



# *Tucson Community Supported Agriculture*

Newsletter 366 ~ November 26, 2012 ~ Online at [www.TucsonCSA.org](http://www.TucsonCSA.org)

## Fall 2012

Harvest list is online

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

### Chocolate Candy From Black Mesa Ranch – Available until Dec. 19

We will carry different varieties of BMR candy at different times between now and the last pickup of the year. Keep checking our shelves for availability and latest arrivals.

The next shipment is due this Wednesday, Nov. 28, and will include Vanilla Bean Caramels, Peanut Betterfingers, Chocolate Candied Ginger, Sea Salt English Toffees and Buttermint Creams.

Chocolate Truffles will arrive the following Wednesday, Dec. 5.

### Reminder: End-of-year holidays

The Tucson CSA will be closed from Dec. 20<sup>th</sup> to Jan. 6<sup>th</sup>. The last pickups of this year will be on Dec. 18<sup>th</sup> and 19<sup>th</sup>. Pickups will resume on Jan. 8<sup>th</sup> and 9<sup>th</sup>. There is no need to place your subscription on hold during the holidays as our subscription system will factor in the off-weeks.

### Iskashitaa is looking for basil to make basil glaze

If you are about to harvest large amounts of basil from your garden before the first frost and are willing to part with some of it, consider donating it to Iskashitaa Refugee Harvesting Network.

Contact Sheila at:  
[harvesting@iskashitaa.org](mailto:harvesting@iskashitaa.org)

For more info, go to:  
<http://www.iskashitaa.org>

## OUR ONLINE RECIPE DATABASE

Our website features an extensive collection of recipes, most of which are contributed by our own members and CSA volunteers, so they focus on the produce we typically get in our weekly shares. The recipes are listed alphabetically by vegetable, and often, the first listing for each vegetable includes general information about that vegetable. Got something in your share you don't know what to do with? Look it up here!

We are also constantly adding new recipes and produce information. If you have a home dish that you make with something from your CSA share, consider sharing your recipe with us (just email it to us) and we will add it to the recipe database. Please do not send us copyrighted recipes.

To access the recipe database, go to our website and click on the Recipes link in the navigation bar. Wait a few seconds until the list appears (the list is extensive and it takes a few seconds to load and display).

## TURNIPS ARE HERE. TIME TO TURNIP THE HEAT!

The turnip is a member of the cabbage family and is a cool season crop. The turnip is a dual-purpose crop. The leaves are used for greens and the root is cooked similar to potatoes and beets. The turnip has round or top-shaped roots, white skin with purplish or greenish crowns, and thin, green, hairy leaves. Since it flourishes in poor and impoverished soils and keeps well, this rustic vegetable has endeared itself to the poor and given some cause to scorn it.



Raw turnips are refreshing and tangy, similar to mild radish, and when cooked become pleasantly sweet. (Turnips grown during the hot summer months are decidedly pungent, although they mellow somewhat with cooking.)

Separate the roots from the greens right away. Store the roots, unwashed, in a plastic bag in the refrigerator for one to two weeks. Store turnip greens separately, wrapped in a damp towel or in a plastic bag in the hydrator drawer of the refrigerator. Use the greens as soon as possible. Turnips may also be frozen in chunks for use in stews and soups: blanch the chunks for two to three minutes, rinse under cold water and drain thoroughly before packing into airtight freezer containers or bags.

Scrub fresh turnips with a stiff vegetable brush. There is no need to peel them, simply trim away damaged areas. When fresh and young, turnips are wonderful used raw in salads. When cooked with other foods, turnips absorb flavors, making them succulent and rich. Use turnip greens as a cooking green; they are generally too tough to use in raw salads.

Turnip ideas:

- Try raw turnips cut into sticks for a vegetable platter with dip.
- Grate into salads or slaws.
- Boil whole turnips 15 to 20 minutes; 1 1/2-inch cubes or slices, 8 to 10 minutes.
- Steamed turnips takes 5 minutes longer to cook than boiled.
- Bake turnips for 30 to 45 minutes at 350° F., basted with butter or oil, or bake along with other seasonal roots, such as beets, rutabaga, carrots or potatoes.
- Pickled turnips: see recipe on back page.

