



# Tucson Community Supported Agriculture

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## Fall 2011

Harvest list is online

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Many more recipes in our online recipe archive

### Happy Holidays!

We will be closed during the last two weeks of December. Pickups will resume January 3rd and 4th. You do not have to put your share on vacation hold during that time. Our system will do it for you.

### Shungiku (edible chrysanthemum)



Popular in east-Asian salads, stir-frys, soups, stews, hot pots, and casseroles. Overcooking should be avoided: it is recommended to add it at the last moment since it easily loses its structure.

### Black Spanish Radish



The Black Spanish Radish, or Black Spanish Round, occurs in both round and elongated forms, and is sometimes simply called the black radish. It has a roundish shape with a rough black skin and a hot-flavored white flesh. In France it is known as Gros Noir d'Hiver (the big black one of winter) where it has been documented as early as the mid-16<sup>th</sup> century. It was a common garden variety in England and France during the early 19<sup>th</sup> century.

It makes a wonderful slaw when grated with salt, pepper, lime or lemon juice and thinly sliced scallions. The lime or lemon juice neutralizes the black radish's natural spiciness.

## MEALS FROM MY SHARE

Our abundance of greens can be surprising at first, but once you turn these healthy greens into meals, their quantity is really quite manageable. If you are not used to leafy greens, or are feeling overwhelmed by their volume, a great trick is to turn them into delicious green soups. Green soups use both root vegetables and their greens. They are a wonderful warming food and they also make very portable lunches.

To illustrate how to use all of our CSA goodies, I've decided to share how I've used my CSA haul this week. All recipes listed are in our online recipe archive.

1. The **daikon radishes** and their greens made a **Radish Top Soup**. I didn't have scallions, so I sautéed one chopped onion in the mix instead. I served the soup with toasted **Barrio bread**. It was delicious, a bit spicy, and reminiscent of split pea soup.
2. Half my share of **eggplant** went into **Eggplant Pasta with Pesto**. I doubled up the recipe to make enough leftovers for a later lunch. To use up some greens, I sautéed a whole bunch of chopped **arugula** with the eggplant. The pesto sauce was made with some frozen basil purée I had made with the CSA basil we got this past summer.
3. The **mustard greens** turned into a **Risotto with Greens**. Another great meal for a cold day.
4. I can never get enough chips. I mean **Baked Green Chips**. I used my bunch of **kale** to make them, but you can easily use any leafy greens. It's a very easy recipe and a great creative snack. I made two batches of chips with one bunch of kale.
5. Because of the cold weather, I felt like repeating that wonderful **Radish Top Soup** two days later. This time I used the **turnips and their greens** as a substitute for radishes. For added variety, I made small meatballs out of ½ pound of CSA **Italian sausage** and cooked them in the soup after I had blended it. This recipe has become my favorite way to fix turnips, of which I'm otherwise not terribly fond.
6. The **rutabagas** and their greens were made according to the **Amish Turnips** recipe, with rutabagas instead of turnips. The recipe doesn't call for greens, but I just chopped these finely and boiled them with the roots. The breadcrumbs came from some saved **Barrio bread** leftovers. If rutabagas or turnips challenge you, this is also a great way to fix them.
7. With the remaining eggplant I made some **Baba Ganoush**, a yummy hummus-like dip, which I ate with some more **Barrio bread**.
8. Farmer Frank's **navel oranges** are too good to be juiced. I just snacked on them here and there.

Conclusion: the meals described above fed two people over four days, spread over lunches, dinners and snacks. Luckily, we have two produce shares, so we were able to make more meals without having to go shopping for more groceries.

## PAYMENT METHODS CHANGE

The credit card/PayPal payment method we offered this past year proved to be too costly for us and we must unfortunately remove it. We just can't bring ourselves to raise prices for everyone to cover that cost. Regular checks or cash are our preferred ways to take payments but we'll continue to offer the e-check option as a convenience.

