



Tucson Community Supported Agriculture

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Spring 2016

Harvest list is online

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Listed below are the recipes Kumi demonstrated in the courtyard last week and they are still applicable to this week's produce selection.

Dal Saag
Turnip Kofta
Turnip Paliya
Cabbage in a Fish Sauce Vinaigrette

Many more recipes on our website

Sleeping Frog Farms

This week Wednesday members are getting their first delivery of Sleeping Frog Farms produce.

Tuesday members will continue to receive Crooked Sky Farms produce while Wednesday members will receive Sleeping Frog Farms produce.

You can read more about this development in last week's newsletter in case you missed it.



Mizuna



Mizuna has long, broad, serrated and deeply cut satin finished leaves with thin trailing stems that meet at its root base. Mizuna's flavors can be characterized as piquant and bright with a subtle earthiness.

Mizuna is a cool season Japanese mustard green similar in appearance to wild arugula. It belongs to the Brassica rapa family, which is comprised of field mustards and oil producing crops such as rapeseed. There are

at least sixteen known varieties of Mizuna, differing in textures, colors and flavor profiles. In North America, Mizuna is considered a specialty green and thus has limited commercial exposure outside of Asian markets and farmers markets.

The dark chlorophyll-laden green leaves of Mizuna offer most of the plant's nutrition which provide beta carotene, vitamins and minerals.

Mizuna's most appropriate use is as an ingredient within salads, yet it can also be cooked. The stalks and leaves should be separated and cooked independently due to invariably different cooking times. Mizuna is a common stir fry and soup ingredient and it can be adapted to most recipes calling for mustard greens or even cabbage.

Tatsoi



Tatsoi is native to China, yet its culinary roots are in Japan. Its period of cultivation so deep there, it is considered an ancient green. It also belongs to the Brassica rapa family.

It is a small low-growing plant that forms a rosette of petite leaves with short pale lime green stems. Its spoon-shaped, near seaweed green colored leaves are glossy with a buttery, tender and succulent texture. Fresh tatsoi displays sweet and tangy flavors with a mineral finish. Once cooked, it develops a warm earthiness similar to spinach.

Tatsoi is a very versatile green in the kitchen. It can be used with any other green that you might like to make a salad, such as spinach, arugula, watercress, pea tendrils, mizuna or even also be substituted for any recipe calling for spinach. Its tangy and peppery notes pair well with citrus, crisp cool ingredients such as apple, fennel and mint, and warm flavors that are abundantly found in chiles, garlic and allspice. Pair tatsoi with ingredients rich in umami such as scallops, mushrooms, seaweed and braised meats. Fermented ingredients such as fish sauce, soy sauce and vinegars are also complimentary matches.

Both mizuna and tatsoi are often included in braising mixes. Braising mixes are a mix of mild and spicy greens that can be eaten raw in salads but are more commonly braised, i.e. lightly sautéed and then stewed in a small amount of liquid in a covered pot.

Dal Saag

Kumi Rao, [Ruchikala](#)

Dal is just split lentils. Saag translates to miscellaneous greens. This Indian dal is great on its own as a soup, or it can be served with rice or any cooked grains.

1 cup dal (Moong dal preferred, but really any dal would do, cooked)
1 tablespoon cooking oil (canola, sunflower or coconut)
1 teaspoon cumin seeds
1/2 teaspoon asafoetida
2 strands of curry leaves (if available)
1/2 teaspoon turmeric
1-inch piece of ginger (minced)
3 gloves of garlic (minced)
1-3 Thai chiles (minced) to taste
1 teaspoon ground coriander
1 teaspoon ground cumin
2 bunches of misc. greens (turnip, rapini, kale, collards etc.)
1 lemon (juiced and zested)
1/3 of bunch of cilantro, stems and leaves (cut into ribbons of coarsely chopped)

Make sure you have all your ingredients prepped and ready to go. Bring a 4-quart saucepan to medium high heat. Add oil and cumin seeds, watch the seeds closely and let them turn a slightly warmer shade of brown being careful not to let them burn. Add curry leaves, asafoetida, and turmeric.

