



# Tucson Community Supported Agriculture

Newsletter 71 ~ January 22, 2007 ~ Online at [www.TucsonCSA.org](http://www.TucsonCSA.org)

Winter '06-'07  
Week 7 of 12

## This Week's Harvest

Oranges  
Yukon Gold Potatoes  
Beauregard Sweet Potatoes  
Garlic  
Dry Beans  
Hakurei Turnips  
Broccoli Raab  
Spring Mix

## Recipes

Broccoli Raab with Garlic and  
Red Pepper Flakes  
Broccoli Raab Pasta  
Roasted Turnips in Wine  
Turnip Tips

## Job Opportunities at Crooked Sky Farms

**FARM MANAGER** - Seeking responsible farm manager to coordinate and supervise field work (planting, weeding, harvesting), organize harvests for CSAs. To be present at the Farm several mornings each week.

**FIELD WORKERS** - Seeking responsible field workers for harvest and planting several days each week. Flexible schedule preferred. Sunday - Thursday schedule. Full-time. Previous farm experience preferred.

**DRIVER** - Seeking experienced, responsible, insurable driver for delivery of produce to CSAs and Farmers Markets. Must have a passion for farm fresh produce.

Contact Jennifer Woods at  
(623) 204-1075

## **Editor:**

Neil Diamente  
Philippe Waterinckx

## Frost at the Farm

Luckily, last week's hard frost caused little damage to the crops. The field vegetables were fine and only the lemon trees suffered minor fruit losses. Most greens are resistant to mild frost as long as they don't remain frozen for too long. However, frost affects the timing of the harvest because greens cannot be harvested when frozen. Field workers usually wait until 10am before they start harvesting, giving the plants the time to completely thaw.

## Heavy Rains Slowing Down Harvest

This week Farmer Frank planned to give us Kale, Kohlrabi and China Rose Radishes. Unfortunately, the heavy rains and muddy fields are slowing down the harvesting considerably. So, this week, we are getting less of the "fresh" picks and more "stored" produce, such as garlic, potatoes and beans. Rain and mud make it too hard to get an entire harvest out of the fields in time for delivery to the CSA.

## CSA Cookbook Survey

Thanks to all who completed our short survey last week. If you haven't a chance to complete it and would like to give us some feedback, simply email us your answers by January 30th.

### Survey

Crooked Sky Farms is considering printing a recipe book which would include 300 or more recipes submitted by CSA members from Tucson, Phoenix, Flagstaff and Prescott. Members will submit their recipe(s) using an online template. Once enough recipes are gathered, the book would be published (it would be a good quality publication). The cost of publication would be divided by the number of buyers, and the book is expected to cost from \$10 to \$15. Please help us assess the feasibility of such a book by answering the following questions:

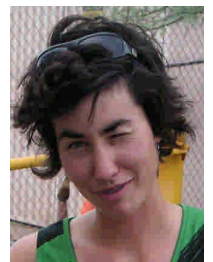
(A "yes" answer to Question 2 is not a commitment to buy.)

Question 1. Would you contribute one (or more) recipe(s) to it?

Question 2. Would you buy it?

## Kelsey off Wwoofing in Nepal

Kelsey from Crooked Sky Farms is leaving this Thursday for a five month trip to East Asia, including a two-month volunteer stint on an organic farm in Nepal organized through WWOOF (World-Wide Opportunities on Organic Farms), an organization that coordinates volunteer positions on organic farms around the globe ([www.wwoof.org](http://www.wwoof.org)).



## Documentary Film about Tucson Refugee group featuring Tucson CSA

Filmmaker Lauren Swain and Barbara Eiswerth, Coordinator for the Iskash\*taa Refugee Harvesting Network, filmed and interviewed Tucson refugees, volunteers, and advocates in 2006 to create Iskash\*taa: An Invitation to Community, a local documentary to educate Tucson about the Somali Bantu and other refugees. The film explains the many ways the public can get involved and make a difference through Iskash\*taa Refugee Harvesting Network or other groups working with refugees—like Tucson CSA. Tucson CSA donates its surplus produce to Iskash\*taa. Iskash\*taa also sometimes donates fruits gleaned from Tucson's backyards to the Tucson CSA's surplus basket. For more information on who they are and what they do, visit [www.iskashitaa.org](http://www.iskashitaa.org).

The Loft Cinema will premiere the film on Wednesday, January 31st at 7:30pm.

