



Tucson Community Supported Agriculture

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Winter 2011/2012

Harvest list is online

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Asian Slaw

Simple Greens Bisque (simple greens
pasta sauce)

Quick Indian Inspired Greens and
Lentil Soup

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Kohlrabi is a stout cultivar of the cabbage. The name comes from the German Kohl ("cabbage") plus Rabi ("turnip"), because the swollen stem resembles the latter. It is a distinctive-looking vegetable with a swollen, nearly spherical shape, pale green and purple-tinged, marked by points where the leaf stems are attached.



Its taste and texture are similar to those of a broccoli stem or cabbage heart, but milder and sweeter. The young stem in particular can be as crisp and juicy as an apple, although much less sweet. The leaves have a flavor similar to kale.

Kohlrabi can be eaten either raw or cooked. It should be peeled to remove the fibrous layer just under the skin. It can be peeled after cooking.

Cooking Tips

Peel kohlrabi, cut it into 1/4" slices or sticks and sauté in butter or olive oil, or boil and mash like potatoes.

Kohlrabi, if not served raw, can be cooked like turnip or celery root. It can be prepared as crudités, grated, used in gratins, soups, stews or purées, sautéed or steamed.

NEW YEAR AND NEW GREENS

Collards for Wealth and Health: So, I hear it's customary in the U.S. South to eat collard greens (along with your black-eyed peas and cornbread) on the first day of the year. Doing so is said to bring financial prosperity, as the folded green leaves resemble money itself. If you missed out on that tradition on Jan. 1st, you can make up for it by eating collards in the first *week* of the year. Maybe you'll still get the benefits! At the very least you'll get a good dose of vitamin C and soluble fiber, plus of slew of anti-cancer nutrients. That's something to iron your collar for.



Actually, the name "collard" is short for "colewort," which means "cabbage plant," given that collard greens are a species of loose-leaf cabbage. Collards are large, dark, waxy greens that some folks find bitter. One of the oldest members of the cabbage family, collards were eaten by the ancient Greeks (along with their close relative, kale) and also by the

Romans, who may have introduced them to the British Isles. Today, collards are eaten all over the world, particularly in Brazil, Portugal, parts of Africa, Eastern Europe, and the Kashmir region of India and Pakistan.

You can cook collard greens the traditional Southern way by boiling them or simmering them slowly with a ham hock or salt pork. If you do so, be sure to save the liquid in the pan for dipping. It's known as "potlikker" or "pot liquor," a highly nutritious broth said to cure you of anything that ails you. You can also chop up these greens and add them to stir fry, or simply sauté them with onions or garlic. I've even blended them up in a smoothie! If you don't care for tough stems, you'll want to remove them before cooking or blending. No matter how you cook them, collard greens bring good health. If you somehow can't eat them, at the very least you can stick a large leaf on your forehead. Supposedly, that will cure a headache.

Tokyo Bekana, Not Your Everyday Lettuce: These lesser-known greens are an oriental brassica celebrated for their quick germination and high success rate in cold temperatures. In appearance they resemble lettuce with their bright green, curly leaves, but their taste is more akin to spinach, though perhaps slightly more bitter. Outside of Asia, this green is typically used for salad leaves. But, similar to Pak Choi, it can also be stir-fried for a tasty, wilted green!



THE EGG STATUS – EGGS FROM SLEEPING FROG FARM!

Josh's hens will soon be producing more eggs, but still not quite enough for everyone. So, in the meantime, Sleeping Frog Farm will occasionally supply us with some of their eggs. Sleeping Frog Farm eggs are from pasture-raised hens, like Josh's, but they are also organic (hence their slightly higher price - \$6 per dozen). Our price for these eggs is the same as their price at the farmer's market.

Collard Greens and Tomato

Philippe, Tucson CSA

1 bunch of collard greens (or any greens), washed and cut in ribbons
1 tomato, diced
1 onion, sliced
1 clove garlic, crushed
1 tablespoon olive oil
dash of lemon juice or vinegar
Salt and pepper, to taste

Steam the greens in 1 cup of water for about 10 minutes in a covered pot. Drain and set aside.
Sauté onion in oil for 5 minutes, then add garlic and tomato. Sauté for another 5 minutes.
Add greens, salt, pepper and lemon juice. Cook for another 5 minutes and serve.

