



# *Tucson Community Supported Agriculture*

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## Winter 2012-13

Harvest list is online

### The Back Page

Cilantro Chimichurri Sauce  
Radish (or Turnip) Fritters  
Moroccan Radish and Carrot Salad  
Amish Turnips

Many more recipes on  
our website

### Food Swap Tucson – January 27

Want to trade your homemade goodies for homemade goodies made by others? Join us for Tucson's next Food Swap on January 27<sup>th</sup>.

For more details or to register, go to:  
<http://januaryfoodswap.eventbrite.com>

### Black Spanish Radishes



We don't get Black Spanish Radishes often, so enjoy them while you can. The Black Spanish Radish occurs in both

round and elongated forms, and is sometimes simply called the black radish. It has a roundish shape with a rough black skin and a spicy white flesh. In France it is known as *Le Gros Noir d'Hiver* (the big black one of winter) where it has been documented as early as the mid-16<sup>th</sup> century. It was a common garden variety in England and France during the early 19<sup>th</sup> century.

It makes a wonderful slaw when grated with salt, pepper, lime or lemon juice and thinly sliced scallions. The lime or lemon juice neutralizes the black radish's natural spiciness.

### Crooked Sky Farms Members Day – February 23<sup>rd</sup>.

Mark your calendars!

Come see where your veggies grow!

Details to follow soon.

## FROST DAMAGE NEWS

Repeated nights of frost at Crooked Sky Farms are taking their toll on some of the crops: soft greens have been hit (turnip tops, beet tops, radish tops, Swiss chard, spinach, lettuce, etc.). So we may stop seeing some of these items in our shares due to the frost. Tougher crops such as kale, cauliflower, cabbage, collard greens and roots have survived so far, although repeated frost may affect them too.

Citrus are suffering as well, but if the fruit is damaged, it's usually not apparent until 2-3 weeks later: frost can create invisible micro-cracks in the skin, causing the fruit to dry on the trees. Citrus harvested now is OK. But the frost might mean that the citrus season also will end sooner than it otherwise would have.

### LAST WEEK AT MY TABLE – by Paula Redinger

After the excesses of the holidays and the pre-motorcycle tour emptying of my refrigerator, I could not have been happier to collect lush armfuls of healthy produce at CSA last week. It was a week of balance, eating neither too richly as we all do for the holidays, nor to scantily as I often do when scrounging out of my motorcycle top box while on the road.

**Collard Greens** – I cooked them slowly with some leftover bits of CSA picnic ham and served them with canederli, northern Italian dumplings which are cooked in broth, then run under the broiler with a bit of Parmesan.

**Rapini** - It's been weeks since I've had my trusty, humble standard of greens, beans, pasta, and parmesan. I found myself craving it madly last week, as I was motorcycling across Baja. I had a pot on to boil before I had even finished packing away the rest of my CSA share in the refrigerator. Then I ate the very same thing the next day for lunch.

**Fennel** – I haven't had the classic dish of pasta with sardines, fennel, pine nuts, and raisins since last fennel season, and as strange a combination as it may sound, it's delicious. I was happy to reacquaint myself with it this week, and was pleased and surprised to find the traditional long, thin, straw shaped pasta pairing, bucatini, at the grocery. Neither twirlable nor slurpable, it's hard to eat bucatini without laughing.

**Grey Ghost Pumpkin** - I've found yet another wonderful new use for pumpkin! When sliced thinly, brushed with butter, sprinkled with sugar, roasted and then laid atop spiced mascarpone topped puff pastry, it makes an unusual, and light dessert.

**Kale, Turnips** – Both found a home in a minestrone soup, which served me well over our particularly cold week of weather.

**Tangelos** – A wonderful cool complement to a cup of hot cocoa.

**Watermelon Radishes** – I love to crunch on radishes any time of year, but since I am so easily chilled, I am reluctant to do so when the temperature inside my house refuses to budge over 60 degrees. It felt crazy, but I cut some up and warmed them ever so slightly in the microwave and... perfect! Crunch, crunch, crunch...

