



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

Sonoran Herbalist Apprenticeship Program

Tucson desert herbalist John Slattery leads a series of field-oriented classes on seven Saturdays from March through September. Covered subjects include identifying desert plants useful for food and medicine, and how to treat yourself and family members with herbs you gather from the desert. Although the first class was this past Saturday, you can still join the series. Reach John at 275-2105, 867-8397, or deserttortoisebotanicals@gmail.com. For more information, go to www.deserttortoisebotanicals.com.

A Kale of a Lot of Anti's

You already know about the health benefits of eating vegetables. It's probably got something to do with why you're a CSA member, right? But each week when we do some research in preparation for this newsletter or the week's recipes, we are amazed to discover how good some of this stuff really is. Take kale for example – it's a powerful antioxidant, an anti-inflammatory and has anti-cancer properties. That's a kale of a lot of anti's!

Newsletter Editors

Sara Jones & Paul Durham

RUTABAGAS



The rutabaga (*Brassica napobrassica*), a relative newcomer in the world of cruciferous vegetables, is thought to have evolved from a cross between a wild cabbage and a turnip. The earliest records of rutabagas are from the 17th century in Southern Europe where they were first eaten by people as well as used for animal fodder. It's curious that throughout history animals were often fed the healthiest foods, foods thought to be inappropriate for human consumption.

Because rutabagas thrive in colder climates, they became popular in Scandinavia, but especially in Sweden, the country that earned them the name "swedes." In Europe, rutabagas are still called swedes. In America, rutabagas were first cultivated in the northern parts of the country in the early 1800s. Canada and the northern states are today's greatest producers.

The rutabaga is a root vegetable that looks very much like a turnip with yellow-orange flesh and ridges at its neck. Although this beta carotene-rich vegetable has been grown and marketed in our country for nearly 200 years, it remains an uncommon food in American dining. It's actually a great tasting vegetable with a delicate sweetness and flavor that hints of the light freshness of cabbage and turnip. With its easy preparation and versatility, great nutrition, and excellent flavor, the rutabaga can easily become an endearing family favorite.

Rutabagas are high in vitamin C – a serving comprised of one cup of cubed rutabagas contains 53% of the daily value for the vitamin, similar to a large tangerine. They're packed with minerals (potassium 16%, manganese 15%, magnesium 10%, phosphorus 10%, calcium 8%, iron 5%, zinc 4%, copper 3%, and selenium 2%), and they have single-digit percentages of the daily values for the B vitamins.

Rutabaga roots, separated from their greens, will store up to one month in the refrigerator.

CSA ACCOUNT BALANCES

This week is the fifth pickup since members joined the CSA or renewed their subscriptions effective at the beginning of March. So if you signed up for a six-week subscription, the balance in your CSA account should cover one more pickup after this week. But individual members' balances may vary, so it's important to monitor the balance in your CSA account if you want to be assured that we'll have a share for you when you come in to pick it up.

We'll send an e-mail reminder (after this week's pickup) to all members with less than \$30 in their CSA account. Remember that if you allow your CSA account balance as of 2:00 a.m. on any given Saturday to go below the cost of your weekly pickup (\$20 for produce-only, \$24.50 for produce and bread), you won't be able to pick up a share the following week. On the CSA website, www.tucsoncsa.org, put your cursor on "Joining" and click on "Create/Manage Account" in the drop-down menu. E-mail or call us (tucsoncsa@tucsoncsa.org or 203-1010) if you have any problems.

