



# *Tucson Community Supported Agriculture*

Newsletter 321 ~ January 16, 2012 ~ Online at [www.TucsonCSA.org](http://www.TucsonCSA.org)

## **Winter 2011/2012**

Harvest list is online

### **The Back Page**

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**Many more recipes in our online recipe archive**

### **Now Taking Deposit For Grass-Fed Beef Shares**

Pay a \$20 at the front desk to reserve your beef share. The shares will be available mid to end February.

The grass-fed beef comes from Josh's farm near Willcox (same guy who brings us chickens and eggs).

For more info on our grass-beef shares, go to our website, then click on *Products > Grass-fed Meat Shares* on the navigation bar.

### **Gardening Book Event at Antigone's**

Friday, January 27, 7 PM

Scott Calhoun, author of *The Gardener's Guide to Cactus: The 100 Best Paddles, Barrels, Columns, and Globes*. At last! A book that shows readers just how easy, hardy, and rewarding cactus can be for everyone — not just specialists.

## **SWISS CHARD: WEAR IT IF YOU MUST, BUT DEFINITELY EAT IT**



Last year on Halloween, my friend TC dressed up as Swiss Chard. He wore all red and fashioned a hat out of two large green "leaves" cut from paper. He confessed recently that he doesn't even like Swiss Chard (what?!), but said it offered an easy and colorful costume. That may be. But since it's not Halloween, here are a bunch of other amazing things Swiss Chard is good for.

Chard is actually a beet, in the same subfamily as the beetroot, which are cultivated for their edible roots. Chard is grown for its large, dark leaves. It's got a lot of other names, too: silverbeet, perpetual spinach, crab beet, and mangold (isn't that great?). It is also sometimes called "bright lights" because of its brightly colored stalks, which come in red, orange, yellow, and purple! The name "chard" is similar to cardoon, a large celery-like plant which also comes from the Mediterranean. The French call both cardoon and chard "carde." The name "Swiss" was introduced by nineteenth century seed catalogs to distinguish chard from French spinach.

Chard is famous for its bright, colorful stalks, which are thick, crunchy, and juicy. Its leaves are often curly and ruffled, but can also be flat and smooth. Aside from its attractive appearance, chard might just be one of the healthiest veggies out there, like many other leafy greens. It is a great source of beta-carotene, vitamins K and C and is rich in fiber and protein. Chard is also a source of phytonutrients known as betalains, which are responsible for its bright pigments (green, yellow, orange, red) and are known to have antioxidant, anti-inflammatory, and detoxification qualities. Chard is also high in calcium, magnesium and vitamin K, all of which contribute to strong, healthy bones.

Often used in Mediterranean cooking, chard is generally saltier than other dark, leafy greens. Use chard raw in salads or sauté it. Its flavor is very similar to that of spinach. Like other beets, chard is high in oxalic acid, an excess of which may lead to kidney stones. To leach this acid, you can boil chard, which also boosts its sweetness.

## **TATSOI: GREEN GOODNESS FROM UNDER THE SNOW**



This scrumptious spoon-shaped green is another celebrated Asian green with a high nutritional value. Its thick crunchy, juicy white stems and dark green leaves form in a flat rosette cluster.

Tatsoi is rich in minerals, vitamins and antioxidants and makes a tasty addition to salads, soups, or stir fries. Also called spinach mustard, spoon mustard, or rosette bok choy, it has a mild mustard flavor, and though crunchy, has almost a creamy texture when eaten.

Tatsoi is cold-tolerant, and while we won't likely have occasion to do so here in Tucson, it can even be harvested from under the snow!

### **Radish and Yogurt Spread**

Philippe, Tucson CSA

Such a simple recipe, but so good. And it will be beautiful with our Valentine Radishes!

1/2 bunch radishes, grated or cut in thin slices  
1 cup Greek yogurt  
A few stalks of green onions, chopped  
Salt and pepper  
Sliced bread

Mix radishes and yogurt and a generous dose of salt and pepper. Spread on bread slices. Garnish with green onions.

### **Pennsylvania Dutch Cabbage and Noodles**

Inez Whipple, Tucson CSA

This is pretty simple and tasty cabbage recipe that I make frequently for dinner.

1 tablespoon canola or corn oil  
1 medium onion, chopped  
1/2 head cabbage, coarsely chopped  
1/2 cup water  
2 cups whole wheat or egg noodles, cooked  
Salt, pepper  
1/4 cup cheese, cheddar or goat work well, shredded (optional)

Heat the oil in a large frying pan and add the onion. Cook until the onion begins to become transparent. Then add the cabbage and the water. Reduce the heat a bit and stir occasionally.

When the cabbage is steamed through, add the cooked noodles, salt and pepper to taste and stir gently. Divide onto 2 plates and sprinkle with cheese.

If you want to make this extra special, toast some breadcrumbs in a little butter and add those to the top of the dish before serving.

### **Carrot Miso Dressing**

Sara Jones, Tucson CSA

This is great for salads, sprinkled with some sesame seeds as a garnish. The dressing could also be used as a pasta sauce, tossed over soba or udon noodles.

2-3 medium to large carrots  
1-2 green onions  
1 inch peeled ginger, chopped  
2 tablespoons miso  
2 tablespoons sesame oil  
2 tablespoons vegetable oil  
1/4 cup rice wine vinegar

Clean carrots and remove tops and bottoms. Chop carrots into pieces. Put all ingredients in a food processor or blender and pulse a bit to break down carrots. Puree dressing for a couple

minutes until dressing is mostly smooth and carrot bits are very small.

### **Grapefruit Poppy Seed Dressing**

Lorraine Glazar, Tucson CSA

1/2 cup grapefruit juice  
2 tablespoons rice wine vinegar  
1 egg yolk  
1 tablespoon honey (optional)  
1 tablespoon sugar (optional)  
1/2 cup olive oil  
1/2 cup corn oil  
1/2 tablespoon poppy seeds  
1/2 grapefruit  
Salt and pepper to taste

In a food processor, blend the grapefruit juice, vinegar, egg yolk, honey and sugar until smooth. With the motor running, gradually add the oils until emulsified. Stir in the poppy seeds.

Cut the grapefruit into segments, mince them, stir them in, and season to taste.

*This is an original recipe given to me by Doug Levy of Feast restaurant. Printed with permission.*

### **Swiss Chard with Pine Nuts and Raisins**

Sara Jones, Tucson CSA

Swiss chard is often accompanied by raisins and pine nuts in a wide range of dishes. Here is the basic recipe, with much room for creativity. (Think quiche, pasta salad, lasagna, enchiladas...)

2 bunches Swiss chard, (you can substitute one of the bunches with spinach or tatsoi), chopped roughly, stems diced  
1/3 cup pine nuts  
2 tablespoons oil  
1 medium onion, finely chopped  
1/4 cup golden raisins, finely chopped  
Salt and pepper to taste  
Sherry vinegar, to taste (optional)

Heat oil over medium high heat, add onion, sauté for about 5 minutes then add chard, pine nuts, raisins and a splash of water. Cook, stirring often, until chard is well wilted.

Season with salt and pepper and a dash of vinegar, if desired.