



# Tucson Community Supported Agriculture

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## Winter 2014

### Harvest list is online

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Many more recipes on our website

#### RAFFLE WINNERS!

Thank you to all who participated in last week's free raffle. All you had to do was write down the name of your favorite CSA vegetable! The most favorite vegetable is KALE, closely followed by CHARD!

The winners of the Tuesday raffle are Edward Polanco and Viani Lopez!

The winners of the Wednesday raffle are Jonathan McLeod and Linda Doughty Kneifel!

Winners, please ask Philippe or Sara for your prize next time you're at the CSA!

#### LAST WEEK'S PICTURES!

We've posted the pics of last week's 10th anniversary party on our Facebook page. You can access it via the Tucson CSA home page. Feel free to tag yourselves!



And thank you for writing such wonderful messages on the giant cards for Philippe, Don and Farmer Frank!

## KALE



Last week, kale was voted by our members as the most popular Tucson CSA vegetable. Apparently, this is not just us. Kale is super popular everywhere! It has gone from being used as mere platter decoration to being hailed as the new beef and the new bacon, and it has acquired the status of superfood.

True, health gurus are very much into kale for it is indeed packed with healthy nutrients. There are even blogs about how

to massage your kale! But kale is popular beyond the health crowd. It is served at the finest restaurants. Celebrity chefs and foodie magazines are showcasing mouthwatering recipes all centered around this leafy green superstar. Entire books have been dedicated to it and YouTube is packed with videos about kale.

So, why is kale so popular? What does it have that its cabbage-related cousins do not? Sure, it is loaded with vitamins and antioxidants, but that in itself is not unique. There is a combination of reasons. It is easy to cook with. It tastes good. It looks great on a plate. It is incredibly versatile: think kale chips, kale salad, braised kale, bruised kale, fried kale, kale and eggs, pickled kale, kale soup, kale pizza, kale pasta, kale pie, kale pancakes, kale fritters, kale juice, kale smoothies, kale cocktails, kale ice cream, etc. Kale is also very easy to grow, can be grown all year-round and in just about every climate. It has a lot going for it!

Kale (*Brassica oleracea* Acephala Group) is considered to be closer to wild cabbage than most domesticated forms or Brassicas. It is closely related to broccoli, cauliflower, collard greens, brussels sprouts. The name kale likely is related to the German *kohl* (a general term for various kinds of cabbage) and to the Scottish Gaelic *càl*.

Until the end of the Middle Ages, kale was one of the most common green vegetables in all of Europe. Curly-leafed varieties of cabbage already existed along with flat-leafed varieties in Greece in the fourth century BC. These forms, which were referred to by the Romans as Sabellian kale, are considered to be the ancestors of modern kales. Today, one may differentiate between varieties according to the low, intermediate, or high length of the stem, with varying leaf types: curly-leafed kale (Scots Kale), plain-leafed kale, leaf and spear kale (a cross between curly-leafed and plain-leafed kale), and cavolo nero (also known as Tuscan Kale, Lacinato and dinosaur kale). The leaf colors range from pale to dark green and from violet-green to violet-brown. Russian kale was introduced into Canada (and then into the U.S.) by Russian traders in the 19th century.

## PARSNIPS

The parsnip (*Pastinaca sativa*) is a root vegetable closely related to the carrot. It has a long tuberous root with a cream-colored skin and flesh. It is native to Eurasia where it has been used as a vegetable since antiquity.

Parsnips are usually cooked but can also be eaten raw. They resemble carrots and can be used in similar ways, but they have a sweeter taste, especially when cooked. They can also be baked, boiled, puréed, roasted, fried or steamed. They add a rich flavor to stews, soups and casseroles. In some cases, the parsnip is boiled and the solid portions are removed from the soup or stew, leaving behind a more subtle flavor than the whole root, and starch to thicken the dish. Roast parsnip is considered an essential part of Christmas dinner in some parts of the English-speaking world and frequently features in the traditional Sunday roast. Parsnips can also be fried or thinly sliced and made into crisps.

## **Ginger/Soy Glazed Parsnips**

James Kittredge

This was originally a recipe for carrots, but parsnips or turnips will also be fantastic, or use a combination.

