



# Tucson Community Supported Agriculture

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## Spring 2016

### Harvest list is online

Turnip or Radish Fritters  
Quick Pickled Turnips  
Kale and Potato Soup  
Easy Cold Summer Squash  
Soup

Many more recipes  
on our website

### Josh's Chickens

Starting next week, we will  
have Josh's chickens again!

### Turnips



### Fennel



### Kohlrabi



## Turnips for Tuesday

In honor of all the turnips turning up in this week's harvests, here is a cute little tale:

### The Man with a Turnip for a Head by *Metaphorest (hitrecord.com)*

This fellow called Fred, Instead of a head,  
Had a turnip on top of his neck  
And the children would jeer, For he looked pretty queer,  
And the grown-ups would shout 'bloody heck!'  
Twas a troublesome sight, To go walking at night,  
And stumble upon the strange chap  
So to stem the surprise, In shocked onlookers eyes,  
Fred fashioned himself a large cap  
Then he drove into town, But with his hat down,  
He couldn't see where he was headed  
A terrible crash, Turned Fred's head to mash,  
Yes, he was most certainly deaded  
The moral herein, Is that one cannot win,  
When ashamed of one's natural quirks  
So parade them with pride, Never hide them inside,  
For fear of offending life's jerks

So remember: honor our own and other's differences. Also: turnips make a great mash with those Yukon Gold potatoes you'll have! So go take your favorite mashed spuds recipe, substitute half of the potatoes with turnips and enjoy.

## Frippy Fennel or Kool Kohlrabi?

Wednesday's subscribers face a tough choice: fennel or kohlrabi? The two vegetables are about as different as can be - so here's a little info to help you make this major decision!

Fennel is a rather elegant vegetable with a fine European pedigree, popular in Mediterranean cuisine for ages. It has a slightly sweet crunch with a hint of licorice and the entire vegetable - bulb, stalk, leaves and seeds are all edible. Popular uses are: thinly sliced raw in salads, cut in wedges and roasted with other vegetables, and as a great combo served with salmon.

Kohlrabi is...a little different. Enjoyed for years in German-speaking countries ("kohlrabi" comes from a German words "cabbage" and "turnip"), this unusual veggie has been described as "a cross between an octopus and a space capsule." But its versatility makes it at home roasted as a savory side dish or baked into a pastry treat. On top of that, it's part of the brassica family, which makes it a nutritional superstar ala broccoli and cauliflower. One major tip: make sure you peel off **all** of the outer peel - until you get to the sweet white meat below. Those fibers don't soften with cooking!

## Turnip or Radish Fritters

Tina Hansleben, Tucson CSA

Here is a basic fritter recipe. Feel free to add any spices or herbs that you like.

3 large turnips or radishes  
1/4 cup flour of choice (I have used many different kinds of wheat free flours with success.)  
1 egg  
1 tablespoon dried dill or finely diced fresh herbs  
Juice of one lemon  
Peel of one lemon  
1/2 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 1/4 cup measure and press down with a spoon. Drop 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.

## Quick Pickled Turnips

Sara Jones, Tucson CSA

You can slice these turnips into thin half moons, cubes or a julliene. Thin slices or julliened turnips are perfect for bahn mi style sandwiches. Add chile flakes or fish sauce if you prefer more flavor.

1/2 large bunch Hakurei turnips, cleaned and sliced, plus a few chopped turnip greens, if desired  
1/2 teaspoon of salt  
1 tablespoon rice wine or apple cider vinegar  
1 teaspoon soy sauce  
1-3 teaspoons sugar  
Red chile flakes, if desired  
Sesame seeds, for garnish

Toss sliced turnips and greens with the salt and squeeze and toss gently. Combine rest of ingredients and massage those into turnips as well. Put turnips into a sealable bag and refrigerate for at least one hour before serving. Serve sprinkled with sesame seeds, if desired.

## Kale and Potato Soup

Sara Jones, Tucson CSA

Fennel seeds, red chile flakes and paprika lend the traditional flavor of Italian sausage to this vegetarian soup. You can always add the sausage back in if you like, but the soup is plenty hardy without it.

1 medium size bunch kale, cleaned, with thick stems removed, roughly chopped  
2-3 yukon gold potatoes  
1 can white beans, drained  
1/2 yellow onion, diced  
4-5 cloves garlic, minced  
1 teaspoon fennel seeds, crushed  
1-2 teaspoons red chile flakes, to taste  
2 teaspoons paprika  
1 tablespoon olive oil  
1/2 cup cream or whole milk  
Salt and pepper, to taste

Heat oil in a large saucepan over medium heat. Cook onion until beginning to brown. Add spices and garlic and sauté until fragrant. Stir in potatoes and cook briefly before adding about one quart of water. Bring to a simmer and cook until potatoes are almost tender. Add greens and beans and cook for about 10 more minutes. Remove soup from heat, stir in cream and season with salt and lots of freshly ground pepper.

## Easy Cold Summer Squash Soup

Paula Wilke, Tucson CSA

1/2 to 1 cup vegetable stock or water (enough for about 1/4 inch of liquid in the bottom of the cooking pot)  
1 small onion  
2-4 cups of summer squash  
2-3 cloves garlic  
1 tablespoon white miso (possible substitutes are soy sauce or salt)  
Good yogurt (plain)  
Salt and pepper  
Black olive as a garnish

Heat stock or broth and roughly chop the onion, the squash and the garlic, keeping them separate. When the water starts to boil, add the chopped onion and cover. After a few minutes, add the squash and garlic and cover. Cook until the vegetables are tender (5-10 minutes), stirring occasionally, and then remove the pan from the heat. When it cools a bit, pour the mixture into a blender, add the miso and puree. Chill the mixture. Just before serving, stir in six ounces (small container) goat milk yogurt. You can also add a little more milk or cold water if you like it less thick. Add lots of freshly ground black pepper and salt to your taste. Garnish with a black olive.