



Tucson Community Supported Agriculture

Newsletter 631 ~ April 23, 2018 ~ Online at www.TucsonCSA.org

Spring `18

Harvest lists are online

The Back Page Recipes

Korean Radish Salad
Radish Fritters
Cauliflower Melt Salad
Japanese Farmhouse Greens
Quinoa Tabbouleh
Stir-Fried Shungiku with
Ginger

More Recipes Online

Cheese Shares Start This Week!

We are very excited that cheese shares are starting this week. Cheese share pickup is every other week, not every week like our other shares.

You can add or remove cheese shares to or from your CSA subscription throughout the year. If you want to try it, you can buy some cheese logs at the front desk when we have extra, or you can just temporarily add a cheese share to your subscription.

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.

Limited quantities of cheese logs such as those in the cheese shares will also be available for retail sale when available, in addition to the other Black Mesa ranch cheeses such as feta and boules (French mozzarella type cheese).

Savoy Cabbage



Savoy cabbage is a variety of the plant species *Brassica oleracea*. It is thought to originate from England and the Netherlands. In the 18th century, it was introduced into Germany as "Savoyer Kohl". It is named after the Savoy region in France.

Arguably considered as the prettiest of all cabbages, Savoy cabbage has crinkled, emerald green leaves. It has a mild and earthy flavor, and its leaves are tender even when raw.

Savoy cabbage can be used in a variety of recipes. It pairs well with red wine, apples, spices, horseradish and meat.

It can be used for roulades (see Stuffed Cabbage Rolls recipe on the back page), in stews and soups, such as borscht, as well as roasted plain and drizzled with olive oil. It can be used in preserved recipes like kimchi or sauerkraut, and with strong and unusual seasonings such as juniper.

Fresh whole cabbage will keep in the refrigerator for one to six weeks depending on type and variety. Hard green, white or red cabbages will keep the longest while the looser Savoy and Chinese varieties such as napa and bok choy need to be consumed more quickly. It is necessary to keep the outer leaves intact without washing when storing since moisture hastens decay.

Broccoli



Broccoli is an edible green plant in the cabbage family which, like cauliflower, is grown for its edible flowering heads rather than its leaves. The word broccoli comes from the Italian plural of *broccolo*, which means "the flowering crest of a cabbage", and is the diminutive form of *brocco*, meaning "small nail" or "sprout." Broccoli has large flower heads, usually green in color, arranged in a tree-like structure branching out from a thick, edible stalk. The mass of flower heads is surrounded by leaves. Broccoli indeed resembles

cauliflower, which is a different cultivar group of the same species.

Broccoli is a result of careful breeding of cultivated *Brassica* crops in the northern Mediterranean starting in about the 6th century BC. Since the time of the Roman Empire, broccoli has been considered a uniquely valuable food among Italians. Broccoli was brought to England from Antwerp in the mid-18th century. It was first introduced to the United States by Southern Italian immigrants, but did not become widely popular until the 1920s.

Broccoli can be boiled, steamed, stir-fried or grilled, and it can also be eaten raw. It can also be pickled or blended into soups.

Braising Greens And Rice Pilaf

Philippe, Tucson CSA

1 bunch of braising greens (or any greens), sliced in ribbons
1 medium onion, sliced in rings
2 cloves of garlic, crushed
2 tablespoons oil
1 two-ounce can anchovies (optional)
1 stalk lemon grass (optional), cut in 1 inch segments
1/4 cup grated Parmesan cheese
1 cup rice
salt and pepper to taste

Sauté the rice in 1 tablespoon of oil until it begins to puff. Add 2 cups of water, a pinch of salt and a dash of black pepper. Cover and simmer for 10-15 minutes, or until water has evaporated. Sauté the onion rings, garlic, lemon grass and anchovies in the other tablespoon of oil for 5 minutes or until onions are tender. Add greens and stir gently for another 5-10 minutes until greens are soft but still vivid green. Salt and pepper to taste. Serve on a bed of rice and sprinkle with grated Parmesan.

Stuffed Cabbage Rolls

Lorraine Glazar, Tucson CSA

12 outer leaves of green or white cabbage, steamed or boiled 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 dried mushrooms and reserve the water. Chop as finely as possible. Combine the chopped dried 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.

marinara sauce, and bake uncovered for one hour or more, until rolls have absorbed most of the sauce.

Spicy Greens

Sara Jones, Tucson CSA

Don't forget how easy cooking greens can be!

1 bag braising greens
½ inch ginger, grated
2 cloves garlic, minced
Red chili flakes, to taste
2 teaspoons oil
1 splash soy sauce

This is a quick way to use your braising greens. Adjust the spice to your taste. Start by grating about ½ an inch of fresh ginger and combine with a few cloves of minced garlic and red chili flakes. Wash and chop greens, leaving moisture on leaves (this should leave just enough moisture to briefly steam the greens without leaving them soggy). Briefly fry spice mix in about 2 teaspoons of hot oil, stirring quickly to avoid burning spices. Add greens and stir well to coat. Reduce heat to low, cover and cook 2 or 3 minutes until greens are tender. Splash with soy sauce and serve.

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 and 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.