



Tucson Community Supported Agriculture

Newsletter 466 ~ December 1, 2014 ~ Online at www.TucsonCSA.org

Fall 2014

Harvest list is online

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Many more recipes on our website

CSA HOLIDAY

SCHEDULE - Reminder

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 pickups in December will be on Dec. 16 & 17, and pickups will resume after the New Year on Jan. 6 & 7.

BLACK MESA RANCH HOLIDAY CANDY

We have BMR's delicious chocolate candy, including rubbles, caramels, mints, truffles, ginger, fudge and various kinds of toffee.



BLACK MESA RANCH GOAT CHEESE SHARES

There will be only one more cheese share pickup after this week, on Dec. 16/17. Cheese shares will resume in April, after the goats have had their kids. Until then, we will still have limited quantities of BMR's cheese after the New Year, but not in the form of shares.

GREENS ARE DEFINITELY HERE!

We love greens and we're so glad they're here after their rocky start. Dark, leafy greens are among the most healthy and nutritious vegetables available. They are loaded with all sorts of vitamins and minerals and are important sources of minerals, protein and fibers. And not only are they healthy, they are also pretty, tasty and versatile!

Our online recipe page is loaded with greens recipes. And don't forget Sara's Winter Greens Guide, also available from the Recipes dropdown menu. Sara breaks down the greens in various categories (mild, spicy, bitter) and has some great methods on how to cook them in different ways.

And now, a few words about quelites, Chinese cabbage, pak choi, arugula and radishes...

QUELITES

Quelites is the Mexican word for wild greens, typically amaranth greens, but the term is also used for lambs quarters and other wild greens. Quelites tend to be mild but flavorful. When young and tender, they can be eaten raw in a salad. When more mature, just discard any woody stems and cook the leaves and young stems as you would spinach.

CHINESE CABBAGE AND PAK CHOI

Chinese cabbage and pak choi are very closely related. The latter looks a bit like a smaller and cuter version of the former. Both stems and leaves can be eaten. The white stems are fleshy and retain some of their crunchy texture when cooked, making them great in risottos!

ARUGULA

Arugula is the American and Spanish name for this pungent green, known as roquette in French, rocket in English and rucola in Italian. It originates from the Mediterranean region where it has been grown since Roman times. Arugula has green spear-shaped leaves, with several indentations, or notches, near the base. The leaves taste nutty, with a hint of pepper.

Like many greens, arugula can be used raw in salads or in a pesto, or cooked in soups, stuffing, stir-frys, and pasta dishes. A popular combination is arugula mixed with mozzarella, sun-dried tomatoes and a drizzle of olive oil. It also goes well with grapefruit.

At the farm, arugula plays an important role in the fields' biological pest control and integrated pest management methods. Farmer Frank often lets rows of arugula go through their complete growth cycle, along with carrots and some other leafy plants, to provide a harbor for beneficial insects.

RADISHES

If you're rushing to trade your radishes, it's likely because you haven't yet tried our Radish Top Soup. This earthy soup, made from radishes (greens and bulbs), onions and potatoes, should persuade you to keep your throwaways. This delicious soup can also be made with turnips, daikon radishes, rutabagas or black radishes. It's also a great way to use up lots of greens. And it is surprisingly delicious! We sometimes sample radish top soup at the CSA, and it's always a hit.

The recipe is on the back page. It actually requires two bunches of radishes, so maybe you could score some from the trading table, or you still have radishes from two weeks ago or salad turnips from last week...

Arugula and Grapefruit Salad

Sara Jones, Tucson CSA

In another recipe inspired by one of our farm visits, peppery arugula and sweet/sour grapefruit go perfect together in this simple recipe. The hardest part of this recipe is segmenting the grapefruit. To do this, just peel the grapefruit with a knife, cutting away the peel as well as the pith. Remove the individual segments by cutting between segments in a V shape towards the center of the fruit.

1 bunch arugula, washed and dried (chop roughly if using large leaves)
1 grapefruit, cut into segments
1 small handful thinly sliced onion
2 teaspoons olive oil
2 teaspoons balsamic vinegar
Salt and freshly ground pepper Chopped pecans or walnuts Crumbled feta or blue cheese.