### **Radish Top Soup**

Philippe, Tucson CSA

This delicious soup made from radish greens should persuade you to keep your throwaways. It can also be made with greens from turnips, daikon radishes, rutabagas or black radishes. It's a great way to use up lots of greens.

Fresh greens and roots from 2 small bunches of radishes, or from one bunch of turnips, daikon radishes or rutabagas.

Washed and chopped.

3 medium scallions or 1 medium onion, chopped

2 potatoes

1 tablespoon oil

4-6 cups vegetable or chicken broth

Salt and pepper

Heat oil in large saucepan over moderate heat. Add greens, chopped scallion or onions, and potatoes. Toss until leaves are wilted.

Add heated broth. Simmer, covered, over low heat until potatoes are soft (about 20 minutes.)

Blend with an immersion blender or with a food processor until smooth. Return to pan and stir in more broth for desired consistency. Season with salt and pepper.

Serves 4.

### **Asian Slaw**

Sara Jones, Tucson CSA

You can serve this dish as a cold salad, or briefly cook all the ingredients together. Either way, you can finish the dish with noodles and chicken or tofu for a complete meal. The grated Spanish radish in this recipe is remarkably mild. If you or someone you are serving dislikes radishes, simply soak the grated roots in water for several minutes then drain well to remove any bite.

#### **Salad**

Several cups of cleaned and shredded Asian greens (bok choy, tatsoi, Chinese cabbage, mizuna)

Large handful of Shungiku, chopped

1/2 cup-1 cup grated radishes and/or carrots

Mix vegetables and toss together with one of the following dressings:

#### **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

### **Simple Greens Bisque (simple greens pasta sauce)-new**

Kumi Rao, Tucson CSA

2 tablespoons of butter or olive oil

2 shallots or 1 medium-sized onion (diced very fine)

4 cloves garlic (minced)

1 cup of pureed greens (turnip/rutabaga/daikon tops; any of these work great)

1/2-1 teaspoon (to taste) crushed red chili flakes

1/2 cup of heavy cream/milk/coconut milk/unflavored almond milk

Salt to taste

On a medium-low flame, add chili flakes to 2 tablespoons of butter/olive oil for 1-2 minutes. Add shallots or onion, a heavy pinch of salt and sauté until the onions start to turn a lovely brown (about 4-5 minutes). Add minced garlic and sauté for one minute. Add pureed greens and cook until most of the moisture has been evaporated (about 5 minutes). Thin mixture out with the milk of your choice and simmer for another 5 minutes. Season with salt to taste.

Serving suggestion: Top with a drizzle of extra virgin olive oil and cream – serve with Barrio bread.

\*\* To make this into a pasta sauce, simply add basil/oregano or fresh herb of your choice, thin out with only 1/4 cup of "milk" (preferably a richer option, heavy cream or coconut milk) and add to 8 ounces of pasta.

Serves 4.

### **Quick Indian Inspired Greens and Lentil Soup-new**

Kumi Rao, Tucson CSA

3 cups of cooked lentils (split mung dal is my favorite)

2 tablespoons oil

1/2 teaspoon of cumin seeds

1-2 dried red chilies

1/2 teaspoon turmeric

1 jalapeno (seeded if you are more heat sensitive)

1 teaspoon minced garlic

2 teaspoons minced/grated ginger

3 cups of chopped greens (radish, braising greens, turnip, mustard, spinach, all work great), cut into small pieces

1 teaspoon coriander powder

In a 4-quart saucepan, warm the oil on low to medium heat and add dried red chilies and cumin seeds. When the oil starts to smell fragrant and the cumin seeds just begin to lightly toast (this should take about 2-3 minutes but watch your cumin, don't let it burn) add the turmeric and diced jalapeno. Sauté for 1-2 minutes and then add ginger and garlic. Add chopped greens. Raise the temperature to medium-high and sauté with 1/2 teaspoon of salt and coriander powder (about 3-4 minutes until they are nice and tender). Add the lentils and simmer for another 5-10 minutes. Serve over basmati rice and top with fresh cilantro.