



# *Tucson Community Supported Agriculture*

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## Fall 2012

Harvest list is online

### The Back Page

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

### Food Demo this week

Check out free samples of food in the courtyard this week. Sara will be demonstrating a few things you can easily concoct with your greens and root vegetables.

The recipes of the dishes are on the back page.

Sara has also published a very handy Guide to Winter Greens, with many tips on how to prepare and use your greens. To find it, look under Recipes on our homepage navigation bar.

### 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 our holidays, as our subscription system will factor in the off-weeks.



## **FRENCH BREAKFAST RADISH**



The French Breakfast radish is an old heirloom radish which comes originally from Avignon in the south of France, hence their French name *radis d'Avignon*.

It is an elongated red-skinned spring radish with a white splash at the root end. It tends to be slightly milder than other summer varieties, but is among the quickest to turn pithy if harvested too late.

But, wait, why the name anyway? Do the French really eat radishes for breakfast? We've never seen it, and Google doesn't seem to have an answer to the question either. But if you do happen to be starting your day in a Paris café with a croissant and espresso and see a local resident eating these things for breakfast, please take a picture and contact us immediately! In the meantime, it will be just one more of those unexplained things about the French!

They (the radishes, not the French) can be eaten plain, or used for dipping. In France, they're typically eaten cut in half lengthwise on a buttered slice of baguette or other bread (a "tartine"), with some salt and pepper sprinkled on top. Instead of butter, you can spread a good layer of sour cream or Greek yogurt on the bread slice.

## **SWISS CHARD**



Swiss chard is closely related to beets, except that it doesn't produce bulbs. It tastes very much like beet greens or spinach. The greens are bright and sturdy with a fleshy edible stem. The stems can be green, white, yellow or red. It's highly nutritious, with more good stuff in it than we have the space to list here. We think Popeye must have been eating some chard along with his spinach!

Although chard is eaten in Switzerland, the word Swiss was actually introduced by English seed companies to distinguish it from French spinach. Chard is very popular in Mediterranean cooking and the first known varieties have been traced to Sicily. Chard is typically cooked or sautéed like spinach or beets greens.

**WE WISH YOU ALL VERY MERRY HOLIDAYS  
AND A HAPPY NEW YEAR!**



## Italian Style Greens

Sara Jones, Tucson CSA

This dish is great with chicories (escarole, endive and radicchio) but you can use any greens you have. Here the tang of tomatoes and vinegar, the creaminess of goat cheese and the salty intensity of olives or capers balance any strong flavored greens. If you are a fan of anchovies or sardines here is a great place to use a few. Add them when you are sautéing the onions.

1/2 yellow onion, chopped  
1 bell pepper, chopped (optional)  
2 large tomatoes, or 1/2 can stewed tomatoes, chopped  
3 cloves garlic, minced  
1 bunch escarole or other greens, washed and roughly chopped  
1/4 cup chopped olives and/or capers  
2+ tablespoons goat cheese  
Red pepper flakes, to taste  
1 tablespoon olive oil  
Salt and pepper to taste  
Drizzle balsamic vinegar

In a large skillet, heat oil over medium high heat. Add onion and pepper and sauté for about five minutes. Add garlic, greens, tomatoes and red pepper flakes. Stir well and cover, reducing heat to medium low. Cook about 10 minutes, stirring occasionally to prevent sticking. Remove from heat, sprinkle with salt and pepper and drizzle with a little balsamic vinegar. Stir well. Add olives and/or capers and cheese. Toss and serve.

## Squash and Greens in Coconut Milk

Sara Jones, Tucson CSA

This is a very simple, yet tasty recipe, with lots of room for innovation. If you like curry flavors, add more spices to the mix, sautéing them with the onions before adding the rest of the ingredients. You can also add tofu, garbanzo beans or cooked chicken for a complete meal, served over rice.

1 bunch CSA greens, cleaned and roughly chopped  
About 2 cups peeled winter squash, diced small  
1 inch fresh ginger, grated  
1 small onion, sliced thinly  
1/2 teaspoon ground coriander  
2 teaspoons oil  
1/2 can coconut milk  
Red chile flakes, to taste  
Soy sauce, to taste  
Lime juice

In a large skillet, heat oil over medium high heat and add onion. Cook until beginning to brown. Add ginger, chile flakes and coriander and cook until fragrant. Add vegetables and coconut milk, plus about 1/4 cup of water. Bring to a low simmer and cook until squash is tender. Season to taste with soy sauce and a bit of lime juice.

## Radish Salsa

Sara Jones, Tucson CSA

Use this salsa to garnish your tacos or burritos. It is also refreshing alongside a steak, or any other heavy, hearty dish. This is a great salsa with just the cilantro and lime juice, but you can add the others spices to your personal taste. Soaking the onion and radish in water for just 10 minutes takes away some of the smelly sulfur compounds and mellows the flavors considerably.

About 1 cup radishes, diced into 1/4 inch cubes  
1/2 red onion, diced  
1 small handful cilantro, chopped  
Juice from one lime  
Salt to taste  
1 pinch toasted mustard seeds (if desired)  
1 pinch ground cumin (if desired)  
1 pinch ground red pepper (if desired)

Put diced radish and onion into fresh, cold water to soak for 10 minutes. Drain well and toss with lime juice, cilantro, spices and a pinch of salt. Refrigerate until ready to serve.

## Turnip Coleslaw

Sara Jones, Tucson CSA

Also works great with kohlrabi instead of turnips, or use both if they are available. If you want to practice your knife skills, julienne the turnips, otherwise, it is fine grated. If you have large radishes, use some in this recipe, too.

1 bunch turnips, greens removed, scrubbed clean and julienned or 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 handful finely chopped turnip or other greens  
1 tablespoon chopped capers (optional)  
1 tablespoon poppy seeds (optional)

Whisk together the garlic, mayo, mustard and orange juice. Pour mixture over kohlrabi and toss to coat. Add the greens just before serving to prevent wilting. Sprinkle with poppy seeds to garnish.