Kohl-slaw

Sara Jones, Tucson CSA

Also works great with turnips instead of kohlrabi. Because of its crisp, crunchy texture, kohlrabi is great served raw. If you want to practice your knife skills, julienne the kohlrabi, otherwise, it is fine grated. If you have large radishes, use some in this recipe, too.

3 small to medium kohlrabi bulbs, peeled and grated
1 large or 2-3 small carrots, grated
1 small clove garlic, minced
2 tablespoons mayonaise
1 heaping teaspoon Dijon mustard
About 2 tablespoons orange juice, plus the zest from one orange
1 tablespoon poppy seeds (optional)

Whisk together the garlic, mayonaise, mustard and orange juice. Pour mixture over veggies and toss to coat. Sprinkle with poppy seeds just before serving.

Savory Southwest Spaghetti Squash Kugel

Amanda Shauger, Tucson CSA

Sara Jones inspired this recipe with her Spaghetti Squash Latkes. There are actually a number of spaghetti squash recipes online, but many are dessert recipes where spaghetti squash takes the place of noodles. I decided to adapt a parve potato kugel recipe. Latkes are made with a lot of oil to celebrate the miracle of the oil that kept the lamps fueled for 8 days. Kugel is delicious when made with lots of schmaltz (chicken fat), melted butter or oil.

2 spaghetti squash, cut in half, de-seeded and roasted cut side down in olive oil
9 local organic free range eggs
4 roasted green chiles, peeled and de-seeded and chopped
1 large onion, chopped and sautéed in olive oil
1/2 cup olive oil - seriously

1/4 cup flour (I used wheat but you could use any flour)
2 teaspoons aluminum-free baking powder (optional - this is a modern adaptation so the kugel is lighter and rises more.)
1 teaspoon of salt

In a bowl, whisk eggs, oil and salt together. Set aside. When cool enough to handle, gently tease out the spaghetti squash fibers from the shell of the squash and place in a separate large bowl. Combine squash with onions, chiles, flour and baking powder. Don't mangle the spaghetti squash too much. Thoroughly incorporate the egg mixture with the squash mixture.

Place in a greased 9" x 13" pan and bake in a pre-heated oven at 325° for about an hour or until the top and sides are nice and golden brown and the inside is soft and moist. Enjoy while steamy warm on a wintry night. Reheat a bit for a hearty breakfast.

CSA Greens and Tomato Quiche

Anu Gupta, Tucson CSA

During the fall and winter CSA season when we gets lots of greens I usually make a quiche every week to use up any unusual greens or greens that look a little past their prime.

1 unbaked 9" pie shell
1 tablespoon olive oil
1 small or 1/2 large onion, chopped
2-3 cloves minced garlic
1 teaspoon dry thyme or 1 tablespoon fresh
1 bunch of any CSA greens like beet tops, arugula, spinach, washed and coarsely chopped
10 cherry tomatoes sliced in half or 2 larger tomatoes, sliced about 1/2 inch thick
3/4 cup grated cheddar cheese or crumbled goat cheese
1 1/2 cups buttermilk
4 eggs
Salt and pepper to taste (I usually use about 1/4 teaspoon salt in the veggie mixture and 1/2 teaspoon salt in the buttermilk mixture)

Preheat oven to 375°. Sauté onion and garlic in olive oil until onions are soft and translucent. Add thyme and chopped washed greens. Add a little salt. Sauté mixture until the greens have wilted and the mixture looks mostly dry. Spread grated cheddar or crumbled goat cheese on the crust. Next layer on the greens mixture, then the sliced tomatoes in an attractive pattern. Whisk the eggs, buttermilk, salt and pepper together and pour into quiche. Sprinkle with a dash of paprika if desired. Bake at 375° until set. This takes 40 minutes in my convection toaster oven and 1 hour in my regular oven. Let sit for 15 minutes before slicing.

