



Tucson Community Supported Agriculture

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Spring 2011

Harvest list is online

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Many more recipes in
our online recipe archive

Additional Contact - Software Problem Fixed

As many members are aware, our online subscription system allows you to add the name and contact information for a second person to your account. This could be a spouse or partner, or someone with whom you split your share, for example. And there's a box you can check to "add secondary email to all communications". If you check this box, the second person on your CSA account will also receive e-mails from us.

But, until Monday of this week, there was a problem. If you checked the box, then saved your changes, the contact info was saved, but often the check in the box was not saved. It's fixed now.

If you want a second person on your CSA account to receive our e-mails, please go to your online account and confirm this box is checked. It's under the tab "Contact info" on your member card, which is the next screen you see after you sign in.

Josh's Eggs

Thanks to warmer weather and longer days, Josh's Foraging Fowl are now giving us a lot more eggs. (Thank you ladies!) So we've removed the 1 dozen per member wintertime limit on Josh's eggs!

Newsletter Editors

Paul Durham and Kimi Eisele

TUCSON FESTIVAL OF BOOKS

Love food? Love books? Enjoy both at the third annual Tucson Festival of Books on the UA Campus, March 12 & 13, 2011. Sponsored by the Arizona Daily Star, the University of Arizona, and the University Medical Center, the two-day features hundreds of authors, publishers, and exhibitors presenting work. Proceeds from the event benefit literacy efforts in Southern Arizona.

Several sessions feature the work of culinary writers and local food activists, including the CSA's very own volunteer, Amy Valdes Schwemm of Mano y Metate, and good friends from Desert Harvesters, who will be discussing the new Eat Mesquite! cookbook. They join Pamela Hamilton, editor of Edible Phoenix magazine and Mary Paganelli Voto for the "The Locavore Kitchen," a discussion moderated by Vanessa Bechtol, Sunday, March 13, 4 to 5 pm at the Culinary Stage on the UA Mall.

In addition to words, the festival also features plenty of eats. Local restaurants Beyond Bread, Choice Greens, Zivaz, Brush Fire BBQ, and Create Café will be among the vendors.

For more information about culinary events at the Tucson Festival of Books, visit: www.tucsonfestivalofbooks.org.

BOK CHOI



Bok Choi (*brassica chinensis*) is one variety of a Chinese vegetable known as Chinese cabbage. It's related to Western cabbage and is the same species as the turnip.

Like many things Chinese, bok choy has a long history. "An archaeological excavation of an ancient Chinese village found bok choy seeds that were more than 6,000 years old. The ancient

Chinese often praised the vegetable through poetry and other writing. They considered it an extremely delicious, flavorful and nutritious vegetable. In modern China, the vegetable is believed to have many medicinal qualities, including battling fever, inflammation, infections and sore throat." (Source:

http://www.ehow.com/about_5114018_history-bok-choy.html.) Sounds like a good thing to eat in the winter when colds and flu are going around!

Bok choy is nutritious. In one cup (70 grams) of raw, shredded bok choy, there are 9 calories, no fats or sugar, 1% of the recommended daily value (DV) of carbohydrates, 1 gram, or 2% of the daily value, of protein, 63% of the daily value of vitamin A, 52% of vitamin C and 40% of vitamin K, together with a good amount of folate (12% DV) and vitamin B6 (7% DV) and smaller amounts (1 to 3% DV) of the other B vitamins. Wait, there's more! It provides 7% of the daily value of calcium, 5% of the daily value of potassium, 6% of manganese, and 3% of the recommended daily value of iron, magnesium and phosphorus. It's very low in salt content, containing only 2% daily value of sodium. (Source: <http://www.livestrong.com/article/80275-bok-choy-nutrition/>.)

Why go local? Fresh bok choy has a sweet taste, but the sweetness fades quickly after harvesting. So fresher really is better in the case of bok choy. And it can bruise easily, so longer transportation and more handling can damage it.

There are several bok choy recipes on our website at <http://www.tucsoncsa.org/recipes/>.