### **Cilantro Chimichurri Sauce**

Rani Olson, Tucson CSA

3-6 cloves garlic  
Large bunch of cilantro  
1 tablespoon lemon or lime juice, or vinegar (any type you would want on a salad)  
1/2 tablespoon dried herb: oregano or thyme would be best  
1/2 tablespoon cumin powder  
1/2 cup extra virgin olive oil (Spanish varieties are best for this sauce, because they tend to be more peppery in flavor; other good oils will do, like a sesame oil)  
1 tablespoon salt  
Fresh ground pepper and additional salt to taste  
Add more oil to thin, if desired.

Pulse garlic cloves in food processor for about 10 seconds, until finely minced. Add cilantro, lemon/lime/vinegar, dried herbs, cumin, and salt. Pulse for about 1 minute, until cilantro is chopped and ingredients are combined. Add oil and continue to pulse until well combined. Empty into serving dish and add fresh ground pepper to taste, along with more salt and oil, if desired.

Note: I like to make this ahead of time; let sit, covered, in the fridge for a day and you will notice how much stronger and dynamic the flavors are. Good for about 1 week in the fridge.

### **Radish (or Turnip) Fritters**

Tina Hansleben, Tucson CSA

Use any radish and/or turnips for these tasty fritters. You can also toss in a handful of their chopped greens if you like.

1 bunch radishes  
1/4 cup flour of choice (I have used many different kinds of wheat-free flours with success.)  
1 egg  
1 handful cilantro leaves, chopped (optional)  
Juice of one lemon  
Peel of one lemon  
1/2 teaspoon salt  
Sugar, to taste  
Goat cheese, to garnish

Shred the radish bulbs into a large bowl.  
Add egg, basil, lemon peel, salt, flour, juice from 1/2 lemon. Add a little more flour if the mixture is still very wet – you want the vegetables to stick together.  
Heat a pan to medium with oil.  
Scoop out the mixture in a 1/4 cup measure. Drop mixture onto the pan, flatten with a spatula and fry until golden on each side.

Mix remaining lemon juice with a little sugar until you have a sweet concoction to drizzle onto the fritters at the table. Garnish with cheese and serve.

### **Moroccan Radish and Carrot Salad**

Lorraine Glazar, Tucson CSA. Adapted from a recipe on Astray.com

The acid in the citrus should mellow the strong bite of radish in this recipe. Let the salad stand at least 20 minutes before serving to allow flavors to meld.

8 ounces carrot, shredded  
1 large or 2 smaller black Spanish radishes, shredded  
1/2 onion, cut in 1/2 inch dice  
1/4 cup cilantro (you can chop it or just pull the leaves from the stems)  
1 1/2 tablespoons olive oil  
1 tablespoon lemon juice  
1 tablespoon orange juice  
1/4 teaspoon orange blossom water (optional)  
Pinch cinnamon  
Salt and pepper

Combine carrots, radishes, onion and cilantro in a bowl. Place olive oil, lemon juice, orange juice, water, cinnamon and salt and pepper in a small jar and shake thoroughly, then pour over the vegetables.

### **Amish Turnips**

Philippe, Tucson CSA. Adapted from Phoenix CSA

2 medium to large turnips  
2 cups breadcrumbs  
2 tablespoons sugar  
Salt to taste  
2 eggs, beaten  
2 cups milk  
2 tablespoons butter

Scrub turnips and cut into chunks.  
Put the chunks in a large saucepan and cover with water.  
Add 1 teaspoon of the salt.  
Bring to a boil; reduce heat, cover, and simmer for about 25 to 30 minutes or until tender.  
Drain and let dry in a colander or in the pan with the top ajar. Mix with all remaining ingredients and only half of the breadcrumbs.  
Place in greased casserole. Cover with the rest of the crumbs and bake 45 minutes at 350 degrees.  
Turnip haters like this dish.