



Tucson Community Supported Agriculture

Newsletter 540 ~ May 30, 2016 ~ Online at www.TucsonCSA.org

Spring 2016

Harvest list is online

Greens and Vegetables in
Coconut Milk
Cabbage in a Fish Sauce
Vinaigrette
Fruity Beety
Curried Turnips

**Many more recipes
on our website**

No Barrio Bread This Week

Baker Don is taking a well-deserved break.

If you are signed up for a bread share, you will not be charged for a bread pickup this week, so you may end up with an extra \$5.50 in your account at the end of your subscription cycle. You can leave it in your account for future use or you can claim cash at the front desk.

Sweet Corn

Growing corn organically can be hit or miss. Corn grown without pesticides is vulnerable to the corn borer, the caterpillar of a small moth which eats the kernels.

Farmer Frank uses a biological pest control method, i.e. a tiny wasp which predated on the caterpillar. However, it can take a while for the wasp to multiply in numbers large enough to effectively control corn borer populations.

So, if you notice little caterpillars and the holes they dig in the corn, just cut away those parts and use the intact part of the ears. You will know that you are eating corn that has not been sprayed with chemicals.

Okonomiyaki: a great way to use cabbage, and root vegetables... and winter greens...

A cabbage or a bunch of turnips may seem like a lot of food. So do large bunches of winter greens. But there are ways to make them go fast. Try okonomiyaki, or "Japanese pizza." It's not unlike a frittata, it's easy and delicious. And the chances are that once you've tried it, you'll be hooked.

Make a batter of 4 eggs, 2 cups of vegetable stock, 2 cups of flour, salt and pepper. Mix well. Add to it:

- 1/2 head of cabbage, sliced very thin
- (optional) 1 pound of grated beets, turnips and/or carrots, or 1 bunch of thinly sliced greens

Heat a little olive oil to medium heat in a large skillet. Add enough of the mixture to make a pancake about 1/2 inch thick. Pat down and cook for 10 minutes. Turn over and cook for another 10 minutes. Consider using a plate to flip the pancake so that it doesn't fall apart.

Serve with your favorite dip, or a dollop of mayonnaise.

Chioggia Beets (key-OH-gee-ah)

They originally come from the small island of Chioggia, near Venice, Italy. What they lack in red brilliance they make up in exquisite concentric red and white circles.

Target should have them as their mascot vegetable!



Garlic Scapes

Garlic scapes are the flower stalks and buds of the garlic plant. The buds are removed to encourage the bulbs to thicken. Scapes make a fabulous addition to a flower bouquet, and they are delicious to eat! Scapes taste just like garlic. They can be used in exactly the same way as garlic in any recipe.



Nasturtium Greens

They have a tangy, peppery flavor. Simply chop them up and add them to salads. You can also make a pesto out of them: simply substitute nasturtium greens for basil.



Chocolate Mint

Leaves of chocolate mint plants add versatility to drinks, desserts and garnishes. It makes the best fresh herbal tea ever! Just clip enough leaves to half fill your cup. Pour in boiling water, and steep for at least five minutes. Spoon out the leaves and sip the most amazingly refreshing tea! Or bruise it and add it to iced tea. You can also add it to salads, or chocolate desserts.

Greens and Vegetables in Coconut Milk

Sara Jones, Tucson CSA

This is a very simple, yet tasty recipe, with lots of room for innovation. If you like curry flavors, add more spices to the mix, sautéing them with the onions before adding the rest of the ingredients. Use potatoes, turnips, squash or carrots or other veggies. You can also add tofu, garbanzo beans or cooked chicken for a complete meal, served over rice.

1 bunch CSA greens, cleaned and roughly chopped
About 2 cups mixed vegetables, diced small
1 inch fresh ginger, grated
1 onion, sliced thinly
1/2 teaspoon ground coriander
2 teaspoons oil
1/2 can coconut milk
Red chile flakes, to taste
Soy sauce, to taste
Lime juice

In a large skillet, heat oil over medium high heat and add onion. Cook until beginning to brown. Add ginger, chile flakes and coriander and cook until fragrant. Add vegetables and coconut milk, plus about 1/4 cup of water. Bring to a low simmer and cook until vegetables are tender. Season to taste with soy sauce and a bit of lime juice.

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. Kumi recommends using Three Crabs or Red Boat brands of fish sauce. Add grated carrots or other veggies for color contrast and flavor.

1/2 head of a large cabbage (finely shredded)
1 tablespoon sesame oil
2-4 tablespoons fish sauce (Three Crabs or Red Boat brands)
1 clove of garlic, grated finely on a microplane
2 Thai chiles (minced)
1-2 tablespoons agave, honey, or crushed palm sugar
1/4 cup of cilantro leaves or mint, chopped
Crushed peanuts for garnish

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

Fruity Beety

Maggie Newman, Tucson CSA

4 beets
3 oranges
2 tablespoons grated coconut
1 teaspoon honey
Juice and grated peel of one lemon
2 tablespoons currants (I substituted raisins)
1 teaspoon vinegar, if desired
Pinch salt

Wash beets and steam whole until tender; then peel. Grate on ripple-shaped grater or slice into long, thin sticks. Peel, seed and cut up oranges. Place half the oranges in blender with coconut, honey, lemon juice and peel, and blend 2 minutes. Mix all ingredients, balancing the sweetness with the additional vinegar if needed. Chill, letting the flavors blend for two hours or so.

Curried Turnips

Sara Jones, Tucson CSA

If you still haven't found a way that you like turnips, give this recipe a try. Curry spices are also delicious sprinkled over roasted turnips or rutabagas, as well! And the curry spices, cumin, coriander, turmeric and ginger are all powerful digestive aides, for those who find turnips hard to digest.

1 bunch turnips with greens, cleaned, roots diced and greens roughly chopped
1 small onion
1 clove garlic
About 1 tablespoon freshly grated ginger
1 tablespoon good curry powder
1/4 cup canned, chopped tomatoes
Oil
Fresh chopped cilantro, for garnish

Heat oil in a large skillet over medium high heat. Add onions and cook until beginning to brown. Smash garlic and ginger into a paste and add to skillet, then add curry powder. Cook, stirring well, for one minute then add turnips, tomatoes and about 1/4 cup of water. Cover and cook until turnips are tender. Stir in greens and cook until wilted. Season to taste with salt and garnish with fresh chopped cilantro.