In a small saucepan heat oil, vinegar and grapefruit over medium high heat. Stir for a few minutes until grapefruit has released some juice. Season mixture with salt and pepper. Pour over arugula, tossing to coat. Garnish with nuts and cheese. Serve immediately.

Easiest Greens in Tortillas

Sara Jones, Tucson CSA

This recipe is great with ‘stemmy’ greens such as Chinese cabbage, bok choy, pak choy and tatsoi. An Asian chile paste tastes best, but you can use salsa to spice the greens too.

2 large handfuls greens (with stems), cleaned, roughly chopped
1-2 cloves garlic, minced
2 teaspoons oil Chile paste (Sriracha or sambal), to taste
Mild, fresh cheese, if desired
4 corn tortillas, warmed

In a large skillet, over high heat, cook greens and garlic in oil, until wilted. Sprinkle with water, if necessary, to prevent sticking. Drizzle greens with chile sauce and toss to coat. Top with cheese and serve.

Pennsylvania Dutch Cabbage and Noodles

Inez Whipple, Tucson CSA

Here is a Pennsylvania Dutch recipe that is perfect for using a large Chinese cabbage.

1 tablespoon canola or corn oil
1 medium onion, chopped
1/2 head Chinese cabbage, coarsely chopped
1/2 cup water
2 cups whole wheat or egg noodles, cooked
Salt, pepper
1/4 cup cheese, cheddar or goat work well, shredded (optional)

Heat the oil in a large frying pan and add the onion. Cook until the onion begins to become transparent. Then add the cabbage and the water. Reduce the heat a bit and stir occasionally. When the cabbage is steamed through, add the cooked noodles, salt and pepper to taste and stir gently. Divide onto 2 plates and sprinkle with cheese. If you want to make this extra special add toasted bread crumbs before serving.

Chinese Cabbage with Soy Sauce & Oyster Sauce

Adapted from consciouschoice.com

Use your Chinese cabbage or pak choy for this easy recipe. If you have mushrooms available they will add great taste and texture to the recipe.

1 bunch Chinese cabbage
1 cup chopped mushrooms
1 tablespoon water
1 tablespoon oil
1/4 teaspoon salt
1 teaspoon soy sauce
1 teaspoon oyster sauce
1/2 tablespoon unsalted butter
Handful chives, chopped

Cut greens crosswise into half-inch segments. In a skillet, heat oil over moderately high heat and stir-fry the greens and mushrooms with salt for two minutes. In a bowl stir together water and soy and oyster sauces. Add soy mixture and butter and stir-fry until crisp-tender, about two more minutes. Add chives to garnish and serve.

Radish Top Soup

Philippe, Tucson CSA

This earthy soup made from radish greens and roots should persuade you to keep your throwaways. It can also be made with turnips, daikon radishes, rutabagas or black radishes. It's also a great way to use up lots of greens. And it is truly delicious!

Fresh greens from 2 bunches of radishes, or from 1 bunch of turnips, daikon radishes or rutabagas. Washed and roughly chopped.
Roots (bulbs) from those radishes (or turnips, etc.)
3 medium scallions or 1 medium onion, chopped
2 potatoes, diced
1 tablespoon oil
4-6 cups vegetable or chicken broth
Salt and pepper

Heat oil in large pot over moderate heat. Add greens, chopped scallion or onions, and potatoes. Toss until leaves are wilted. Add heated broth. Simmer, covered, over low heat until potatoes are soft (about 20 minutes.)

Blend with an immersion blender or with a food processor until smooth. Return to pot and stir in more broth for desired consistency. Season with salt and pepper.

Steamed Quilites with Chili Oil, Soy Sauce, and Sesame

You can use this simple formula for any of your greens. Season steamed amaranth greens with 1/2 teaspoon **chili oil** or **Asian (dark) sesame oil** and 1 tablespoon **soy sauce**. Sprinkle with 1 tablespoon toasted **sesame seeds**.