**Arugula Pesto**

Celine Hayden, TCSA

This makes a great spread for bread, or try a slice with the Black Mesa Ranch goat cheese, some pesto, and slices of fresh tomatoes on top. Yum! The vinegar takes some of the bite out of the arugula, so this is a good recipe to use if you find arugula too spicy this time of year.

1/2 cup toasted pine nuts (can also use other nuts)  
1 bunch or bag arugula  
1-3 tablespoons white balsamic vinegar (can also use red balsamic vinegar, but it mutes the green color of the arugula)  
1-2 cloves crushed garlic  
Olive oil  
Salt and pepper to taste

Toast nuts in a pan and add to food processor or blender. Also add arugula, one to two tablespoons vinegar, crushed garlic, salt and pepper and blend until well mixed (very thick paste). Add olive oil until pesto is desired consistency (usually until it's spreadable). Add more or less, depending on taste. Blending the garlic, vinegar, salt, nuts, and arugula before adding the oil is important—it allows the flavors to permeate the vinegar and make it more flavorful (or so my mother always told me).

**Quick Pickled Turnips**

Sara Jones, Tucson CSA

Over the past few years, seed companies have been re-introducing many varieties of familiar vegetables. Salad turnips, both the small white and scarlet varieties, are quite different from the large roots that most people remember from childhood. Those who haven't tried them might be surprised by how good they are raw in salads. Lightly pickled, with some of their greens, they also make a great side dish. Adjust the seasoning to your taste.

1/2 bunch small turnips, cleaned and thinly sliced, plus a few turnip greens, roughly chopped  
1 pinch of salt  
1 tablespoon rice wine or apple cider vinegar  
1 teaspoon soy sauce  
1 pinch sugar  
Freshly grated ginger  
Red chile flakes  
Sesame seeds, for garnish

Toss sliced turnips and greens with the salt and squeeze and toss gently. Combine rest of ingredients and massage those into turnips as well. Put turnips into a sealable bag and refrigerate for at least one hour before serving. Serve sprinkled with sesame seeds, if desired.

**Stir Fried Pak (Bok) Choi**

Lorraine Glazar, Tucson CSA

1 and 1/2 teaspoon oil (canola or peanut)  
Few drops toasted sesame oil  
1 quarter-sized piece fresh ginger, cut into julienne sticks  
1 clove fresh garlic peeled and cut into thin slices or julienne sticks  
1 bunch or bag Pak Choi leaves, or Pak Choi on the stem base, cut lengthwise into four to six pieces each  
1/2 teaspoon rice wine vinegar  
Drizzle of tamari or soy sauce, to taste \*

Heat oils over medium heat in a 10-inch frying pan or wok until it is very hot, about two to three minutes. Put in ginger, garlic and Pak Choi and stir vigorously with a wooden spoon or paddle to circulate the greens. When the greens are cooked through but the stalks are still crispy, add the rice wine vinegar and the tamari or soy sauce. Cook for one more minute and serve.

\* You may substitute salt for the tamari.

**Zucchini Brownies**

Rachel and Kelly, The Organic Kitchen

Melt extra chocolate chips to spread on top for extra decadent brownies.

1 3/4 cup whole wheat pastry flour  
1/3 cup cocoa  
1/2 teaspoon baking soda  
1/2 teaspoon salt  
1 egg  
1 1/2 cups coconut palm sugar (Sweet Tree brand)—available at the co-op or Whole Foods  
1/2 cup yogurt (we like Strauss)  
1/2 cup melted butter  
2 teaspoons vanilla  
2 cups zucchini, or any summer squash, shredded fine  
1/2 cup chocolate chips

Mix first 4 ingredients. Separately mix wet ingredients. Combine the two and add the zucchini and chocolate chips. Mix well. Pour into a well-greased 9 x 13 inch pan. Bake at 350° for 25 minutes. It is ready when a toothpick comes out clean.