Cilantro Chutney

Wendy McCrady, Tucson CSA member

Delicious with the curried vegetables. Substitute roasted green chiles from your freezer for the fresh, if desired.

1 bunch cilantro, washed and drained
¼ cup onion, chopped
½ teaspoon cumin seeds (or powder)
1 green chile
Juice from 1 lemon
1 teaspoon salt
Yogurt, optional. (I use plain soy yogurt.)

Remove discolored leaves and most of stem from cilantro. Chop cilantro and place in blender with onion, cumin, chile, salt, and lemon juice. Blend to a smooth paste. Taste and add a bit of yogurt if desired to mellow the bite of the onion. Chill at least one hour to allow the flavors to blend and mellow.

Creamy Carrot Ginger Soup

Lorraine Glazar, Tucson CSA

Use a couple rutabagas in the recipe, in addition to the carrots, if you like. Their sweet, earthy flavor is great with the ginger, too.

6 large carrots (about 1 lb)
2 stalks celery, including leaves
1 cup thinly sliced onion
¼ cup crystallized (candied) ginger, chopped
7 cups vegetable or chicken broth
½ cup cooked white rice
Salt and pepper to taste
1/2 cup half and half or vegan alternative (almond milk is nice)
Mint or watercress for garnish (optional)

Slice carrots and celery crosswise and place in a heavy pot with onion, ginger and broth. Bring a boil, then simmer until vegetables are very tender (about 20 minutes). Remove from heat and add rice. Season with salt and pepper and allow to cool for 15 minutes. Puree in small batches in a blender until smooth. Return to the pot and stir in half and half or your choice of a vegan alternative. Heat soup through but do not boil. Garnish and serve.

Japanese Hot Pot

Sara Jones, Tucson CSA

If you have chicken or vegetable broth, you can use that as a base for the soup. If you don't, just use water, the miso will provide enough flavor. Instead of tofu, you can use very thin slices of beef, added at the last minute with the herbs.

About 2 quarts stock or water
1 head bok choy, roughly chopped
½ block firm tofu, chopped into squares
2-3 carrots, thinly sliced

1 handful thick rice vermicelli
1 bunch green onions, sliced
1-2 handfuls mixed greens, roughly chopped
2 + tablespoons miso paste

Bring stock or water to a boil and add thick bok choy stems and noodles. Cook until noodles are almost tender then add tofu, bok choy leaves, green onion and chopped greens. Remove pot from heat. Thin miso paste with one cup of water, then stir into soup. Taste for flavor and add more miso if necessary.

Rutabaga Fries

Sara Jones, Tucson CSA

Like other root vegetables, rutabaga is great baked. Try making fries with your share and you won't be disappointed. These fries will be more like sweet potato fries, in that they will never get perfectly crisp like a potato. To help them crisp better, switch them to broil right when they are almost tender. That will give them more color and a better texture than just baking.

1 share rutabaga, peeled and cut into French fry strips
2 teaspoons oil
Salt and pepper

Curry powder, paprika, cayenne or any other spice mix you like. Preheat oven to 375 degrees. Toss rutabaga with oil, salt and pepper and spices. Spread in a single layer on a baking sheet and place in over. Cook about 10-20 minutes (depending on the thickness of your slice). Once almost tender, switch oven to broil and cook until nicely browned. Serve immediately.

Citrus Vinaigrette

Rachel Yaseen, Two Spoons

Use this vinaigrette for any salad, but it is especially nice over an endive salad. You can use leftovers to drizzle over roasted veggies, too.

1/4 cup juice of 1 orange (or half orange, half grapefruit)
1/8 cup each, juice of 1 lemon and lime
1/4 cup organic, unrefined sesame oil (not toasted), or olive oil
2 tablespoon agave nectar
1 tablespoon chives, chopped
1/4 cup parsley, chopped
1/4 teaspoon sea salt, or more to taste

Mix all ingredients together in a jar with a tight fitting lid. Shake well before serving. Dressing should keep well in fridge for one week.