave everything in much bigger pieces. Steam or sauté the veggies till tender, then add the dressing.

#### Peanut Ginger Dressing

2 tablespoons peanut butter  
1 inch piece fresh ginger, grated  
1/4 cup orange juice  
1 tablespoon rice wine vinegar  
1 tablespoon soy sauce

#### Sesame Soy Dressing

1/8 teaspoon dry mustard  
1 teaspoon sugar  
1 tablespoon rice wine vinegar  
1 tablespoon soy sauce  
1 tablespoon oil  
1 teaspoon toasted sesame oil  
1 teaspoon chili sauce

### Japanese Farmhouse Greens

Sara Jones, Tucson CSA

The combination of tahini and miso really mellows bitter or pungent flavors in greens.

1 bunch dandelion or mustard greens  
1 tablespoon tahini  
2 teaspoons miso paste  
Soy sauce to taste  
Sesame seeds to garnish

Blanch greens by quickly submerging in boiling water, then removing to a cold water bath. Squeeze excess water from greens and chop roughly. Stir together tahini and miso paste, adding a bit of water if necessary. Mix into chopped greens and season to taste with soy sauce. Sprinkle with sesame seeds to serve.