Add chiles and ginger. Sauté for a couple minutes, then add ground spices. Sauté for another minute, stirring continuously. Then add chopped greens. Saute for about 2-3 minutes with a teaspoon of salt. Add about 1 cup water and simmer for 5 minutes, uncovered.

Add cooked dal. Stir. Add another teaspoon of salt (or adjust seasoning to taste). Stir in lemon juice and zest. Serve as a soup or as an accompaniment with rice.

Turnip Kofta

Kumi Rao, [Ruchikala](#)

These are delicious grated turnip and ginger fritters, using cooked potatoes and breadcrumbs as a binder. Note: to prep turnip – grate the vegetable, add 1/2 teaspoon of salt, stir, set aside for a few minutes. Then squeeze hard to remove all the water from the vegetable. It is now ready to use.

1 pound purple top turnips (grated and prepped as per note above)
3 medium potatoes (boiled, cooled, peeled and mashed)
1 teaspoon cumin seeds
1/2 teaspoon asafoetida
1 teaspoon turmeric
1-3 Thai chiles, or to taste (minced)
3 inch piece of ginger, minced fine
3 cloves of garlic, minced fine
1/4 cup + 1 cup panko breadcrumbs
2 teaspoon salt, or to taste
Oil for deep frying

Mix together turnips with the mashed potatoes, cumin, asafoetida, turmeric, chiles, ginger, garlic, salt and 1/4 cup of the breadcrumbs. Be sure it's all evenly incorporated. Form the kofta into 2-inch balls. Add a couple tablespoons of panko to your palm

and then roll the kofta into the breadcrumbs in your hands, just so some of the crumbs adhere to the outside of the ball. Heat oil in a large dutch oven or cast iron skillet with high sides. Heat at least two inches of oil to 350°. Keep a pair of easy to handle metal tongs or a spider for frying nearby. Fry the koftas, turning them occasionally until they are golden brown. Drain them on a paper towel. Serve them with an aioli or on a bed of seasoned tender greens.

Turnip Paliya

Kumi Rao, [Ruchikala](#)

Turnips cooked with popped mustard seeds, curry leaves and dried coconut with a touch of agave.

2 tablespoons cooking oil (vegetable, sunflower or coconut)
1 teaspoon black mustard seeds
2 strands curry leaves, chopped (optional)
1/2 teaspoon asafoetida
2 Thai chilies, minced (or to taste)
3 tablespoons grated unsweetened coconut
1 bunch of turnips (peeled if using purple top turnips), diced and leaves chopped
1 teaspoon of salt (or to taste)
2 teaspoons to 1 tablespoon agave or honey

In a 12" skillet on medium high heat add cooking oil and mustard seeds. Have a lid nearby and heat the pan until the mustard seeds start to pop, wait for about 20 seconds or so until the mustard seeds stop popping. Add curry leaves, asafoetida, and Thai chiles. Sauté for 30 seconds. Add dried coconut, sauté for about a minute, or until the coconut just starts to turn very lightly brown. Add diced turnips, along with 1 teaspoon of salt. Saute for about 3-4 minutes on high heat, stirring every 40 seconds or so. Add greens and allow then to wilt for about 1 minute. Add the agave or honey. Stir and serve.

Cabbage in a Fish Sauce Vinaigrette

Kumi Rao, [Ruchikala](#)

This is a very simple cabbage slaw that comes together in minutes. Not all fish sauces are created equally. I recommend using a Three Crabs brand fish sauce or Red Boat. You can use a variety of greens here, adding shredded carrots and turnips would be great too.

1/2 head of a large cabbage (finely shredded)
1 tablespoon sesame oil
2-4 tablespoons fish sauce (three crabs brand or red boat)
1 cloves of garlic, grated finely on a microplane
2 Thai chiles, minced (optional)
1-2 tablespoons agave, honey, or crushed palm sugar
1/3 cup of cilantro leaves (whole)
Crushed peanuts for garnish

Make the dressing: mix together sesame oil, garlic, fish sauce, Thai chiles (if using) and agave. Whisk. Massage dressing into cabbage. Taste. If it needs more seasoning, add additional fish sauce. Toss with cilantro leaves and crushed peanuts and serve.