



Tucson Community Supported Agriculture

Newsletter 179 ~ March 9, 2009 ~ Online at www.TucsonCSA.org

Spring '09 Week 2 of 13

Harvest list is online

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Gary Paul Nabhan Talks Food on UA Campus on March 25



Widely acclaimed author, sustainable food advocate, ethnobiologist and co-founder of Native Seeds/SEARCH,

Gary Paul Nabhan will speak on "Flavors Without Borders: Desert Foods, Regional Food Security and Health" as part of the Well University Partnership's (Well U) Provost Lecture Series, on March 25th. Nabhan recently co-founded "Sabores Sin Fronteras/Flavors Without Borders," a new regional, bi-national and multi-cultural alliance to document, celebrate and conserve farming and food folkways that span the U.S./Mexico borderlands.

Where: Gallagher Theater, UA Student Union

When: March 25th, 12-1 p.m.

Cost: Free and open to the public

Newsletter Editors

Kimi Eisele and Paul Durham

MOTHER EARTH NEWS: FREE-RANGE EGGS HAVE MORE VITAMIN D



Some good news for backyard chicken keepers and those of you who buy Josh's eggs each week at the CSA: you're getting more Vitamin D in your diet by eating those delicious eggs! According to a study by Mother Earth News magazine, free-range eggs have three to six times more Vitamin D than non-free-range supermarket eggs.

The study looked at eggs from producers in four states (Texas, Kansas, Kentucky,

and Pennsylvania) and compared them to nutrient data from commercial eggs.

Commercial eggs are produced on factory farms where chickens are often kept by the thousands indoors and given artificial light to boost their laying. The study shows that it's not just crowded hens that are paying the price for those conditions—their eggs are not as nutritious as those produced by happy, roaming outdoor birds with lots of space.

The study showed that eating two free-range eggs for breakfast (or lunch or dinner) gives you 63 to 126 percent of your recommended daily intake of vitamin D.

Vitamin D occurs naturally in cod liver oil (who eats that?), salmon, mackerel and tuna fish, and from being outdoors as our skin is exposed to the sun. People who live through cold, dark winters often lack vitamin D that time of year (not us in Tucson, though!). Lack of vitamin D can increase one's risk of osteoporosis, high blood pressure, diabetes, and cancer. It is important for calcium absorption in our gut and our bones.

Previous Mother Earth News studies found that free-range eggs also contain 2/3 more vitamin A, 3 times more vitamin E, 7 times more beta carotene, 2 times more beneficial omega-3 fatty acids, 1/3 less cholesterol and 1/4 less saturated fat than factory farmed commercial eggs.

"Grow" your own eggs or buy Josh's eggs or backyard eggs at the CSA!

YUMMY MUSTARDS: YUKINA SAVOY

One of the main benefits of the CSA is that it helps you learn about new greens! Yukina Savoy (*Brassica juncea*) is a mustard green with thick, dark "savoyed" leaves (densely wrinkled). Its mild mustard flavor is reminiscent of Asian greens and not the more spicy mustards. It grows well in many climates. It makes an excellent addition to salads and stir-fry dishes.



GOT LEMONS? MAKE LEMONADE

It's citrus season in Tucson—you've probably smelled the blooms! But how to make the sweetness, or tartness, last? Juice your citrus fruits then freeze the juice. I like to squeeze lemons and store the juice in ice trays. On a hot day, I add a lemon cube to my ice water and voila!—I've got instant lemonade. A refreshing treat!

Yogurt Beet Salad

Sara Jones, Tucson CSA

Use roasted beets in this salad, or if you like, shredded raw beets are nice, too.

1 bunch beets, roasted and sliced, or raw and grated
1/2 cup plain yogurt
2 cloves garlic, minced
1/2 bunch dill, chopped fine
Juice from 1/2 lime or lemon
Salt and pepper to taste
Handful walnuts, chopped fine, to garnish

Mix together yogurt, dill, garlic, lemon juice and salt and pepper. Pour over beets, mix gently and garnish with nuts and extra dill.

