



Tucson Community Supported Agriculture

Newsletter 623 ~ February 12, 2018 ~ Online at www.TucsonCSA.org

Winter 17/18

Harvest lists are online

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Last of the BMR candy!

What's on our shelves is the last candy from Black Mesa Ranch until next November, so make sure to get some for your Valentine!



Josh's Beef Shares are Ready

If you ordered one of our grass-fed, grass-finished beef shares, you can now pick it up at the front desk. Balance payment is due at time of pickup.

We have a few extra beef shares available for walk-in purchase.

Beef bones also available!

Since the beef shares all come from one steer, we also get all the bones from that steer (very little goes to waste).

They cost \$1.50 per pound. They make a great beef broth and they also make good dog treats (give them to them raw, not cooked).

Eating Leafy Greens Each Day Tied to Sharper Memory, Slower Decline (from NPR's Morning Edition)

To age well, we must eat well. There has been a lot of evidence that heart-healthy diets help protect the brain. A study recently published in *Neurology* finds that healthy seniors who had daily helpings of leafy green vegetables — such as spinach, kale and collard greens — had a slower rate of cognitive decline, compared to those who tended to eat little or no greens.

Many factors play into healthy aging — this study does not prove that eating greens will fend off memory decline. With this kind of research, scientists can only establish an association — not necessarily causation — between a healthy diet and a mind that stays sharp.

Some prior research has pointed to a similar benefit. A 2006 study of women also found that high consumption of vegetables was associated with less cognitive decline among older women. The association was strongest with greater consumption of leafy vegetables and cruciferous vegetables — such as broccoli and cauliflower.

And, as NPR has previously reported, there's evidence that a Mediterranean-style diet — which emphasizes a pattern of eating that is rich in fish, nuts, vegetables and whole grains — may help stave off chronic diseases.

What might explain a benefit from greens?

Turns out, these vegetables contain a range of nutrients and bioactive compounds including vitamin E and K, lutein, beta carotene and folate, all of which have different roles and different biological mechanisms to protect the brain. Consuming too little of these nutrients can be problematic.

For instance, if you have insufficient levels of folate in your diet you can have higher levels of homocysteine. This can set the stage for inflammation and a buildup of plaque, or fatty deposits, inside your arteries, which increases the risk of stroke. Research shows elevated homocysteine is associated with cognitive impairment among older adults.

Another example: Getting plenty of Vitamin E from foods in your diet can help protect cells from damage and also has been associated with better cognitive performance.

The bottom line is that when you eat leafy greens you're eating a lot of different nutrients which together can have a positive impact.

Most seasoned CSA members don't have much problems eating their greens. But if you're new to the CSA you may still be somewhat intimidated by what at times seems like an overwhelming amount of greens. One of the easiest way to gradually ease greens into your diet and that of your loved ones is to mix them in with something you are familiar with. For example, you chop them up, sauté them in a bit of oil with some chopped onions, and then mix them with mashed potatoes, cooked rice, cooked pasta or your favorite tomato sauce.



Shungiku with Sesame Dressing

Philippe, Tucson CSA. Adapted from
www.japanesefoodreport.com

Shungiku refers to the fragrant leaves of a chrysanthemum variety and they have a distinctive flavor. Though they have many uses in Japanese cooking, this might be the simplest preparation.

1 bunch Shungiku, cleaned
2 teaspoons ground sesame seeds
1 teaspoon brown sugar (optional)
2 teaspoons soy sauce

Blanch the leaves quickly (submerged in boiling water until the stems softened and the leaves turned bright green). Transfer to a colander and rinse under cold running water to stop the cooking, then cut them into bite-sized pieces and set them aside.

In a bowl, mix ground sesame seeds, brown sugar and soy sauce to make a savory-sweet paste, then add the shungiku and mix everything together. Taste and add a touch more soy sauce if desired.

Broccoli and Celery Salad-new

Sara Jones, Tucson CSA

There are many flavorful additions for this salad, but just the celery and broccoli tossed in the dressing is delicious if you don't have anything else on hand.

About 3 cups broccoli florets broken into bite size pieces, stems peeled and cut into thin slices
3-4 celery stalks, thinly sliced
2 carrots, shredded
½ red onion, finely sliced
½ sour apple, shredded
2 teaspoons sugar
¼ cup mayo (or use a couple tablespoons olive oil)
2 tablespoons apple cider vinegar
1 pinch celery seeds or poppy seeds
¼ cup dried cherries or cranberries
¼ cup chopped toasted almonds or walnuts
¼ bacon crumbles
¼ cup feta cheese or blue cheese crumbles
Salt and Pepper to taste

Mix the vegetables together. Mix the sugar, mayo and vinegar in a separate bowl then pour over vegetables, tossing well to coat. Let salad sit for at least 30 minutes before serving. Top with additional ingredients like dried fruit, nuts or cheese just before serving.

Vegan Broccoli Rice Bake

Wendy McCrady, Tucson CSA

1 cup long-grain white rice
1/3 cup nutritional yeast (available at natural food stores)
1 tablespoon salt
¼ teaspoon garlic powder
1 cup water
1 cup soy milk
1 bunch CSA broccoli, chopped
3 stalks of celery, with leaves, chopped
8 oz sliced mushrooms (optional)

Preheat oven to 350 degrees. Combine rice and dry seasonings in large casserole dish. Stir in liquids and vegetables. Bake, covered, for 60 to 70 minutes until rice is tender.

Orange Cranberry Bread

2 cups flour
1 cup sugar
1/2 teaspoon baking soda
1/2 teaspoon baking powder
1/2 teaspoon salt
3/4 cup fresh squeezed orange juice
1 tablespoon grated orange zest
1 teaspoon ground ginger
2 tablespoons canola oil
1 egg, well-beaten
1/2 cup dried cranberries, rehydrated in hot water for 30 minutes, then drained
1/2 cup chopped walnuts or pecans, optional

Preheat oven to 375°F. Grease a 9 x 5-inch loaf pan. Whisk together flour, baking powder, baking soda and salt in a medium mixing bowl. Combine orange juice, orange zest, ginger and sugar and cook in a saucepan over medium high heat for about 10 minutes. Let cool and combine with oil and egg. Pour juice mixture into dry ingredients along with nuts and cranberries and mix until just combined. Spread evenly in loaf pan. Bake for 45 minutes or until a toothpick inserted in the center comes out clean. Cool on a rack for 15 minutes. Remove from pan; cool completely.