1 pound parsnips and/or turnips (skinned and sliced)  
2 tablespoons butter  
2 tablespoons fresh ginger root, diced  
1 shallot, diced  
2 1/2 tablespoons of honey or agave nectar  
1 tablespoon soy sauce  
1 tablespoon lemon juice  
1 teaspoon Dijon mustard

Boil a pot of water and toss in veggies. Let boil for about 3 minutes, or until just tender. Melt butter in a skillet. Sauté shallot and ginger for 4-ish minutes. Add honey, soy sauce, lemon juice, and mustard. Stir together. Add carrots and cook until they are heated through and the sauce is sufficiently thick (around two minutes).

## **Roasted Root Vegetables**

Sara Jones, Tucson CSA

This is an easy side dish and any leftovers are great to use in salads. Keep the pieces of a uniform size for even cooking.

1 bunch turnips, scrubbed clean and quartered or cut into smaller chunks for large roots  
1 bunch beets, scrubbed clean and quartered or into smaller chunks for large roots  
1 bunch parsnips, scrubbed clean and cut into chunks  
1 tablespoon oil  
1 tablespoon balsamic vinegar  
Salt and pepper to taste

Toss vegetables together with oil and vinegar and place in a baking pan. Sprinkle with salt and pepper. Roast vegetables in a 375° oven for about 30-40 minutes until they are all tender.

## **Kale and Potato Soup**

Sara Jones, Tucson CSA

Fennel seeds, red chile flakes and paprika lend the traditional flavor of Italian Sausage to this vegetarian soup. You can always add the sausage back in if you like, but the soup is plenty hardy without it.

1 medium size bunch kale, cleaned, with thick stems removed, roughly chopped  
3-4 red potatoes  
1 can white beans, drained  
4-5 cloves garlic, minced  
1 teaspoon fennel seeds, crushed  
1-2 teaspoons red chile flakes, to taste  
2 teaspoons paprika

1 tablespoon olive oil  
1/4 cup cream or whole milk  
Salt and pepper, to taste

Heat oil in a large saucepan over medium heat. Add spices and garlic and sauté until fragrant. Stir in potatoes and cook briefly before adding about 1 quart of water. Bring to a simmer and cook until potatoes are almost tender. Add greens and beans and cook for about 10 more minutes. Remove soup from heat, stir in cream and season with salt and freshly ground pepper.

## **Root Vegetable Fritters**

Kusuma Rao, Ruchikala

These fritters come together pretty easily without eggs. If you do eat eggs, adding one or two of them to the mixture will help bind them even more. Cast iron skillets are great for this as they maintain high heat very easily. Make sure the lentils you use have been drained of their liquid so the mixture stays firm. If you don't have turmeric, asafetida or mustard seeds you can make the same just by sautéing an onion with some garlic, and adding any herbs or spices you like.

1 tablespoon olive oil  
2 teaspoons mustard seeds  
1/2 teaspoon of turmeric  
1/4 teaspoons of asafetida (optional)  
2 jalapenos, minced (or to taste)  
1/2 cup grated coconut  
3 cups of grated root vegetables (I used a combination of beets, carrots, and rutabaga)  
1 cup cooked lentils  
1 cup cooked brown rice  
1/2 cup minced cilantro  
1 cup pumpkin seeds (lightly hand-crushed)  
Oil for frying

Add oil to a large skillet on medium heat. Add mustard seeds and wait until they begin to pop. Add turmeric, asafetida, and jalapenos. Sauté for 1-2 minutes. Add grated vegetables with 2 teaspoons of salt and the grated coconut. Sauté for 5 minutes until they have just softened. Transfer the mixture into a large mixing bowl and allow it to cool down. When it's cool enough to touch, combine with rice, lentils, bread crumbs, coconut, cilantro, and pumpkin seeds with cilantro. Mix together thoroughly with hands until it comes together as a firm "dough". Taste for seasoning and add more salt if needed. In a cast iron or nonstick skillet, add enough oil to coat the bottom of the pan. Heat to medium high. Form tight balls with the mixture using about 1/3 cup of the dough for each one. Flatten the mixture with your hands slightly. Make sure the oil is sufficiently hot, gliding across the pan quickly. Put 3-4 fritters in the skillet at one time. Wait 2-3 minutes, and when the fritter starts to brown, flip it with a spatula and do the same on the other side. When they're browned on both sides, drain on a paper towel and serve.