



# Tucson Community Supported Agriculture

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## Winter 2011 - Week 11 of 11

Harvest list is online

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Many more recipes in  
our online recipe archive

### **New Season Subscriptions, Beef and Pork**

The next CSA "season" begins March 1<sup>st</sup> and the new, online subscription system is now more flexible. Starting in March, we'll no longer have quarterly seasons – you will be able to start your subscription at any time. And, starting soon, you'll be able to put your subscription on hold at any time. To create or manage your online account, go to [www.TucsonCSA.org](http://www.TucsonCSA.org).

### **Tuesday pickup is ALMOST full!**

There is still considerable room available for the Wednesday pickup.

**Meat:** The pork is back, thanks to our members with beef shares for making room in the freezer by picking them up promptly last week. If you haven't picked up your beef, it's still here! For those who might still want beef, there are some extra shares. Check at the front desk.

### Newsletter Editors

Kimi Eisele & Paul Durham

## ARIZONA'S DEADLY EATING HABITS

Arizona has made another top 10 list for "worst" in the nation. This time it's for eating habits.

The Delaware-based online publication, *24/7 Wall St.*, recently published a ranking of the 10 states in the country with the "deadliest eating habits." Arizona placed ninth.

The ranking was determined using the following information: number of grocery stores per 1,000 residents, amount spent on fast food per capita, gallons of soft drinks purchased per capita and pounds of sweet snacks purchased per capita. State poverty levels, obesity and other factors were also considered.

Here are the statistics reported for Arizona:

Grocery Stores Per 1,000 Residents: 0.17 (47th)  
Amount Spent on Fast Food Per Capita: \$761 (4<sup>th</sup>)  
Gallons of Soft Drinks Purchased Per Capita: 60  
Pounds of Sweet Snacks Purchased Per Capita: 109

The other rankings are as follows:

10. New Mexico
9. Arizona
8. Ohio
7. South Dakota
6. Nevada
5. Oklahoma
4. Kansas
3. Missouri
2. Alabama
1. Mississippi

Source: <http://247wallst.com/2011/02/09/ten-states-with-the-worst-eating-habits/3/>

## KOMATSUNA: NOT JUST FOR ANIMALS!

This week's share brings a new leafy Asian cabbage called komatsuna. Also known as Japanese Mustard spinach, this tasty green is in the Brassica family along with the more familiar cabbage, kale, collards, and tatsoi greens we know and love.



Don't be put off by the fact that komatsuna greens are sometimes used for fodder in Asian countries! The juicy stems can be eaten like celery and the greens can be and be stir-fried, pickled, boiled or added to soups and salads. Enjoy!



### Winter Greens Pastry Shell-new

Howard, Tucson CSA

Yes, putting greens into a quiche is a great way to use them. But putting them into the pie shell, ingenious! Double up on your greens by putting them in the shell and the filling. This is a great opportunity to use up any greens that may be clogging your veggie drawer. Make more than one, because they freeze easy, too.

1 lb greens and their stems (to date, I've successfully used every green we get)  
2 - 3 Tb butter (veg oil works, but isn't as flavorful)  
3/4 cup all purpose flour  
3/4 cup bread crumbs (bran also works; either wheat or oat)  
optional herbs (dill, celery seed,)

Pre-heat oven to 375°. Lightly oil a 9 inch pie plate. Chop greens (or pulse in food processor) until they are finely minced (if stems are tough, you could remove, but I've not had a problem with them). Melt butter in a heavy skillet and add greens. Sautee until soft, then transfer to a bowl and mix in flour, bread crumbs, and herbs. Press mixture into the pie plate, using a fork or spatula to spread evenly and then forming the edges with your fingers. Bake for 15 to 20 minutes. At that point you can refrigerate or freeze for later use, or without cooling, use it for a quiche (since the oven's hot, why not?). Sprinkle 1/2 lb. grated cheese (Swiss, cheddar, etc.) as a bottom layer. Fill to the top with mixture of sautéed greens, onions, peppers, more herbs, etc. Beat 3 eggs with about 1 cup milk (or soy milk) and pour over greens. Bake at 375° for about 30 minutes, or until center is firm. I haven't seasoned with salt or pepper; there seem to be plenty of good flavor enhancers in there naturally.

### Turnip and Potato Gratin

Sara Jones, Tucson CSA

This is an easy recipe to toss in the oven to bake while you prepare the rest of your meal.

3 medium potatoes, thinly sliced  
3 medium turnips, thinly sliced  
1 onion, thinly sliced  
1-2 tablespoons butter, melted  
3/4 cup heavy cream (or use whole milk yogurt, thinned with water to make it pourable)  
1/4 cup bread crumbs  
1/4 cup crumbled or shredded cheese  
Salt and Pepper  
Dill, if desired

Sauté onions in a small amount of oil until lightly browned. Add butter and vegetables and cook for about five minutes. In a small casserole dish, make layers of veggie mixture, drizzling each layer with cream and sprinkling with a bit of salt and pepper. Top with bread crumbs and cheese, cover with foil, and bake in a 375° oven for about 40 minutes, until cooked

through. Remove foil and cook about 10 more minutes until top is golden brown.

### Turnips Baked in Dijon Mustard

Maggie Newman, Tucson CSA

5 or 6 small to medium turnips peeled and sliced (about 1/2-inch thick)  
1/4 cup softened butter  
1 tablespoon Dijon mustard  
Cracked black pepper to taste

Preheat oven to 350°. Peel and slice turnips. Mix mustard and butter, spread on turnips. Place turnips in single layer in a lightly oiled, shallow baking dish (8x8) and sprinkle with black pepper. Bake until tender, at least 20 minutes for young turnips; more for older ones.

### Marinated Daikon and Carrots

From Phoenix CSA

Try these as a garnish on a Vietnamese Bahn mi sandwich. Cook thin slices of pork or tofu to fill a baguette, add the daikon and carrots, lots of cilantro and hot peppers and enjoy!

1 cup Rice or distilled white vinegar  
1/2 cup Sugar  
3/4 pound Daikon, small, peeled, cut into 1/8" julienne  
1 1/2 pounds Carrots, peeled and cut into 1/8" julienne  
1 1/2 teaspoon Salt

Combine the vinegar and sugar and bring to a boil. Remove from the heat and set aside to cool. Place the radishes, carrots, and salt in a bowl and toss several times. Set aside for 20 minutes, then rinse thoroughly. Using your hands, squeeze the vegetables to remove the excess water. Pat dry with paper towels and place in a bowl. Add the vinegar mixture and let the vegetables marinate at least one hour before serving. To store, transfer to a tight-lidded jar and refrigerate. The vegetables will keep for up to three weeks.

### Balsamic Lemon Greens

Sara Jones, Tucson CSA

1 bunch tatsoi or komatsuna greens  
2 teaspoons oil  
1 squeeze of lemon juice  
Dash balsamic vinegar to taste  
Dash soy sauce to taste

Wash and chop greens, leaving the moisture on leaves. Heat about two teaspoons of oil over medium high heat. Add greens and stir well to coat. Cover and cook briefly, then add a squeeze of lemon, a few dashes of balsamic vinegar and soy sauce. Cover again and cook a few more minutes.