



Tucson Community Supported Agriculture

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Spring 2017

Harvest lists are online

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Lamb Shares

This is the last week we are taking orders for Josh's grass-fed, grass-finished lamb shares.

They will be ready for pickup starting next week.

Beef Shares Remaining

Although we sold all beef shares, we have enough remaining cuts of the steer we bought to make another 10 small beef shares. Those shares would only include steaks, ground and stew meat - no roasts.

Beef shares are about 5% cheaper than if the same cuts were purchased individually.

Come to the front desk to place your order or reserve one.

Beef Stock/Dog Bones

This week we'll also be selling some of the bones from the above steer. They are great to make stock with and they make good bones for dogs too.

We sell them for \$1/pound.

Black Mesa Ranch Cheese Shares and Kidding Season



We're excited that cheese shares will start again in one month, i.e. in the first week of May.

The reason there are no cheese shares from January to April is because winter is the time when goats are kidding, i.e. when baby goats (kids) are born, and most of the goats' milk goes to the kids. A goat can have up to 4 kids at once: that requires a lot of milk!

To the left is a picture of Snowflake's little newborn girl: she's just one of many recently born at Black

Mesa Ranch. Now, most of us would agree that baby animals are cute, but few baby animals are as cute as baby goats: just search for baby goats videos on YouTube and you'll find out just how cute they are! We're not kidding you.

If you'd like to find out more about the kidding season at Black Mesa Ranch, you can follow Kathryn's Diary at <https://www.blackmesaranchonline.com>

If you are signed up for a cheese share, you will automatically start receiving your cheese logs starting Tuesday, May 2 and Wednesday, May 3, and every other week after that until mid-December. And if you are not signed up for a cheese share but would like one, just add one to your subscription. You can add or remove cheese shares to or from your subscription on any given week between the day after your pickup day and midnight Friday.

A goat cheese share consists of 1 log of cheese every other week. We offer 3 cheese share plans based on the cheese logs' flavoring: 1) plain only, 2) alternating between plain and herb, and 3) rotating among plain, herb, chipotle and jalapeño.

Radish Pods

Farmer Frank just told us that Tuesday members may be getting radish pods this week. Talk about an unusual vegetable! They're right up there with kohlrabi. Radish pods are the edible seed pods of a specific variety of radish, *Raphanus caudatus* (literally radish with a tail), which is specifically cultivated for its pods instead of its bulbs. We get them in our shares every once in a while and we love it that they are so unusual.



Radish pods look a bit like green beans and can be green, purple or both. They don't need to be shelled, although if they are more mature and seem a little fibrous you should cut their thin extremities. The pods 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 become milder. 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 summer gathering - because they are unusual, they are sure to arouse the curiosity of your guests. They may also be pickled in vinegar. They are superb in stir-fries, holding their texture well.

Kohl-Slaw

Sara Jones, Tucson CSA

Kohlrabi has a flavor and texture that lie somewhere between an apple and a turnip. You can cook them or eat them raw. Just make sure to peel their outer, fibrous skin.

This recipe also works great with turnips instead of kohlrabi. Because of its crisp, crunchy texture, kohlrabi is great served raw. If you want to practice your knife skills, julienne the kohlrabi, otherwise, it is fine grated. If you have large radishes use some in this recipe, too.

3 small to medium kohlrabi bulbs, peeled and grated
1 small clove garlic, minced
2 tablespoons mayo
1 heaping teaspoon Dijon mustard
About 2 tablespoons orange juice, plus the zest from one orange
1 handful arugula or watercress, chopped into thin ribbons
1 tablespoon poppy seeds (optional)

Whisk together the garlic, mayo, mustard and orange juice. Pour mixture over kohlrabi and toss to coat. Add arugula just before serving to prevent

Hakurei Turnip Paliya

Kusuma Rao, [Ruchikala](#)

Tender Japanese salad 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 ½ teaspoon black mustard seeds
2 strands curry leaves, chopped
¼ teaspoon asafoetida
2 Thai chilies, minced (or to taste)
3 tablespoons grated unsweetened coconut
1 bunch of Hakurei salad turnips (turnips diced, 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, 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. Sauté for about 3-4 minutes, on high heat. Stirring every 40 seconds or so. Add greens, allow them to wilt for about 1 minute. Add the agave or honey. Stir and serve.

Braised Cabbage and Bacon on Pasta

This is a great way to use a whole cabbage in one easy dish. But you can use any leafy greens with this recipe. It works well with any mild, bitter or spicy greens, and you can use lots of them.

3-5 slices bacon, chopped
1 teaspoon crushed fennel seeds
½ teaspoon red chile flakes, or to taste
½ onion, diced
1 cabbage, shredded
Salt and Pepper
1 lb of dry pasta
Grated Parmesan

In a large skillet, sauté the bacon on medium heat until it begins to get crispy. Add onion and spices and cook until fragrant. Add the shredded cabbage. Toss until well mixed. Cover and braise for 15 minutes or so, stirring occasionally. Add salt and pepper to taste. Turn heat down to low once the greens are wilted.

Meanwhile, cook pasta according to instruction on package. Drain, reserving about ¼ cup of cooking water. Add pasta to cabbage, along with reserved water and mix until combined. Serve in individual bowls and sprinkle with grated Parmesan.

Radish Pods (Moongre ki Subzi)

Adapted from [A Mad Tea Party](#) blog. Thank you!

1 bunch fresh radish pods removed from stems
1-2 potatoes, or peeled kohlrabi
1 tablespoon grated ginger
5 garlic cloves, crushed
2 tomatoes, chopped
1-2 tablespoons oil
1 teaspoon cumin seeds
1/2 teaspoon turmeric
1 1/2 teaspoon coriander powder
1 teaspoon red (cayenne) chilli powder
Salt
Cilantro for garnish

Rinse the radish pods. Top and tail them. Snap into 1-1 1/2" lengths. Peel and cube the potatoes or kohlrabi. Heat oil in a heavy bottomed pan. Add the cumin seeds followed by garlic and ginger. Once the garlic is fragrant add the chopped tomatoes. Stir and cook till the tomatoes turn to mush and the oil begins to surface. Add a pinch of salt if the mush starts to stick to the bottom of the pan. Add turmeric, coriander powder, and red chile powder, in that order. Give a stir and let fry for a few seconds till the spices are cooked, taking care to not let burn. Add the radish pods and potatoes or kohlrabi. Sprinkle salt and mix. Cover and cook till potatoes or kohlrabi are tender, about 20 minutes.