



# *Tucson Community Supported Agriculture*

Newsletter 464 ~ November 17, 2014 ~ Online at [www.TucsonCSA.org](http://www.TucsonCSA.org)

## Fall 2014

### Harvest list is online

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Many more recipes on our website

#### BLACK MESA RANCH HOLIDAY CANDY

From now until Christmas (as supplies last), we will have BMR's delicious chocolate candy, including rubbles, caramels, mints, truffles, ginger, fudge and various kinds of toffee.



#### CSA HOLIDAY SCHEDULE - Reminder

Thanksgiving: OPEN

We will be open as usual during Thanksgiving week. If you don't want your share(s) during that week, be sure to place your subscription on hold for that week before midnight Friday, Nov. 21.

Christmas and New Year: CLOSED

We will be closed during the two weeks of Christmas and New Year. There is no need to place your subscription on hold for those two weeks.

The last pick up in December will be Wednesday, Dec. 17, and pickups will resume after the New Year on Tuesday, Jan. 6.

## GREENS, FINALLY!



The braising greens we got last week were very special! They were the first greens of the season after considerable delay following the three successive floods of this past September, each of which destroyed the newly planted winter crops at the farm! These brand new greens were still too small to harvest as bunches, so Farmer Frank collected them in the form of baby greens and sent us a mix of different types, i.e. arugula, mustards, mizuna

and Chinese cabbage. We're getting them again this week and they are so tender that they can be eaten raw as a green salad.

### How to prepare greens:

During the cold months, we get enough varieties of greens and there are enough ways to prepare them that you should never get bored with them. A popular way to prepare them is to chop them up roughly and sauté them in olive oil with one or more of the following: garlic, onions, soy sauce, lemon juice, grated Parmesan cheese, vermouth, salt, pepper or chili flakes, etc. Chopped and wilted greens can also be incorporated in pasta dishes (e.g. lasagna, spanikopita), sauces, stews and casseroles. There are many more ways of fixing greens, and if you need any inspiration, be sure to check [Sara's Winter Greens Guide](#) (available on our home page: roll your cursor on *Recipes and Tips* on the navigation bar and click on Sara's guide in the dropdown menu). Sara goes over the main types of leafy greens (mild, spicy, bitter, Asian) and then takes you on a quick tour of how they are prepared in different parts of the world. She also shows how some greens can be eaten raw.

Recipes: we have innumerable recipes for greens on our website: roll your cursor on *Recipes and Tips* on the navigation bar and click on *Recipes A-Z* on the dropdown menu. Recipes are sorted by vegetable name, so just scroll down to Greens (note: the page takes a few moments to load because there are so many recipes).

## HOW TO SAFELY THAW YOUR TURKEY!

If you took home one of Josh's turkeys, store it in your freezer. Then plan ahead to figure out how long to thaw it based upon the weight of the bird and the thawing method.

### Refrigerator Thawing

Allow approximately 24 hours for each 4 to 5 pounds in a refrigerator set at 40° or below. Place the turkey in a container or to prevent the juices from dripping on other foods. It would take 4 days to thaw a 16-pound turkey. A turkey thawed this way can remain in the refrigerator for a couple days or so before cooking, so even if you lack freezer space for the turkey, it will work fine if it's a medium to large turkey and you put it directly in the fridge.

### Cold Water Thawing

Allow about 30 minutes per pound. First be sure the turkey is in a leak-proof plastic bag to prevent cross-contamination and to prevent the turkey from absorbing water, resulting in a watery product. Submerge the wrapped turkey in a basin filled with cold tap water. Change the water every 30 minutes or so until the turkey is thawed. It would take 8 hours to thaw a 16-lb turkey. Cook the turkey immediately after it is thawed.

## Hot Buttered Radishes

Sara Jones, Tucson CSA

Radishes aren't just for salads. Here they are cooked with their greens to make a beautiful side dish.

1 bunch radishes with greens, cleaned and sliced in half lengthwise  
1 pat butter  
Salt and freshly ground pepper to taste

Heat butter in a skillet over high heat to melt. Add radishes and stir to coat. Cook about 1 minute until heated through. Sprinkle with salt and pepper.

