



Tucson Community Supported Agriculture

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Winter 2014/15

Harvest list is online

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Hakurei Turnips



Radishes

HAPPY NEW YEAR!

Farmer Frank and his farm hands, Baker Don, Michael the sprouts guy, David and Kathryn and their goats, and of course the entire Tucson CSA crew wish you all a happy and healthy 2015!

We thank you so much for supporting the Tucson CSA and local sustainable food production! You are the best and we love seeing you week after week!

JOSH'S EGGS

Josh's eggs continue to be few, as is typical during winter. Until the days get long enough to convince the hens to start increasing their production, we will continue to limit egg purchases to one dozen per account per pickup, so that more members can enjoy Josh's eggs.

HAKUREI TURNIPS OR RADISHES?

They're not the same! The Hakurei roots are slightly larger, white, and their leaves are lanky and flexible. Radish roots are colored or bi-colored and their leaves are short and sturdy. Both types of greens are edible and flavorful, but they must be cooked.

Hakurei turnips are mild, sweet and addictive. I usually nibble on them on my way home and none are left by the time I get there. On the occasions when they do make it home, I often enjoy them raw in salads. That's why their other name is salad turnips after all! Or they can simply be sautéed in butter or oil, with a bit of salt and pepper.

Radishes tend to be spicier, which some people love. If you want to avoid the spice factor, add the sliced radishes to yogurt, with salt and pepper, to make a really good spread or dip.

If the cold days inspire you to make a soup and feel like killing two birds with one stone, we recommend that you use your turnips or your radishes, or both, to make a Radish Top Soup, which conveniently includes both tops and bottoms. We served that soup the first week of December during pickup hours and we are still hearing compliments about it.

NO MORE CHEESE SHARES FOR A WHILE, BUT WE'LL STILL HAVE SOME CHEESE AVAILABLE FOR SALE MOST WEEKS



Like every year, this is the time when the Black Mesa Ranch goats are getting ready to have their kids, so most of the milk they produce will now be reserved to feed those cute little goats. There will be no cheese shares for a while, until the kids are weaned and more milk becomes available for cheese production in late April/early May.

However, some milk will be available for cheese making, and David will send us limited quantities of feta, chèvre, blue goat. Just check our display fridge.

If you are signed up for a cheese share, you will start receiving your cheese share automatically once cheese shares resume. In the meantime, you will of course not be charged for cheese shares.



Tartine au Fromage Blanc

Philippe, Tucson CSA

This is a very traditional Belgian summer snack made with radishes, green onions and fromage blanc. Fromage blanc (fresh white cheese) is unique to Belgium and the north of France and is unfortunately not easily available here. Luckily, Greek yogurt is a close substitute. Cream cheese can also be used. It tastes a lot better than it sounds. It is a tasty and refreshing snack or light meal to be served on a warm day accompanied by a flavorful beer.

Chives or P'Itoi Onions
Radishes
Greek yogurt
Bread
Salt and Pepper

Spread a generous layer of Greek yogurt on a slice of bread. Slice radishes and chives/onions on top of it until the yogurt is well covered. Sprinkle with salt and pepper. You can also mix all the ingredients together and use it as a spread or dip.

Radish (or Turnip) 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 scallions 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.

Turnip or Radish Fritters

Tina Hansleben, Tucson CSA

3 large turnips or radishes
¼ cup flour of choice (I have used many different kinds of wheat-free flours with success.)
1 egg
1 tablespoon dried dill or more if fresh
Juice of one lemon
Peel of one lemon
½ teaspoon salt
Sugar, to taste
Chèvre, to garnish

Shred roots into a large bowl. Add egg, dill, 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 ¼ cup measure and press down with a spoon. Drop the 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.

Creamy Mustardy Mustard Greens

Sara Jones, Tucson CSA

Why not highlight the mustardy flavor of mustard greens by combining them with some spicy Dijon mustard?

1-2 large bunches mustard greens (substitute other greens if needed)
2 teaspoons butter or olive oil
2 cloves garlic, minced
¼ onion, diced
2 teaspoons Dijon mustard
Good splash (2-4 tablespoons) cream
1 teaspoon red wine vinegar
Salt and pepper to taste

Bring well-salted water to a boil in a large pot, add mustard greens and return to a boil. Cook about one minute and remove greens. Drain.

Heat oil in a large skillet over medium high heat. Add onions and garlic and cook until beginning to brown. Squeeze excess moisture from greens and chop into small pieces. Add mustard greens to skillet and continue to cook while you combine mustard and cream. Pour cream mixture over greens, turn heat to low and stir well to completely coat all greens. Add more cream if necessary.

Remove from heat and add a dash of vinegar and some salt and pepper to taste.