Chocolate Beet Cake

Paula Borchardt, Tucson CSA

Don't like beets? They replace the fat in this delicious chocolate cake recipe and are masked by the cocoa. Try it!

Approximately 1 cup cooked, chopped beets
1/4 cup water
Approximately 1 cup applesauce
1 teaspoon vanilla extract
1 teaspoon apple cider vinegar
1 1/2 cups whole wheat flour
1/2 cup cocoa
1 cup sugar
2 teaspoons baking soda
1/4 teaspoon salt
1/2 teaspoon cinnamon
1 cup chocolate chips

Puree the beets and water in a blender or food processor. Pour into a large measuring container and add enough applesauce to make two cups total. Mix in the vanilla extract and apple cider vinegar. In a separate bowl, mix all the other ingredients together; fold in the beet mixture and mix all thoroughly. Bake in a pre-greased 9x13" pan at 325° for 35 minutes.

Baked Greens "Chips"

Nicole Baugh, Tucson CSA member, adapted from 28 Cooks food blog

For people like me who really don't like stewed or sautéed greens, here's a different (and crunchy!) way to prepare a lot of greens. More of a method than a recipe, I've tried this with kale, collard greens and chard, but I imagine it would work with various leafy Asian greens as well. All amounts are adjustable to taste, and you can use your favorite seasonings instead of salt and pepper, or replace the oil and vinegar with (non-creamy) salad dressing.

3-4 cups greens
2-3 teaspoon olive oil
1 teaspoon apple cider vinegar
Salt and pepper to taste

Preheat the oven to 325°. Wash and dry the greens. If the leaves are large, de-stem and tear into 2 or 3 pieces. Place in a bowl or plastic bag and add the other ingredients, tossing to coat thoroughly. On a non-stick cookie sheet (or one lined with parchment), spread the greens into a single layer. If desired, you can wait to add the seasonings until this stage instead. Bake for 10-20 minutes, checking often after the first 10 minutes to ensure that they don't burn. You may want to stir the leaves a little halfway through to keep them from sticking, but it shouldn't be necessary to turn them. The leaves should be crisp but not thoroughly browned, as they will become bitter if overcooked.

Balsamic Lemon Greens

Sara Jones, Tucson CSA

The tart flavor of vinegar or citrus compliments the mild bitter flavor of almost any leafy green. Greens prepared this way are a great side dish for a hearty cornbread and bean stew. Add a mild white cheese if you like.

1 bag braising greens
2 teaspoons oil
1 squeeze of lemon or other citrus
Zest from 1/2 lemon or other citrus
Dash balsamic vinegar to taste
Dash soy sauce to taste

Wash and chop greens, leaving the moisture on leaves. Heat about 2 teaspoons of oil over medium high heat. Add greens and stir well to coat. Cover and cook briefly, then add a squeeze of lemon, a few dashes of balsamic vinegar, the zest and soy sauce. Cover again and cook a few more minutes.

Stir Fried Pak (Bok) Choi

Lorraine Glazar, Tucson CSA

Use any Asian style green with a thick, juicy stem, for this recipe.

1 1/2 teaspoon oil (canola or peanut)
A few drops toasted sesame oil
1 quarter-sized piece fresh ginger, cut into julienne sticks
1 clove fresh garlic, peeled and cut into thin slices or julienne sticks
1 bunch or bag Pak Choi leaves, or Pak Choi on the stem base, cut lengthwise into four to six pieces each
1/2 teaspoon rice wine vinegar
Drizzle of tamari or soy sauce, to taste

Heat oils over medium heat in a 10-inch frying pan or wok until it is very hot, about 2-3 minutes. Put in ginger, garlic and Pak Choi and stir vigorously with a wooden spoon or paddle to circulate the greens. When the greens are cooked through but the stalks are still crispy, add the rice wine vinegar and the tamari or soy sauce. Cook for one more minute and serve.