## Balsamic Lemon Greens

Sara Jones, Tucson CSA

The tart flavor of vinegar or citrus compliments the mild bitter flavor of braising greens. Greens prepared this way are a great side dish for a hearty cornbread and bean stew.

1 bag braising greens, rinsed  
2 teaspoons oil  
1 squeeze of lemon juice  
Dash balsamic vinegar to taste  
Dash soy sauce to taste

Wash and chop greens, leaving the moisture on the leaves. Heat about 2 teaspoons of oil over medium high heat. Add greens and stir well to coat. Cover and cook briefly, then add a squeeze of lemon, a few dashes of balsamic vinegar and soy sauce. Cover again and cook a few more minutes.

## Southwestern Potato Okra Hash

Mary Leuchtenberger, Tucson CSA

2 medium potatoes  
1 (or more) chiles  
1/2 share okra  
2 tomatillos  
Shredded cheese

In a heavy skillet heat a thin layer of oil or lard. Chop potatoes and chiles and add to pan when oil is hot, stirring periodically. When potatoes begin to brown, thinly slice okra and add to pan, and cook for a few minutes longer, stirring as needed. Chop tomatillos and mix into hash. Remove pan from heat, top with shredded cheese and cover for a few minutes to allow cheese to melt.

## Okra and Roasted Green Chiles

Philippe, Tucson CSA

1 share fresh okra  
Oil  
1 small onion, coarsely chopped  
1 clove garlic, crushed  
1 tomato, quartered  
2 roasted green chiles, peeled, seeded and cut into half-inch segments  
1 pinch salt  
1/2 jalapeno, chopped, or a pinch of black pepper

Cut off stems of the okra without cutting into pods. Sauté onion in oil in a skillet over moderately high heat until golden, about 3 minutes. Add other ingredients. Simmer, stirring occasionally for about 10 minutes. Serve with rice.

## Tomatillo Soup

Sara Jones, Tucson CSA

2-3 medium potatoes, chopped  
3 tomatillos, peeled and cleaned, chopped  
2 green chiles, preferably roasted, chopped  
3 cloves garlic  
1 teaspoon ground cumin  
5 cups broth or water  
Salt and pepper to taste  
2 tablespoons cream, sour cream or yogurt, if desired  
1 bell pepper, finely chopped

In a large soup pot, sauté potatoes, chiles, garlic and cumin to release fragrance. Cover with broth or water; bring to a boil. Cook for 15 minutes, then add chopped tomatillos. Cook for about 10 more minutes until all ingredients are tender. Add cream, if using, and salt and pepper to taste. At this point you can blend all or part of the soup to your desired consistency, or serve chunky. Garnish each bowl with the chopped bell pepper and serve hot or cold.

## Radish Potato Salad

Sara Jones, Tucson CSA

Radishes make a great foil for a creamy potato salad. If you have the time and inclination, make a fresh herb aioli. If not, you can stir fresh herbs into a store-bought mayonnaise.

1 pound red potatoes, cooked and roughly chopped  
4-5 green onions, chopped  
1/2 bunch radishes, sliced  
2 hard boiled eggs, chopped  
About 1/3 cup mayo or aioli  
Handful finely chopped herbs  
2 teaspoons vinegar  
Salt and pepper to taste

Stir together all ingredients. For the best flavor, let the salad sit in the fridge for an hour or so.

## Roasted Green Chiles and Tomatillo Salsa

Philippe, Tucson CSA

1 CSA basket tomatillos  
1 CSA bag roasted chiles  
2 cloves garlic, finely minced  
1 medium onion, finely chopped  
Juice of 1 lime or half a lemon  
1/4 cup cilantro or parsley (optional)  
Salt to taste

Peel roasted chiles and remove seeds. Taste the chiles for heat. Depending on how spicy they are, you may want to use fewer of them.

Remove husks from tomatillos and grill the tomatillos on barbeque or under oven grill until slightly charred. Place chiles and tomatillos in a food processor and blend on pulse until slightly chunky (not puréed). Pour mixture in bowl. Add remaining ingredients and stir. Serve with tortilla chips, or use as a topping for tamales, enchiladas, burritos, or grilled meats, fish or vegetables.