



# *Tucson Community Supported Agriculture*

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## Winter 2014/15

### Harvest list is online

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Many more recipes  
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#### BLACK MESA RANCH CANDY!

They're here, and what you see on the shelves is all we have. David from Black Mesa Ranch won't be making any more candy until Thanksgiving. So, grab it while you can! We have:

- Vanilla Bean Caramels
- Dark Debris
- Milky Rubble
- Truffles
- Fudge
- English Toffee
- Butter Pecan Toffee

Doesn't get much better than that!

#### TENDERGREENS

These mild mustard greens are a rare heirloom that tastes like spinach, with a mild mustard finish.

#### QUELITES (kay-LEE-tays)

They are called lamb's quarters or pigweed in English, but we like their local name. If you don't like spicy greens, these mild but flavorful greens are the greens for you! Cook them as you would cook spinach. When tender, they can also be eaten raw in salads. You can steam them or sauté them lightly with onions and garlic. Use them as a side dish or add them to quesadillas. Yum...

#### BARRIO BREAD SHARES

Why subscribe to a Barrio Bread bread share? Because you will always have your bread reserved for you, even after we sell out of our non-subscription loaves. Bread shares are also 50 cents cheaper per loaf than the same non-subscription loaves. Bread shares cost \$4.50 per weekly share (or \$27 for a 6-week subscription). And when you pick up your bread share, you can always trade it for any non-subscription breads (if any) available that day. You would just pay the price difference. Another reason to subscribe to a bread share is that it helps our baker, Don Guerra, plan ahead.

We recommend you get the **all-varieties bread share**. It includes the following breads:

**1. Pain Au Levain:** Pain au levain is naturally leavened and made with unbleached flour and stone ground wheat. It has a wonderfully crispy crust, and its crumb (interior) contains a complex structure which has many irregular size holes.

**2. Rustic Nine Grain:** This wheat bread is prepared with a 9-grain coarse cereal mix. It's naturally leavened, full of nutrients and is a fantastic all around bread.

**3. Multi Grain Boule:** This bread is naturally leavened with a sourdough culture (levain) and has equal percentages of rye, whole wheat and bread flour. It has a gentle rye flavor and mild acidity.

We also have a **whole wheat only bread share** which alternates between Rustic Nine Grain and Multi Grain Boule only (no Pain Au Levain). If you are uncertain which bread share to choose, start with the all-varieties share. You can always change it later, though once you've tried the Pain Au Levain, we doubt you will want to!

#### DAIKON RADISHES

Daikon is a variety of radish also known as Japanese radish, Chinese radish and Satsuma radish. They are white, spicy, can grow up to 3 feet long and they weigh up to 100 pounds, although they are usually harvested at 1 to 5 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 afterbite. They are also preserved by salting as in making 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, keep in a cool location such as a root cellar.

## **Tendergreens Slaw**

Sara Jones, Tucson CSA

Serve this finely cut slaw alone or over cooked rice noodles. You could also use it as a filling for spring rolls, eggrolls or gyoza.

1/2 large bunch tendergreens, shredded  
2 medium daikon radishes, shredded  
1/2 bunch carrots, shredded  
1 tablespoon rice wine vinegar  
1 teaspoon freshly grated ginger  
1 teaspoon honey  
1 teaspoon toasted sesame oil  
2 teaspoons olive oil  
2 teaspoons soy sauce

Toss together vegetables. Mix liquid ingredients in separate bowl, then pour over vegetables. Toss, then let marinate in refrigerator for at least one hour before serving.

## **Radish Salsa**

Sara Jones, Tucson CSA

Use this salsa to garnish your tacos or burritos. It is also refreshing alongside a steak, or any other heavy, hearty dish. This is a great salsa with just the cilantro and lime juice, but you can add the other spices to your personal taste. Soaking the onion and radish in water for just 10 minutes takes away some of the smelly sulfur compounds and mellows the flavors considerably.

About 1 cup radishes, diced into 1/4 inch cubes  
1/2 red onion, diced  
1 small handful cilantro, chopped  
Juice from one lime  
Salt to taste  
1 pinch toasted mustard seeds (if desired)  
1 pinch ground cumin (if desired)  
1 pinch ground red pepper (if desired)

Put diced radish and onion into fresh, cold water to soak for 10 minutes. Drain well and toss with lime juice, cilantro, spices and a pinch of salt. Refrigerate until ready to serve.

## **Greens Soufflé**

Kristin Terpening, Tucson CSA

Here's an option for using lots of greens: soufflé! I've slightly modified a recipe for broccoli soufflé from an old Better Homes and Gardens cookbook, All-time Favorite Vegetable Recipes. It's great with broccoli of course, but it's also quite good with whatever greens you have on hand.

2 cups chopped greens (kale, braising mix, spinach, whatever)  
2 tablespoons butter  
2 tablespoons all purpose flour  
1/2 teaspoon salt  
1/2 cup milk  
4 egg yolks  
1/4 cup grated Parmesan cheese (or mix of hard cheese)  
4 egg whites

Wilt the greens (or blanch and shock in ice water), and drain very well (squeezing works great). Chop any large pieces. In a saucepan, melt the butter and blend in the flour and salt to make a roux, then add the milk, cooking and stirring until thick. Remove from heat. Meanwhile, beat egg yolks till thick and lemon-colored (although with those great CSA eggs, it'll be more orange). Slowly stir half of hot mixture into yolks, then return this to remainder of hot mixture, stirring continually. Stir in cheese and greens. Beat egg whites till stiff peaks form; gently fold into greens mixture and turn into ungreased 1-quart soufflé dish. Bake at 350° till knife inserted off-center comes out clean, 35 to 40 minutes. Serve at once and enjoy!

## **Okonomiyaki (Japanese fritters)**

Philippe, Tucson CSA

Fritters are a great way to use up vegetables that are lingering hopelessly in your refrigerator. You can shred or grate just about any vegetables, including greens, mix them with flour and eggs, and turn them into delicious fritters. The following recipe is the Japanese version of our pan-fried fritters.

### **The base:**

1 cup all-purpose flour (rice flour works too)  
1 cup water, stock, or dashi  
2 eggs  
1 large bunch greens, shredded  
1 tablespoon olive oil

**Other ingredients:** add 2-3 cups of a combination of two or more of the following: chopped green onions, bacon, ham, thin slices of pork or beef (pre-cooked/sautéed), fish, shrimp, chopped greens, sliced mushrooms, nori flakes (dried seaweed), corn, grated carrots, green beans, grated summer squash, grated sweet potatoes, grated turnips, ... grated anything really.

**Toppings:** mayonnaise, okonomiyaki sauce, soy sauce or Worcester sauce

In a large bowl, mix the flour, eggs and water or stock. Add the greens and the other ingredients. Mix gently until everything is well-coated with the batter.

Heat oil to medium hot in a large skillet. Pour the mixture in a large skillet and press it down firmly. I try to make it about 1/4 to 1/2 inch thick. Cover and cook for 5 minutes. Flip (I usually slide it on a plate, cover with another plate, flip it and slide it back in the skillet) and continue cooking for another 5 minutes.

Slide onto a large plate, cut in wedges, brush wedges with some mayo, sprinkle with some sauce on them, and enjoy.