



Tucson Community Supported Agriculture

Newsletter 313 ~ November 7, 2011 ~ Online at www.TucsonCSA.org

Fall 2011

Harvest list is online

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**Many more recipes in
our online recipe archive**



Braising mix

So much beef, so little time!

Grass-fed beef shares are ready for pickup. If you ordered a beef share (or even if you didn't, as there are more shares still available), please help us out by picking it up this week. Next week we'll need the space for Thanksgiving turkeys.

Thanksgiving, already?! Josh's Pasture-Raised Thanksgiving turkeys will be here next week on Tuesday and Wednesday (Nov. 15 and 16). Please pick yours up then if at all possible as we have limited freezer space.

Bow Wow Bones.

We've now got dog bones, lots of them, and they're only \$1 per pound. They came with the latest order of grass-fed beef shares. Continue the longstanding American tradition started by the Pilgrims of giving your dog a bone on Thanksgiving. Didn't know about that tradition? Well, we might possibly have just made it up.

Give me your tired, your poor, your huddled masses yearning to breathe free . . . Well, not really, but we would like your bags! Once again, we're short of bags. Please bring full-size paper and plastic grocery bags for the "I forgot my bag" chest.

SPICY GREENS FOR COOL AUTUMN DAYS

The bright, spicy leaves of the mustard plant, *Brassica juncea*, will make your fall dishes come to life! These green or purple leaves are either flat, or crumpled with scalloped edges, or curly with frilled edges. From the plant also come small dark mustard seeds, which can be used to make mustard or to spice up other dishes.

Originally cultivated in India, in the Himalayan region, mustard greens are now grown all over the world. They are used Italian, Indian, African, Chinese, and Japanese cuisines and in American "soul food" in the Southern United States. In the South, mustard greens, along with collard and turnip greens, are often cooked with ham hocks, leaving a revered, salty green juice in the pot known as "potlikker." Like the greens themselves, this liquid is high in iron and vitamins C and K.

Like other dark, leafy greens, mustard greens are believed to lower cholesterol as they bind bile acids during digestion. This action helps eliminate such acids, which are made from cholesterol, from the body. Studies show that the bile-binding action is higher when steamed greens are eaten rather than raw greens.

Eat mustard greens raw—ouch!—or add them to salad mixes for some extra spice. They can also be stir-fried, braised or steamed. Try them one of these cold days and warm yourself up!

EASTER EGG, ER, THANKSGIVING RADISHES

The radish (*Raphanus sativus*) is an edible root originally from southern Asia, and it was commonly grown in ancient Egypt and in Europe in pre-Roman times. Early cultivars were black, and later white and red. Their many varieties are now eaten all over the world.

Raphanus, which in Greek means "quickly appearing," describes the speed at which these marvelous roots germinate and reach maturity. The name radish itself comes from the Latin "radix," meaning "root."

Like mustard, horseradish, and wasabi, radishes contain both glucosinates and the enzyme myrosinase, which, when combined during chewing, react to create a spicy, peppery flavor. Eat crunchy radish roots plain, with salt and butter, or slice them into salads for a refreshing zing! My favorite way to eat radishes is to slice them and mix them with Greek yogurt, salt and pepper to make a great spread (see Radish and Yogurt Spread on the back page.) Radishes can also be steamed, or sliced and sautéed in butter. Though most of us eat the radish root, the leaves are also edible when cooked! Both leaves and roots are high in vitamin C.

One fun variety of radishes are "Easter egg" radishes. The name refers to their shape and colors—they are round and come in white, pink, red, and purple! Elsewhere in the country, they are harvested in springtime. Here we get them in time for Thanksgiving!

BRAISING MIX, READY TO COOK

Throughout the cool months we also occasionally get braising mix in our shares. A braising mix is a collection of greens, prepped and ready to cook. The mix varies with the season; it often includes mustard greens, kale, arugula, mizuna and other Asian leafy greens. Although you can add them raw to green salads, they do tend to be spicy and are generally meant to be cooked, *i.e.* braised, steamed, stir-fried, or added to soups and stews.

An easy way to prepare a braising mix is to stir-fry the leaves in some olive oil with chopped onions and garlic. Season with salt and pepper. To finish, add a dash of soy sauce, or sprinkle with grated Parmesan cheese before serving. Or you can use them as you would any leafy greens. For recipes, look in our online recipe archive under "Greens."

Creamed Dijon Mustard Greens

Sara Jones, Tucson CSA

Why not highlight the mustardy flavor of mustard greens by combining them with some spicy Dijon mustard?

1-2 large bunches mustard greens (substitute other greens if needed)

2 teaspoons butter or olive oil

2 cloves garlic, minced ¼ onion, diced

2 teaspoons Dijon mustard

Good splash (2-4 tablespoons) cream

1 teaspoon red wine vinegar

Salt and pepper to taste

Bring well-salted water to a boil in a large pot, add mustard greens and return to a boil. Cook about one minute and remove greens. Drain. Heat oil in a large skillet over medium high heat. Add onions and garlic and cook until beginning to brown. Squeeze excess moisture from greens and chop into small pieces. Add mustard greens to skillet and continue to cook while you combine mustard and cream. Pour cream mixture over greens, turn heat to low and stir well to completely coat all greens. Add more cream if necessary. Remove from heat and add a dash of vinegar and some salt and pepper to taste.

Braised Greens and Garlic

Any dark green leafy vegetable will work with this basic preparation.

1 bunch kale, mustard greens or chard (or 1 bag of CSA braising mix)

1/2 tablespoon olive oil

1-3 cloves garlic, minced

Salt to taste

Lemon wedges

Wash greens thoroughly. Drain. Chop greens into 3-inch pieces. Heat oil in a large skillet. Sauté garlic for 2 minutes. Add greens to skillet. Cover and cook over medium heat for 10 minutes (or as little as 2-3 minutes if greens are young and tender), stirring once in a while to coat all the greens with garlic and oil. Sprinkle with salt. Serve with lemon wedges.

Radish and Yogurt Spread

Philippe, Tucson CSA

1/2 bunch radishes, cut in slices

1 cup Greek yogurt

A few stalks of green onions, chopped

Salt and pepper

Sliced bread

Mix together radishes and yogurt. Spread on bread.

Sprinkle with green onions, salt and pepper.

Easy Spaghetti Squash

Maggie Newman, Tucson CSA

Microwave spaghetti squash until it is soft and can be easily removed from shell. Using forks, toss with a tablespoon or two of olive oil until strands are mostly un-clumped. While squash is still warm, add goat cheese, salt and pepper to taste, and toss until cheese gets creamy and blends into squash. I used about half a log of the herb cheese for a 6 inch long squash, but I am guessing it would be good with any of the CSA cheese flavors.

African Greens with Peanut Butter

Kristina Bishop, Tucson CSA

This is a recipe that was commonly eaten in rural South Africa where I was a Peace Corps volunteer.

1 bunch spinach or other greens

1 onion chopped

1 tomato chopped

1/2 cup peanut butter (natural style is best)

Salt and pepper to taste

Wash and de-stem the greens and roughly chop. In a medium saucepan bring to a boil enough water to cover the greens. Add the greens to the boiling water. Cook for about 10 minutes. Drain most of the water. Reserve about 1/2 cup for later use. Add the onions and tomatoes to greens and cook for another 10 minutes. Meanwhile, in a small bowl, combine peanut butter with reserved water by adding one tablespoon at a time. Mix well until the sauce is thick but pourable. Drain the rest of the liquid from the cooked spinach. Combine spinach with peanut butter sauce. Add salt and pepper to taste.