



Tucson Community Supported Agriculture

Newsletter 367 ~ December 3, 2012 ~ Online at www.TucsonCSA.org

Fall 2012

Harvest list is online

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

Reminder: End-of-year holidays

The Tucson CSA will be closed from Dec. 20th to Jan. 6th.

The last pickups of this year will be on Dec. 18th and 19th.

Pickups will resume on Jan. 8th and 9th.

There is no need to place your subscription on hold during our holidays, as our subscription system will factor in the off-weeks.

4th Avenue Winter Street Fair

December 7, 8 and 9 from 10:00 AM to 6:00 PM.

Winter Greens Tip

If you are not familiar with winter greens, one easy way to use them is incorporate them in to boiling pasta.

Slice your washed greens into thin ribbons and add them to the boiling pasta 5 minutes before the pasta is done. Mix gently but thoroughly prevent the greens from clumping as they start to wilt.

Drain the pasta and greens mix when pasta is done.

Serve the pasta with your favorite pasta sauce. The greens will almost have disappeared among the pasta. I find this a great way to stuff greens into your loved ones.

SWEET AND DELICATE: THE HAKUREI TURNIP

One of the most delightful root vegetables we get during the cool months is, in my opinion, the Hakurei turnip. This white salad turnip is almost as sweet as an apple and has a crisp flesh that adds crunch to stir-fries or salad mixes. The Hakurei turnip, also known as Tokyo turnip or salad turnip, originated in Japan. It is crisp and juicy, mild and sweet, with just a hint of spice, and it is stylish and sophisticated: the Coco Chanel of the turnips! It is delicious raw and works wonderfully in salads or slaws, but cooking enhances its natural sweetness. I like to braise Hakureis whole, bulb and greens, in some oil or butter, and flavor them with a touch of mirin and soy sauce. That is, if they make it to my kitchen, because I also like to nibble on them on my home from the CSA.



FARMER'S CHOICE? WHY IS THAT ON THE HARVEST LIST?

The harvest list which we post the day before each pickup day often includes an item referred to as "Farmer's Choice." Field conditions and quantities available are not always known until harvesting time. So, to allow for some flexibility when there is some uncertainty about one of the to-be-harvested items, Frank tells us that one of the items will chosen at the last minute. Once he knows what it is, he usually lets us know so we can update the harvest list.

WHEN LIFE GIVES YOU GREEN TOMATOES, TRY GREEN TOMATO PIE!



Last week I was talking with Evren, one of our members, who commented on our persistently green tomatoes and asked why Frank doesn't let them ripen on the vine. Oh, how we all wish those tomatoes were red! I explained that the reason they are green is that, as temperatures drop and days get shorter, fewer and fewer tomatoes will ripen on the vine, no matter how long they are left on it. They stubbornly stay green. So they just have to be harvested before they shrivel up and drop.

And once they end up on your counter top, the chances are that most of them won't turn red. And even those that do turn red won't acquire the rich and sweet flavor that early summer tomatoes have. "So, what to do with them?" asked Evren. Well, although *fried green tomatoes* is the first dish that comes to mind, there are other dishes you can concoct with them that are just perfect for our cool evenings. For example, *green tomato pie*: use your tomatoes as you would use apples, with butter, cinnamon and sugar (just add a little extra sugar to compensate for the tomatoes' acidity). Or, try *green enchilada sauce*: simmer chopped tomatoes and some canned green chiles with sautéed onions and garlic, and season with cumin. Or turn your green tomatoes into *green tomato jam* (a quick Google search will yield many recipes).

"Ah," said Evren, "so those tomatoes should really be considered as an entirely different vegetable?"

Yes, they should be. And that's the key to dealing with green tomatoes!

Curried Turnips

Sara Jones, Tucson CSA

If you haven't found a way that you like turnips, give this recipe a try. Curry spices are also delicious sprinkled over roasted turnips or rutabagas, as well! And the curry spices, cumin, coriander, turmeric and ginger are all powerful digestive aides, for those who find turnips hard to digest.

1 bunch turnips with greens, cleaned, roots diced and greens roughly chopped
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 turnips and tomatoes and about 1/4 cup of water. Cover and cook until turnips are tender. Stir in greens and cook until wilted. Season to taste with salt and garnish with fresh chopped cilantro.

Bok Choy Risotto with Lemon

Lorraine Glazar, Tucson CSA

This recipe would work well also with rapini or Swiss chard, any vegetable that has a harder stalk than leaf.

4 cups vegetable or chicken stock
2 tablespoons olive oil
1/2 pound bok choy
1/4 large onion, or 1/2 of a smaller onion
1 cup Arborio rice
1/4 cup dry white wine or vermouth
3 tablespoons lemon juice
1/2 teaspoon salt
1/4 red bell pepper, chopped or finely sliced (optional)
1 cup freshly grated Parmesan cheese
Grated zest of one large lemon
1 tablespoon butter
Freshly ground black pepper to taste

Place the stock in a small saucepan and bring to a bare simmer. Meanwhile, heat the olive oil in a large saucepan over medium to low heat.

With bok choy bundled together, cut the stalks into 1/4 inch slices. Add the cut up stalks to the olive oil, and sauté, stirring occasionally for a minute or so, while you chop the onion. Add the onion to the pan, and sauté another couple of minutes until softened.

Meanwhile, cut the remaining leafy part of the bok choy crosswise at intervals of about an inch and set aside.

To the bok choy and onions in the pan, add the rice and stir until all the grains are coated with the oil, about 1 minute. Add the wine and the lemon juice and simmer, stirring, until liquid is absorbed; then ladle in about a cup of the simmering stock. Add the salt and cook at a simmer, stirring frequently, until the rice has absorbed almost all the liquid. Add the cut up leafy bok choy greens and another 1/2 cup or so of stock, and continue to simmer. Stir frequently and add more stock, about 1/2 cup at a time, each time the rice has absorbed almost all the liquid and is threatening to stick.

When the rice is ready, it will be creamy and a little soupy—this should take about 20-30 minutes. Just before serving, stir in the red bell pepper slices, grated cheese, lemon zest, butter and pepper to taste. Add more salt if necessary. Serve immediately.

Creamy Rapini Pasta

Sara Jones, Tucson CSA

The creaminess of this dish is provided by hummus rather than dairy. Use a packaged, prepared hummus for a really simple recipe. Or you can make your own at home by pureeing any cooked white bean with garlic, oil, lemon juice, tahini and salt.

1 bunch rapini, cleaned and chopped
1 tablespoon olive oil
1 regular size package pasta
About 1/2-3/4 cup hummus

While pasta is boiling in well-salted water, sauté rapini in olive oil in a large pan over medium high heat. When pasta is al dente, drain, reserving some of the cooking water. Add pasta and hummus to greens and toss together. Add pasta water, if needed, to help thin hummus and coat pasta. Season with salt and pepper, if needed, and serve.

Healthy Southern Style Greens-new

Sara Jones, Tucson CSA

Southern style greens are usually made delicious with a fatty, smoky ham hock or bacon. This vegetarian recipe uses Spanish smoked paprika instead of pork to flavor the beans. The results are just as good served alongside cornbread and a pot of beans.

1 bunch braising greens, washed and roughly chopped
1/2 onion, chopped
1 clove garlic, minced
1 tablespoon olive oil
2 teaspoons smoky paprika
1 teaspoon apple cider vinegar
Salt to taste

Sauté onion in oil over medium high heat about five minutes, until translucent. Add greens, garlic and paprika plus about 1/4 cup of water. Reduce heat to medium low, cover and cook for about half an hour. Season to taste with salt. Serve with hot sauce if desired.