Shiny Happy Carrot Hummus

Lorraine Glazar, Tucson CSA adapted from
www.blog.fatfreevegan.com

2 medium carrots, peeled and sliced (about 1 cup)
1/4 cup water
2-3 cloves garlic
1 15-ounce can chickpeas, rinsed and drained
2 tablespoons fresh lemon juice
1/2 teaspoon salt, or to taste
1/2 tablespoon tahini
1/4 teaspoon ground coriander or cumin
1/2 teaspoon ginger paste (or 1/4 teaspoon finely minced ginger)
Pinch cayenne
1/4 teaspoon paprika

On the stove or in the microwave, cook the carrots in the water, covered, until the carrots are just tender. (I nuked 'em for 2 1/2 minutes.) Put the carrots, water, and garlic into the food processor and puree. Add the chickpeas, lemon juice, and salt to the processor and puree until smooth. At this point, you can stop and have a very simple, very light hummus. Or add the remaining ingredients and blend well. Serve as a dip, a sandwich filling, or a salad dressing.

Candied Citrus Peel

Lori Adkison, Tucson CSA

This is an easy way to make candied citrus peels. Use a vegetable peeler or paring knife to peel long strips of zest. Try to avoid peeling the white pith along with the zest, it can be quite bitter. You can store the cooked peels in the fridge, in their syrup, or put them on a drying rack, sprinkle with sugar, and dry until brittle. Dried peels will store well in an airtight container. They make excellent additions to cakes and pies, granola and ice cream. The simple syrup that the peels are cooked in has a delicious citrus taste, too. Use it in cocktails or other drinks.

For about 1 cup of citrus peel you will need a simple syrup of:

1 1/2 cups white sugar
1 1/2 cups water

Put zest in a medium saucepan and cover completely with water. Bring to a boil over high heat. Drain water and repeat the boiling and draining two more times. Make a simple syrup by dissolving the sugar in boiling water and returning to a boil. Then add peels and return to a boil. Remove from heat, let cool and transfer to a jar for storage in fridge.

Curried Rutabagas

Sara Jones, Tucson CSA

Rutabagas, though uglier than their cousin, the turnip, are actually sweeter and have a much mellower pungency than turnips. This recipe was originally for turnips, but will work well for rutabagas, too.

1 bunch rutabagas, peeled and diced
1 small onion
1 clove garlic
About 1 tablespoon freshly grated ginger
1 tablespoon good curry powder
1/4 cup canned, chopped tomatoes
Oil
Fresh chopped cilantro, for garnish

Heat oil in a large skillet over medium high heat. Add onions and cook until beginning to brown. Smash garlic and ginger into a paste and add to skillet, then add curry powder. Cook stirring well for one minute then add rutabagas and tomatoes and about 1/4 cup of water. Cover and cook until rutabagas are tender. Season to taste with salt and garnish with fresh chopped cilantro.

Baked Greens "Chips"

Nicole Baugh, Adapted from 28 Cooks food blog

For people like me who really don't like stewed or sautéed greens, here's a different (and crunchy!) way to prepare a lot of greens. Kale is the ideal green for these chips, but other sturdy greens will work.

3-4 cups greens
2-3 teaspoon olive oil
1 teaspoon apple cider vinegar
Salt and pepper to taste

Preheat the oven to 325 F. Wash and dry the greens. If the leaves are large, de-stem and tear into 2 or 3 pieces. Place in a bowl or plastic bag and add the other ingredients, tossing to coat thoroughly. On a non-stick cookie sheet (or one lined with parchment), spread the greens into a single layer. If desired, you can wait to add the seasonings until this stage instead. Bake for 10-20 minutes, checking often after the first 10 minutes to ensure that they don't burn. You may want to stir the leaves a little halfway through to keep them from sticking, but it shouldn't be necessary to turn them. The leaves should be crisp but not thoroughly browned, as they will become bitter if overcooked.

Dill Dressing

Sara Jones, Tucson CSA

The large bunches of dill that we get from the farm are perfect for dressing up salads.

1/2 large bunch dill, finely chopped
1/2 bunch green onion, minced
1 cup plain yogurt
1 tablespoon olive oil
2 tablespoons apple cider vinegar
Salt and pepper to taste

Whisk together all ingredients. Store any leftovers in a jar in the refrigerator for up to 1 week.