



Tucson Community Supported Agriculture

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Fall 2013

Harvest list is online

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Many more recipes on our website

Holiday Break

We will be taking our annual vacation at the end of this year: there will be no pickups during the weeks of Christmas and New Year's. This means there will be no pickups on Dec. 24th & 25th, and on Dec. 31st & Jan 1st.

Pickups will resume after the New Year on Jan. 7th & 8th.

There is still one pickup week remaining this year (Dec. 17th & 18th).

Member Day at Crooked Sky Farms

Mark your calendars: Crooked Sky Farms will open its doors to CSA members on Saturday, Feb. 1st. The event is free of charge. There will be a brunch prepared by Chef Steph, and then Farmer Frank will take you on a tour of the fields where you will be able to see where your vegetables grow!

More details after the New Year.



Daikon radish

RAPINI



Rapini [pron. rah-PEE-nee] is a cruciferous vegetable, member of the Brassica genus, which includes mustard greens, cabbage, turnips, cauliflower, Brussels sprouts, etc. This genus is remarkable for containing more important agricultural and horticultural crops than any other genus. Brassica vegetables are highly regarded for their nutritional value. They provide high amounts of vitamin C and soluble fiber and contain multiple nutrients with potent anti-cancer properties. Rapini in particular is a source of beta-carotene and vitamins C and K, as well as potassium, calcium, and iron.

Rapini is commonly found in Mediterranean and Chinese cuisines, but you are unlikely to find it in a common grocery store in the United States (although it is gaining popularity). The Chinese cultivars are called hon tsai tai (which we also occasionally get at the Tucson CSA) or choi sum, and they tend to have a milder flavor than their Mediterranean cousins.

Rapini's spiked leaves look like turnip leaves and may surround heads of florets which look similar to small, leggy heads of broccoli, although it is not a broccoli. There may be small edible yellow flowers blooming from the florets. Leaves, stems, florets, and flowers if any, are edible.

The flavor of rapini is reminiscent to that of broccoli but more pungent and nutty. Its flavor is more complex than that of many greens as long as it is not overcooked. It can be steamed, braised, sautéed, broiled, stir-fried or, even better, oven-roasted. It pairs beautifully with beans or lentils, pork (try it with Italian sausage!) and chicken, and it works well as a side dish or in pasta dishes and soups.

Here's an easy way to cook rapini: cut stalks crosswise into two-inch pieces and drop them into salted (optional), boiling water. Cook for one to two minutes and remove with slotted spoon. Sauté the blanched rapini in a little olive oil and as much garlic as you like for three to five minutes until tender. Add a few dried red pepper flakes if you have any. You can also serve it with caramelized onions (see recipe on back page), or with sautéed potato chunks.

DAIKON RADISHES

Daikon radishes are white, spicy, can grow up to three feet long and can weigh up to 100 pounds, although they are usually harvested at one to five pounds. Daikon radishes can be eaten raw, grated in salad or cut into strips or chips for relish trays. They can be pickled, grilled, boiled, broiled, stir-fried, or simmered in soups and stews. They have a pleasant, sweet and zesty flavor with a spicy after bite. They are also preserved by salting, as in sauerkraut.

To prepare, scrub the skin as you would a carrot and cut for whatever style your recipe idea calls for. A Japanese method to cooking daikon is to use water in which rice has been washed or a bit of rice bran added (this keeps the daikon white and eliminates bitterness and sharpness). For chips, relish tray sticks or stir-fries - simply scrub the daikon and cut crossways for thin chips. Dip thin chips in ice water and they will crisp and curl for a Daikon chip platter with your favorite sour cream or yogurt.

Daikon leaves are rich in vitamin C, beta-carotene, calcium, and iron, so they are worth using instead of discarding. For short-term storage, the root and leaves can be refrigerated in a plastic bag. For longer periods of up to several months, they can be kept in a cool location such as a root cellar (which is pretty much useless information for Tucson residents who generally don't have root cellars!).

