



# *Tucson Community Supported Agriculture*

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## Spring 2016

**Harvest list is online**

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**Many more recipes  
on our website**

### **Goat Cheese Shares!!!!**

The first goat cheese shares from Black Mesa Ranch will start next week and then every other week after that until the end of the year.

If you are signed up for a cheese share, you will receive your first cheese log next week. If you are not, you can sign up for one at any time (providing you do it on a Thursday or Friday – the change subscription window).

David from Black Mesa Ranch has sent us some samples for you to taste in the courtyard!

The cost of cheese shares is 50 cents lower than when bought retail (\$7 per cheese log instead of \$7.50).

Swing by the goat cheese samples table this week to try out the different kinds of fresh chèvre that are in the cheese shares.



## **Podding Radishes**

Our Tuesday members will find an unusual-looking bouquet in their produce bins - an odd tangle of what look like dwarf green beans on twigs: podding radishes. Also known as the 'rattail radish' - referring to the little tail at the end of each pod - they have a taste much like the regular root radish but in oh-so-adorable pod form. Originally from Asia, the plants are well-suited to our desert climate as they resist heat very well, unlike their burrowing cousins who are now bolting to seed as quickly as possible.



The pods look a bit like green beans and may be green, purple or both. You don't need to shell them, although if they are more mature you should cut their thin extremities if they seem a little tough. Podding radishes are soft but crisp and they can be eaten raw or cooked. When you bite into a raw pod you know you are eating a radish, yet the flavor is more delicate and refined. When cooked, they lose some of their pungency.

You can chop the raw pods, or leave them whole to use fresh in salads, or add them to a crudité platter, or just surround a bowl of dip with them at a spring gathering – because they are unusual, they are sure to arouse the curiosity of your guests. They may also be pickled in vinegar. They're superb in stir-fries, holding their texture well. In India they are cooked in ghee and used in curries.

## **Getting to Know Dill**

For the Wednesday subscribers, you'll be getting a batch of feathery dill - one of my favorite herbs! Dill tends to have some strong associations, especially with salmon, Greek and Scandinavian foods and those infamous dill pickles. But there's a whole lot more to know about this heavenly-scented plant:

The origin of the word "dill" is somewhat contested - but one of the main theories is that it comes from the Old Norse word "dilla" which means to calm, soothe or lull. It's thought that mothers used the herb to calm their children's tummies - it seems the essential oils in dill help control intestinal gas.

Dill has been cultivated since ancient Egypt and was an important herb in ancient witchcraft practices - it is supposed to protect anyone wearing it from evil spells. Because its fragrance is known to calm the mind while sharpening the senses, it was also used in spells for gaining knowledge.

Try to think outside the box when it comes to using: try it in a pesto with mint, make a salad vinaigrette with Dijon mustard and shallots, or add it to your next green smoothie. For the more adventurous, try them in an Italian tomato sauce with a bit of lemon peel - a refreshing take on an old standard!

## Baked Greens “Chips”

Nicole Baugh, Tucson CSA member, Adapted from 28 Cooks food blog

For people like me who really don't like stewed or sauteed greens, here's a different (and crunchy!) way to prepare a lot of greens. More of a method than a recipe, I've tried this with kale, collard greens and chard, but I imagine it would work with various leafy Asian greens as well. All amounts are adjustable to taste, and you can use your favorite seasonings instead of salt and pepper, or replace the oil and vinegar with (non-creamy) salad dressing.

3-4 cups greens  
2-3 teaspoon olive oil  
1 teaspoon apple cider vinegar  
Salt and pepper to taste

Preheat the oven to 325 F. Wash and dry the greens. If the leaves are large, de-stem and tear into 2 or 3 pieces. Place in a bowl or plastic bag and add the other ingredients, tossing to coat thoroughly. On a non-stick cookie sheet (or one lined with parchment), spread the greens into a single layer. If desired, you can wait to add the seasonings until this stage instead. Bake for 10-20 minutes, checking often after the first 10 minutes to ensure that they don't burn. You may want to stir the leaves a little halfway through to keep them from sticking, but it shouldn't be necessary to turn them. The leaves should be crisp but not thoroughly browned, as they will become bitter if overcooked.

## 'Bruised' Raw Curried Kale Salad

Sara Jones, Tucson CSA

You can use any type of kale, or collards in this recipe. Salting and bruising the greens is a technique that will give the raw greens a 'cooked' taste and texture. The greens should be finely sliced for best results. To do this, trim the thick stems off of the leaves, lay several leaves on top of each other and roll up tight like a cigar. Use a sharp knife to cut the roll into thin slivers. Sprinkle the cut greens with salt and use your hands to rub the salt into the leaves, squeezing to release some of their juices. You can use additional greens, like cabbage or arugula for more taste and contrast (just don't massage them like the kale!)

1 bunch kale, sliced fine, salted and squeezed/massaged for a minute or two  
1 carrot, grated  
2 turnips, kohlrabi or radishes, grated  
1 cup cooked or sprouted grains  
1 cup cooked or sprouted lentils  
1/4 cup sunflower or pumpkin seeds  
1/2 yellow onion  
2 tablespoons apple cider vinegar  
2 tablespoons apple or orange juice  
1 tablespoon oil  
2 teaspoons curry powder  
1 teaspoon ground cumin  
1 teaspoon salt, for bruising greens, then add to taste to finished salad

Mix salted, bruised greens with the carrot and turnip and set aside. Add the rest of the onion, liquids and spices to a food processor or blender and puree. Pour spice mixture over vegetables and toss to

coat. Add grains and lentils, toss, and season to taste with salt and pepper. Let sit at least one hour, then garnish with seeds and serve.

## Italian Greens

Sara Jones, Tucson CSA

Use a combination of greens in this easy dish. The greens are great served over pasta or polenta.

1/2 yellow onion, chopped  
1 bell pepper, chopped  
2 large tomatoes, or 1/2 can stewed tomatoes  
3 cloves garlic  
1 bunch dandelion or other greens, washed and roughly chopped  
1/4 cup chopped olives and/or capers  
2+ tablespoons goat cheese  
Red pepper flakes, to taste  
1 tablespoon olive oil  
Salt and pepper to taste  
Drizzle balsamic vinegar

In a large skillet, heat oil over medium high heat. Add onion and pepper and sauté for about five minutes. Add garlic, greens, tomatoes, olives/capers and red pepper flakes. Stir well and cover, reducing heat to medium low. Cook about 10 minutes, stirring occasionally to prevent sticking. When greens and tomatoes are well cooked, remove from heat, sprinkle with salt and pepper and drizzle with a little balsamic vinegar. Stir well. Add goat cheese and serve over cooked pasta, toasted bread or polenta.

## Yogurt Beet Salad

Sara Jones, Tucson CSA

Use roasted beets in this salad, or if you like, shredded raw beets are nice, too.

1 bunch beets, roasted and sliced, or raw and grated  
1/2 cup plain yogurt  
2 cloves garlic, minced  
1/2 bunch dill, chopped fine  
Juice from 1/2 lime or lemon  
Salt and pepper to taste  
Handful walnuts, chopped fine, to garnish

Mix together yogurt, dill, garlic, lemon juice and salt and pepper. Pour over beets, mix gently and garnish with nuts and extra dill.