



# *Tucson Community Supported Agriculture*

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## Winter 2012-13

Harvest list is online

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Many more recipes on  
our website

### Black Spanish Radishes

Don't be intimidated by these big black beauties. Yes, they are supposed to be that big, and they are really quite delicious!

Eat them raw, thinly sliced, on sandwiches (see recipe on back page), or simply on some Barrio bread with goat cheese and arugula.

Pickle or marinate them (see recipe on back page).

Make an amazing **Radish Top Soup** (see our online recipe). Use both greens and roots in this easy recipe. Also excellent with turnips and turnip greens instead!

Use them instead of salad turnips in **Salad Turnips in Mustard Dill Butter** (see our online recipe).

### Black Mesa Ranch Candy

They're going fast so grab them while you can.



*Peanut Butterfingers*

## **A WEEK AT MY TABLE – By Lorraine Glazar**

On Tuesday, when I get home from the CSA, I heat a pot of water and, after cleaning and de-stemming them, blanch the **collards** and **kale**. I save the cooking water to drink hot in the morning with lemon (it's full of vitamins). Dinner is hummus on Barrio Bread—I always like to celebrate the fresh bread on the night I bring it home!

**Mustard greens** go into a Saag with Paneer recipe I like on <http://101cookbooks.com/>. That recipe suggests substituting halloumi cheese (if you don't want to make homemade paneer!), and I had some on hand from a holiday gift basket. This recipe tastes creamy, using buttermilk and yogurt instead of heavy cream and the cheese gives it substance. This was my dinner on Wednesday with some rice and sliced radishes.

**Russian red kale** gets heated up a bit at a time and accompanies breakfast. Beans on toast or a poached egg taste great with greens on the side, and by blanching it ahead of time it makes it easy to get a vegetable serving into breakfast.

I like to supreme the **grapefruit** and put it on salads—first, on some leftover arugula from last week's share, then on the **mizuna**, which I treat like kale—shredding it finely and massaging with oil and salt, then dressing with a spritz of citrus. I added some pecans for crunch and took this off to work for an office lunch.

Thursday, I caramelized the onions from last week's share, then made Panade with some of last week's bread that I've cubed that was beginning to go stale and the already blanched **collards**. While this was in the oven, I roasted the **spaghetti squash** and toasted the seeds.

Since I already had the caramelized onions, and buttermilk in the refrigerator from making the saag, I opted for a simple dinner on Friday of Polish Potatoes with Buttermilk. I especially like this dish with the **red potatoes** that Farmer Frank sends us. I was able to get a bunch of dill from the surplus basket and this is a tasty addition to the potatoes.

My beading partner comes over on Saturday for each of us to work on our projects, so I cut up the **carrots** into sticks for a light snack with hummus and served the toasted spiced seeds from the squash.

Today is Sunday and I visited the farmer's market to treat myself to some cherry tomatoes, local but grown in a greenhouse. I put them into a tuna salad with red onion, olives, capers, lemon and olive oil, with the whole motley crew held together by a generous handful of **dill**. This will be my lunch in a few hours and there are a few servings for workday lunches. I also made some crab cakes to take to a Superbowl party, reserving some crab meat to eat atop **spaghetti squash** on Monday night.

## **Marinated Radish and Carrots**

From Phoenix CSA

This recipe from Crooked Sky Farms Phoenix CSA is a standby in Vietnamese cuisine. The sweet, pickled veggies are fantastic served alongside grilled meats and rice. Or make the classic Vietnamese sandwiches Bahn Mi. Spread a fresh baguette with mayo and Sriracha, fill with whatever cooked meat or tofu you have on hand and top off with the radish/carrot mixture and a handful or fresh cilantro. Yum!

1 cup Rice or distilled white vinegar  
1/4-1/2 cup Sugar  
1 bunch large radish, peeled, cut into 1/8 inch julienne  
1 Bunch Carrots, peeled and cut into 1/8 inch julienne  
1 1/2 teaspoons Salt

Combine the vinegar and sugar and bring to a boil. Remove from the heat and set aside to cool. Place the radishes, carrots, and salt in a bowl and toss several times. Set aside for 20 minutes, then rinse thoroughly. Using your hands, squeeze the vegetables to remove the excess water. Pat dry with paper towels and place in a bowl. Add the vinegar mixture and let the vegetables marinate at least 1 hour before serving. To store, transfer to a tight-lidded jar and refrigerate. The vegetables will keep for up to 3 weeks.

## **Radish Sandwiches-*new***

Sara Jones, Tucson CSA

The large Black Spanish radishes we get in our CSA shares can be a bit intimidating. In this sandwich, the bite of the radish is calmed by the creamy dairy and the robust flavor of dark bread. The radish could even be mistaken for jicama. If you really don't care for the sharp bite of radishes you can remove the heat by soaking the sliced radish in salted water for at least 10 minutes before using.

1 Black Spanish radish, washed and thinly sliced  
4 slices dark sourdough or rye bread  
Sour cream or cream cheese  
Onion slices  
Fresh dill or cilantro  
Salt and pepper, to taste

To make sandwiches, spread 2 slices of bread with desired amount of sour cream or cream cheese. Add a layer of sliced radishes, sprinkle with onion, fresh herbs and salt and pepper, to taste. Top with remaining slices of bread and slice in half to serve.

## **Citrus Glazed Sweet Potatoes**

1 teaspoons honey  
1 teaspoon raisins  
1/2 teaspoon ground ginger  
1 teaspoon cinnamon  
Juice of 1 orange  
Grated zest of an orange  
2 sweet potatoes, sliced and parboiled

2 tablespoons butter  
Salt  
2 tablespoons water

Melt butter in a heavy pan and mix in the honey and raisins. Add the ginger, cinnamon, salt, orange juice, and orange zest. Mix well, and add water. Add parboiled yams and coat with mixture. Cover the pan and let yams cook over low heat for 5-10 min.

## **Italian Arugula Salad with Beans**

Lorraine Glazar, Tucson CSA

This salad calls for arugula, but the mild mizuna and ruby spikes greens will work well, too.

For the salad:

1 cup diced tomato  
1 15 ounce can of cannellini beans  
6 cups torn arugula  
1/2 cup thinly sliced onion (red looks best)  
2 tablespoons Parmesan cheese  
1/2 cup thinly sliced basil (optional)  
1 teaspoon grated lemon rind  
1 1/2 tablespoon lemon juice  
1/2 teaspoon fennel seeds, toasted and crushed

Vinaigrette:

1 tablespoon extra-virgin olive oil  
1 tablespoon balsamic vinegar  
1 tablespoon fennel seeds, toasted and crushed  
1 teaspoon honey  
Pinch black pepper

Combine first nine ingredients in a bowl, cover and chill. Prepare vinaigrette by combining the oil and remaining ingredients in a small bowl, and stirring with a whisk. Add to salad and toss well.

## **Amish Turnips**

Philippe, Tucson CSA. Adapted from Phoenix CSA

2 medium to large turnips  
2 cup bread crumbs  
2 tablespoon sugar  
Salt to taste  
2 eggs, beaten  
2 cup milk  
2 tablespoon butter

Scrub turnips and cut into chunks. Put the chunks in a large saucepan and cover with water. Add 1 teaspoon of the salt. Bring to a boil; reduce heat, cover, and simmer for about 25 to 30 minutes or until tender. Drain and let dry in a colander or in the pan with the top ajar. Mix with all remaining ingredients and only half of the breadcrumbs. Place in greased casserole. Cover with the rest of the crumbs and bake 45 minutes at 350 degrees. Turnip haters like this dish.