Miso Soup

Sara Jones, Tucson CSA

Soba noodles taste best here, but you can use any long spaghetti type noodle you have on hand or a regular old pack of ramen (minus the seasoning packet). You can adjust this recipe to your taste and what you have available in the kitchen. I either use tofu or top mine with a fried egg for protein, but you could add chicken, fish or pork. Also, you can add a bit of fish sauce or dried bonito flakes for more depth if you like.

1/2 block of firm tofu
1 cup mushrooms, sliced
2 large handfuls of greens, cleaned and chopped
1 daikon radish, chopped
Soba noodles
1/2 inch ginger, grated
2 cloves garlic, minced
Red chili flakes, to taste
2 tablespoons miso paste
Soy sauce to taste
1 teaspoon sesame oil

Sauté grated ginger, minced garlic, and red chili flakes very briefly in a soup pot. Add a quart or so of water, bring to a boil and cook for a few minutes. Add chopped radishes and cook a few more minutes, then add greens, noodles, cubed firm tofu and mushrooms if desired. When noodles are ready remove pot from heat and add about 2 tablespoons of miso, a dash of soy sauce and sesame oil.

Rapini and Caramelized Onions

Philippe, Tucson CSA

2 tablespoons olive oil
1 gold onion, sliced into slivers, lengthwise
1 bunch rapini, cross-cut in 2-inch segments
2-3 garlic cloves, minced
1/4 teaspoon red chili flakes or ground black pepper
Salt to taste

In a large skillet, heat oil to medium-low heat. Add onions and cook until browned, stirring occasionally.

While onions are cooking, blanch the rapini for 1-2 minutes in a large pot of boiling salted water. Drain. Plunge into a bowl of iced water to stop the cooking. Drain again. You can skip the blanching if you want to preserve the strong flavor of the rapini.

When onions are done, add chili flakes and garlic. Cook for 1-2 minutes. Toss in the rapini. Turn heat to high and cook until most of the moisture is gone, about 5 minutes, stirring occasionally. Add salt to taste.

Simple Greens Bisque (simple greens pasta sauce)

Kumi Rao, Tucson CSA

Depending on how thick you make this purée, you can eat it as a soup or a pasta sauce. It is a great way to use lots of greens. To purée greens, bring a large pot of water to a boil, submerge greens and cook for about a minute. Remove from water and squeeze to remove moisture. Purée in food processor.

2 tablespoons of butter or olive oil
2 shallots or 1 medium-sized onion (diced very fine)
4 cloves garlic (minced)
1 cup of puréed greens (turnip/rutabaga/daikon tops; any of these work great)
1/2-1 teaspoon (to taste) crushed red chili flakes
1/2 cup of heavy cream/milk/coconut milk/unflavored almond milk
Salt to taste

Over medium–low heat, add chili flakes to 2 tablespoons of butter/olive oil for 1-2 minutes. Add shallots or onion and a heavy pinch of salt. Sauté until the onions start to turn a lovely brown (about 4-5 minutes). Add minced garlic and sauté for one minute more. Add puréed greens and cook until most of the moisture has been evaporated (about 5 minutes). Thin mixture out with the milk of your choice and simmer for another 5 minutes. Season with salt to taste. Serving suggestion: Top with a drizzle of extra virgin olive oil and cream – serve with bread.

To make this into a pasta sauce, simply add basil/oregano or fresh herb of your choice, thin out with only 1/4 cup of “milk” (preferably a richer option, heavy cream or coconut milk) and add to 8 ounces of pasta.

Wheat Berries with Beets and Walnuts

Sara Jones, Tucson CSA

Simple ingredients make a satisfying dish in this easy recipe. Pre-roast the beets and boil the wheat berries earlier in the week for a really quick meal. Add the beet greens if you like, or save them for another dish. Pasta works well in place of the wheat berries if you prefer.

1 bunch beets, roasted, peeled and diced
1 large handful parsley, finely chopped
1 handful walnuts, roughly chopped
1/4 onion, minced
2 1/2 cups cooked wheat berries or 1/2 package cooked pasta
1-2 tablespoons olive oil
1-2 tablespoons balsamic vinegar
Salt to taste

Mix together all ingredients, seasoning to taste. Let sit for at least 30 minutes to allow flavors to meld. Serve warm or as a cold salad. Garnish with whole parsley leaves.