



# Tucson Community Supported Agriculture

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## Winter 2016-17

### Harvest list is online

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**Many more recipes  
on our website**

#### Cooking With Greens

We hope that you enjoyed Sara and Amy's cooking demos last week and that it inspired you to expand your greens' repertoire. Newer members are often a bit daunted by the sheer volume of greens we get during the cold months. Once you know how to incorporate them in your cooking, they really become easy to use and make a tasty and healthy addition to your meals. Never hesitate to ask us about cooking suggestions. Also, remember that we have an extensive collection of winter greens recipes on our website. And of course, there is always Google and other search engines.

If instead of recipes you prefer practical tips and ideas, do check out [Sara's Winter Greens Guide](#), also on our website under the Recipes' tab.

Enjoy your greens! We sure do. And don't be deterred by this cartoon from The New Yorker.



## Bok choy and its relatives



We can usually enjoy quite a few members of the Chinese cabbage's extended family during our winters, from both farms. They include bok choy, pak choi, tatsoi, joi choi and some more. What's particular about Chinese cabbages? Unlike the traditional green cabbages we are all used to and which form tight, compact heads, Chinese cabbages (with the exception of the Napa cabbage which is also a Chinese cabbage) tend to form clusters of distinct smooth, green leaf

blades with crispy white stems. Some varieties, such as bok choy, have upright leaves like celery, while other varieties, such as tatsoi, tend to form a more open rosette. Chinese cabbages are of course very popular, surprise surprise, in China and Southeast Asia, but they are also increasingly popular in Europe and the North America. Some of you may not realize it, but you are probably eating tatsoi more often than you think: tatsoi from Crooked Sky Farms often finds its way into their "braising mix" along with arugula, mizuna and purple mustard greens.

Chinese cabbages are mild and flavorful. They can be eaten raw, and, because the stems stay crisp after cooking, they are also great for stir-fries, braising and soups. You can also incorporate them in the final stages of risotto-making and they won't turn into a soggy green mess like some other leafy greens.

## Arugula



Arugula (*Eruca sativa*) is the American and Spanish name for this strong green, known as *roquette* in French, *rocket* in English and *rucola* in Italian. It originates from the Mediterranean region where it has been grown since Roman times. Its leaves taste nutty, with a hint of pepper. Like many greens, arugula can be used raw in salads or in a pesto, or cooked in soups, stuffing, stir-frys, and pasta dishes. A popular combination in Italy is arugula

mixed with mozzarella, sun-dried tomatoes and a drizzle of olive oil.

On organic farms arugula can play an important role in biological pest control and integrated pest management methods. For example, Farmer Frank often lets sections of arugula rows go through their complete growth cycle, along with carrots and other leafy plants, to provide a habitat for beneficial insects.

## Tendergreens

Crooked Sky Farms' tendergreens (that's right, not tender greens in two words) are a very mild heirloom mustard greens variety. They make a nice spinach substitute: they taste like spinach at the beginning and have a mild mustard finish. They have been a traditional Southern favorite for a long time. When young and indeed, tender, they can be eaten raw, mixed in salads. When mature they can be cooked like any winter greens, i.e. sautéed, braised, steamed or boiled.



## **Stuffed Cabbage Rolls**

Lorraine Glazar, Tucson CSA

12 large leaves of cabbage or other greens, steamed or blanched until softened  
1 ounce dried mushrooms, such as porcini or other type  
1 cup boiling water  
1 tablespoon oil  
½ onion, diced  
3 cloves garlic, chopped  
½ cup fresh mushrooms, chopped  
1 cup cooked brown rice  
½ cup pine nuts  
1 egg lightly beaten (or egg substitute of your choice)  
2 tablespoons fresh dill, finely chopped (substitute parsley)  
2 tablespoons fresh mint, finely chopped (optional)  
1 teaspoon marjoram  
1 teaspoon cumin  
Salt and pepper to taste  
1 ½ cups Basic Marinara Sauce