**Broccoli Raab**



Commonly known in the United States as broccoli raab (also spelled broccoli rabe). It is truly a vegetable with many names around the world. A few of the many names are raab, rapa, rapine, rappi, rappone, fall and spring raab, turnip broccoli, tait-cat, Italian or Chinese broccoli, broccoli rape, broccoli de rabe, Italian turnip, and turnip broccoli. (Photo courtesy of Mariquita Farms)

Originating in the Mediterranean and also China, it is actually a descendant from a wild herb. Today, Rapini is found growing in California, Arizona, New Jersey, Quebec and Ontario. It is one of the most popular vegetables among the Chinese. It is probably the most popular vegetable in Hong Kong and also widely used in the western world.

Although it has broccoli's name, broccoli raab is not related to broccoli. It is, however, closely related to turnips which is probably why the leaves look like turnip greens. Lots of broccoli-like buds appear here and there but a head never forms. It is grown as much for its long-standing, tasty mustard-like tops as for their multiple small florets with clusters of broccoli-like buds. Good-quality broccoli raab will have bright-green leaves that are crisp, upright, and not wilted.

Used extensively in Italian and Chinese cooking, it is not as popular in the United States but is gaining popularity. The stems are generally uniform in size (hence cook evenly) and need not be peeled. Clean it as you would other greens, removing the bottom portion of the stems which appear tough (sometimes the stems are tougher than other times depending on the age of the rapini). They stems can be removed up to where the leaves begin, and sautéed before adding the leaves to the pan. This vegetable is a source of vitamins A, C, and K, as well as potassium. Rapini is available all year long, but its peak season is from fall to spring. To maintain crispness, refrigerate, unwashed, loosely wrapped in a plastic bag or wrap for up to 3 days.

**How To Cook** - The leaves, stems, and flower heads are cooked (broil, stir-fry, braise, sauté, or steam) and eaten just like regular broccoli and have a flavor similar to broccoli but much more pungent. It is quite tasty with a nutty flavor and has a slightly bitter taste. In spite of its uniqueness, broccoli raab is considered an acquired taste - but once acquired, it's addictive! Preparing it is very easy:

Rinse and trim 1/4-inch from bottom of stems.

Cut stalks crosswise into 2-inch pieces and drop them into salted (optional), boiling water.

Cook for 1 to 2 minutes and remove with slotted spoon.

Sauté the blanched broccoli raab/rapini in a little olive oil and as much garlic as you like for 3 to 5 minutes until tender.

Optional - Add a few dried red pepper flakes.

**Broccoli Raab with Garlic and Red Pepper Flakes**

Mariquita Farm ([www.mariquita.com](http://www.mariquita.com))

- 2 tablespoons extra virgin olive oil
- 3 medium garlic cloves
- 1/4 teaspoon red pepper flakes
- 1 recipe blanched broccoli raab

Heat oil, garlic and red pepper flakes in medium skillet over medium heat until garlic begins to sizzle, about 3 to 4 minutes. Increase heat to medium high, add blanched broccoli raab, and cook, stirring to coat with oil, until heated through, about 1 minute. Season to taste with salt, serve immediately.

**Broccoli Raab Pasta**

Chez Panisse Vegetables, Alice Waters

- 1 onion, thinly sliced
- 6 cloves garlic, minced
- 1 bunch broccoli raab
- olive oil
- romano cheese
- red pepper flakes
- salt
- 1/2 lb penne
- red wine vinegar

Put on a large pot of water to boil. In a skillet, coated with olive oil, heat the onion over high heat. When onion is browning in spots, add the garlic, red pepper flakes and salt to taste. Toss briefly, then add the raab and a splash of water. Lower the heat and cook until tender, stirring frequently. Meanwhile cook pasta. Taste the raab and adjust the seasonings. Add a generous amount of olive oil and a splash of vinegar. Toss with the drained pasta and top with romano cheese.

**Roasted Turnips in Wine**

adapted from Peggy's Biodynamic Garden

- 1 bunch turnips, peeled and cubed, greens reserved for another use
- 1 cup red wine
- 1/4 cup honey
- 2 Tablespoons butter

Place turnips in saucepan; add remaining ingredients and enough water to barely cover. (You may also add other root vegetables: carrots, parsnips, etc.) Simmer until tender. Pour into baking dish and bake at 350 degrees 1/2 hour. Serve with rice or chicken. 2-3 servings.

**Turnip Tips**

adapted from "From Asparagus to Zucchini"

- \*Eat turnips raw on your way home from the CSA.
- \*Slice or thickly julienne and add to vegetable platter or eat alone with or without dip.
- \*Grate raw into salads.
- \*Bake turnips alone for 30-45 minutes at 350 degrees, basted with oil, or bake along with other seasonal roots.
- \*Cook turnips with roasting meats.
- \*Mash or scallop turnips, just like you would potatoes.
- \* Dice turnips into soups or stews, and julienne into stir fries.
- \* Use turnip tops as you would any greens.