



Tucson Community Supported Agriculture

Newsletter 119 ~ January 8, 2008 ~ Online at www.TucsonCSA.org

Winter '07/'08 –

Week 5 of 12



Hon Tsai Tai is a Chinese green in the Brassica family, with long, pencil-thin, red-purple, budded flower stems. It has a mild pleasing mustard taste, ideal for use raw in salads, lightly cooked in stir-fries, or stirred into soups.

Planned harvest list is [online](#).

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Sweet Potato - Don't put your sweet potatoes in the refrigerator. Store them in a cool, dry and dark place. If one sends out a shoot, try growing your own sweet potato vine. Cut a bit of the tuber off with the shoot and plant it in a pot filled with light moist sandy soil.

Newsletter editor

Wendy McCrady

Quick Prep Tips for Your Share

For busy folks, CSA member Natanya Siegel shares two great suggestions for prepping your CSA produce quickly when you get home from picking it up.

Blanch your greens

Blanching reduces the volume of your greens to a more manageable level while making them easier to use later on in cooking. It also takes out the bitterness.

Soak and clean them well, until the water is clear. Tear out the stem. Bring a pot of water with salt to a boil and then add one batch of cleaned greens. Blanch for a few minutes. Tough greens, like collards, take longer (15 min.) if you don't plan to saute it much later. Remove the greens from the boiling water with tongs or a fork and lay it on a large plate, being careful not to burn yourself with the steam and boiling water. Put the next batch of greens in the same boiling water. While it's cooking, squeeze the water out of the first set of greens with the tongs. It will cool fast when it is spread out on the plate, eliminating the need to stop the cooking in the traditional blanching method with an ice water dip.

Roast your root vegetables

Roasted vegetables are naturally sweet. Once roasted, they are easy to use throughout the week in soups or dips. Ed. note: they are also delicious in curries or even eaten cold. Preheat your oven to 350 degrees. Wash all the root vegetables, dry them, and puncture with a fork so they will not explode. Peeling is not necessary, as the peels will come off easily once cooked. (Handy for hard winter squash and beets!) Turn the roasting vegetables every 20 minutes so the bottom does not overcook and get hard. Check for doneness as the winter squash may cook faster than the beets.

Upcoming Events at the Community Food Bank

The Community Food Bank Food Security Center is hosting two events featuring Brother David Andrews this month. He is a 25 year national advocate on food and sustainable farming issues, currently on sabbatical from directing the National Catholic Rural Life Conference, an organization which addresses food, farming and rural issues on local, national and international levels. For more information on the events, contact Kitty Ufford-Chase at the Community Food Bank: kitty@communityfoodbank.org. or 622-0525, x251

The first offering is "Eating Between the Lines: Where Our Food Comes From and Where It's Going", a dinner and conversation with Brother David on Thursday, January 17, from 6-8 pm at Trinity Presbyterian Church, 400 E. University Blvd. The cost is \$6.50 per person (vegetarian option available). Contact Kitty to make a reservation.

On Saturday, January 19, Brother David will lead "The Ethics and Practices of Our Food System", a free all-day gathering that will especially benefit people whose work or lives do not specifically focus on food issues, but who wish to acquire a substantial understanding of food and food system issues to add to their knowledge of justice issues. Issues for consideration include: concentration of the food system, food production effects on the environment, global trade in food, local food system development, farm workers, and food insecurity for local people with low incomes. Fifteen people will be invited to attend this gathering. If you'd like to participate, please email Kitty *by Tues. Jan. 8* with a brief list of your food issue questions, thoughts, and experiences.

Low-fat Curried Vegetables

Wendy McCrady, Tucson CSA member

Curry is a tasty way to prepare many of your vegetables. Use vegetables roasted ahead of time for an easy short-cut. Thai red curry paste is sold in the Asian foods section of grocery stores.

1 onion, chopped
2 cloves garlic, minced
1 tablespoons grated ginger
2½ cups water
1 teaspoon coconut extract
2 tablespoons maple syrup or 4 tablespoons brown sugar
1½ tablespoons low-sodium soy sauce
½ teaspoon curry powder
½ teaspoon cumin
½ teaspoon red curry paste
¼ teaspoon crushed red pepper flakes, opt.
Vegetables (sweet potatoes, potatoes, carrots, green beans, cooked garbanzo beans, etc.), diced
Cooking greens, roughly chopped
3 tbs plain soy creamer (or half and half)
2 teaspoons chopped cilantro
Cooked grain (rice, wheat berries, oat groats, etc.)

In a large non-stick skillet, sauté onion, garlic, and ginger over medium-high heat for 5 minutes. No oil is needed. Stir in the water, seasonings, and vegetables other than greens. Bring to a boil. Reduce heat and simmer for 15 minutes until veggies are tender. Stir in the greens to cook for a few minutes. Remove from heat and stir in creamer. Serve over hot cooked grain and sprinkle with cilantro.

Cilantro Chutney

Wendy McCrady, Tucson CSA member

Delicious with the curried vegetables. Substitute roasted green chiles from your freezer for the fresh, if desired.

1 bunch cilantro, washed and drained
¼ cup onion, chopped
½ teaspoon cumin seeds (or powder)
1 green chile
Juice from 1 lemon
1 teaspoon salt
Yogurt, opt. (I use plain soy yogurt.)

Remove discolored leaves and most of stem from cilantro. Chop cilantro and place in blender with onion, cumin, chile, salt, and lemon juice. Blend to a smooth paste. Taste and add a bit of yogurt if desired to mellow the bite of the onion. Chill at least one hour to allow the flavors to blend and mellow.

Greens, Grains and Roots

Mary Leuchtenberger, Tucson CSA member

This versatile recipe lets you use your favorite foods and whatever grains and CSA vegetables you have on hand. The possible combinations are endless.

1 cup grain (wheat berries, oat groats, millet, quinoa, bulgur, amaranth, etc.)
2 cups water
2 tablespoons buttermilk (or yogurt, or whey)
Spicy root vegetables (radish, onion, turnip, garlic, etc.), chopped in any combination
Olive oil
2 bunches CSA greens, chopped
1-2 cups cooked meat, tofu, or cheese

Soak grain in water and buttermilk for 6 to 12 hours. After soaking, simmer grain in soaking water over low heat, stirring occasionally until liquid has been absorbed. (Note: soaked grain cooks more quickly.)

While the grain is cooking, sauté root vegetables lightly in olive oil. While the roots are still crisp, add the greens and sauté until wilted. Add the meat, or use tofu or cheese for a vegetarian meal. Stir the cooked grains into pan and serve.

Eggs Florentine

Lorraine Glazar, Tucson CSA member

This Italian dish makes greens into a breakfast or brunch dish. This also makes a great light supper.

Per serving:
1 bunch CSA greens (depending on bunch size, one might serve two people)
2 eggs
Olive oil or butter
Garlic to taste
1-2 tablespoons Parmesan cheese

Heat oven to 350 degrees. Prepare the greens. If young and tender (spinach, braising greens, beet greens, chard, etc.), just wash and cut into one-inch pieces. If older and spicier, wash, cut out stems, cut into wide ribbons and parboil.

Heat olive oil in a sauté pan and brown the garlic. Add the greens, toss to coat with oil, and steam with the lid on.

Butter or oil a small oven-safe dish. Place the sautéed greens in the dish. Crack eggs and place atop the greens. Bake 10 minutes, or until the eggs are done to your liking. Top with Parmesan cheese.