Heat your oven to 325 degrees. Steam or boil the cabbage leaves until softened (they should still have some crisp to them). Pour 1 cup boiling water over the dried mushrooms and let them sit for 15 minutes, or according to package directions. Warm oil in frying pan and add diced onion. Sauté 5 minutes or until onion has softened a bit. Add garlic and chopped fresh mushrooms, and sauté another 5 minutes. Remove from heat. Drain the mushrooms and reserve the water. Chop as finely as possible. Combine the chopped mushrooms, the cooked onion mixture, the brown rice, nuts, egg and spices. Add salt and pepper. Mix the stuffing well. Open up the cabbage leaves, one at a time. Stuff with 1/12 of the mixture, starting at the stem end and rolling it like a butcher's wrap package. Roll firmly and place, seam side down, in a shallow casserole. Top with the marinara sauce, and bake uncovered for one hour or more, until rolls have absorbed most of the sauce.

## **Homemade Greens Fettuccini**

The Cook's Garden catalog – Spring/Summer 1989

2 cups tendergreens (spinach, dandelion and arugula or mixed greens all work well)  
2 eggs  
1 1/2 cup flour  
1/2 teaspoon salt

Put greens and eggs in a blender and blend until smooth. Transfer to a bowl, add salt and start adding flour while beating with a spoon. Keep adding until dough is stiff. Turn out onto floured surface and knead until smooth (approximately 5 minutes). Roll out with rolling pin to 1/8"-1/4" thickness or thinner. Allow to stand and dry 1 hour, then cut into strips. Drop into boiling water and cook 1-2 minutes. Serve with butter and grated parmesan or asiago cheese.

## **Miso Soup**

Sara Jones, Tucson CSA

This simple soup is perfect for winter vegetables and comes together quickly. Use ramen noodles, soba or rice noodles, or leftover cooked rice. The soup will only take about 5-8 minutes, depending on which type of noodle you use, add at the appropriate time.

¼ block of firm tofu  
1 cup mushrooms, sliced  
2 heaping cups of chopped greens  
3-4 radishes, sliced  
½ inch ginger, grated  
2 cloves garlic, minced  
Red chili flakes, to taste  
1 heaping tablespoon miso paste  
Soy sauce to taste  
Toasted sesame oil (optional)  
Fish sauce (optional)

Sauté grated ginger, minced garlic, and red chili flakes very briefly in a soup pot. Add a quart or so of water, bring to a boil and add chopped greens, radishes, cubed firm tofu and mushrooms. After a couple minutes add noodles. When noodles are ready remove pot from, stir in and about 2 tablespoons of miso, a dash of soy sauce and sesame oil and fish sauce if using.

## **Gyoza/Dumplings**

Sara Jones, Tucson CSA

You can buy round gyoza/dumpling wrappers at many grocery stores. These are delicious deep fried, but can also be boiled or pan fried in a small amount of oil. One bunch of greens will make enough stuffing for quite a few dumplings. Make extra and place them on a cookie sheet to freeze. Once they are frozen, remove from the tray and place in freezer bags to freeze for up to 6 months.

1 bunch greens, finely chopped  
1/2 inch fresh ginger, grated  
1 clove garlic, minced  
3 or 4 grated radishes or baby turnips  
Soy sauce, to taste  
Pinch black pepper  
1 package dumpling/gyoza wrappers

Mix first five ingredients together. To stuff dumplings, place a small amount of filling on the lower half of a wrapper. Moisten edges with water and fold top half down over filling. Use the tines of a fork to seal the edges. To cook, drop in boiling water and remove once dumplings float. Or, coat the bottom of a large skillet with oil and cook on each side until golden brown. Prepare frozen dumplings, straight out of the freezer, the same way. Serve dumplings with a dipping sauce or soy sauce with sugar, minced garlic and sesame oil added to it.