



Tucson Community Supported Agriculture

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Spring '13

Harvest list is online

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Many more recipes on our website

Reminder – Parking Changes



The parking lot on 4th Street and Arizona Avenue is no longer available to the public. It has been bought by the adjacent church and is now private.

For help with parking near The Historic Y, please refer to the updated online map on our website (under "About Us" on our homepage navigation bar).

Call for Plastic Bags

We need more plastic bags for our "I-Forgot-My-Bag" chest.

Thank you for bringing your used paper and plastic bags the other day. We now have plenty of paper bags but we like to reserve those for later use (right now we avoid putting them out because they tend to break when filled with wet greens).

So if you have more used plastic bags (standard size, clean plastic grocery bags only), please consider donating them to us.



ROOTING FOR RUTABAGAS



The rutabaga (*Brassica napus*, or *napobrassica*), a relative newcomer in the world of cruciferous vegetables, is a root vegetable that looks very much like a turnip with yellow-orange flesh and ridges at its neck. It is thought to have evolved from a cross between a wild cabbage and a turnip. The earliest records of rutabaga's existence are from the seventeenth century in Southern Europe where they were first eaten as well as used for animal fodder. It's curious that throughout history

animals were often fed the healthiest foods, foods thought to be inappropriate for human consumption. In some European countries, rutabagas are often a food of last resort because of their association with the food shortages of World Wars I and II. In America, rutabagas were first cultivated in the northern parts of the country in the early 1800s. Today, Canada and the northern states are the greatest producers of the rutabaga.

Because rutabagas thrive best in colder climates, they became popular in Scandinavia, and especially in Sweden, the country that earned them the name "*swedes*" and "*Swedish turnips*." In fact, the word rutabaga comes the old Swedish word "*rotabagge*", although they are currently called "*kålrot*" in Sweden. In England, Wales and some other commonwealth nations, rutabagas are still called *swedes*.

Although this beta carotene-rich vegetable has been grown and marketed in our country for nearly 200 years, it remains an uncommon food in American dining. It's actually a great tasting vegetable with a delicate sweetness and flavor that hints of the light freshness of cabbage and turnip. With its easy preparation and versatility, great nutrition, and excellent flavor, the rutabaga can easily become an endearing family favorite. Rutabagas can be used in any recipes that call for root vegetables. They can be roasted, steamed, fried, and used as a flavor enhancer for soups, stews and casseroles. They are often boiled and mashed with potatoes and milk, cream or butter. They are also quite delicious raw, and can be sliced, diced, grated and included in salads and coleslaw.

Rutabaga roots store up to one month in the refrigerator. Their greens are edible, mildly spicy and very flavorful, just as turnip greens are. Use them as you would any cooking greens.

SWEET POTATO

Sweet potato (*Ipomoea batatas*), is a tender, warm-weather vegetable native to Central and South America. It is one of the most important food crops in tropical and subtropical countries, where both the roots and tender shoots are eaten as a vital source of nutrients—they're rich in vitamin A.

Sweet potatoes, which are related to the morning glory, grow on trailing vines that quickly cover the soil, rooting at the nodes along the way.

Though orange-fleshed varieties are most common today, white or very light yellow-fleshed types were once considered the finest types for sophisticated people. Some white-fleshed types are still available, though they may be hard to find outside the Deep South.

The sweet potato is not related to the yam, though in the marketplace the two names are often used interchangeably. The true yam, *Dioscorea* sp., is an entirely separate species that grows only in the tropics.

Do you know you can easily grow a sweet potato indoors for its ornamental value, in a hanging basket or on top of tall piece of furniture? It will develop a very attractive foliage along long trailing vines. Make sure to plant it a rich organic potting soil with good drainage, and keep it moist.

Spicy Grapefruit and Fennel Salad

Sara Jones, Tucson CSA

Regular canned olives won't work well in this recipe. If you don't have good quality, oil cured black olives, just omit them. The salad will still be delicious. For a more substantial salad, add slices of ripe avocado, too.

2 grapefruit, peeled, segmented and chopped into bite size pieces
1 large bulb fennel, very thinly sliced
1/4 small yellow onion, thinly sliced
6-8 oil cured black olives, pitted and roughly chopped
Red chile flakes, to taste
Olive oil, drizzle
Salt and fresh cracked pepper, to taste
Feta cheese, to taste

Toss together grapefruit, fennel, onion and olives. Dress with chile flakes, salt and pepper and a drizzle of olive oil. Let sit for at least 30 minutes. Garnish with crumbled feta cheese before serving.

Sweet Potato and Quinoa with a Lime Vinaigrette

Rachel Yaseen, The Organic Kitchen Tucson

Add chopped fennel to this salad, if you like.

1 cup quinoa (uncooked)
1 1/2 cups water
1 large sweet potato, peeled and cut into small chunks
1 unpeeled apple, cut into small chunks
1/2 cup pecans or walnuts
1/2 cup dried cranberries
1/2 cup (each) cilantro and parsley, finely chopped
1/2 teaspoon salt
1/2 cup shredded coconut (optional)
1/2 teaspoon cinnamon
1/2 cup lime juice
3-4 tablespoons, agave nectar (to taste)

On a baking sheet, roast the sweet potatoes on 350° for 45 minutes. Meanwhile, wash quinoa. In a saucepan, cook quinoa in 1 1/2 cups water (covered with a lid) until water completely evaporates (approximately 15 minutes)—do NOT stir while cooking. When quinoa and sweet potato are cooked, mix them together and then add the apples, pecans, cranberries, cilantro/parsley, salt, coconut, and cinnamon. For the vinaigrette, in a blender, mix lime juice and agave nectar. Pour desired amount over quinoa.

Rutabaga Fries

Sara Jones, Tucson CSA

Like other root vegetables, rutabaga is great baked. Try making fries with your share and you won't be disappointed. These fries will be more like sweet potato fries, in that they

will never get perfectly crisp like a potato. To help them crisp better, switch them to broil right when they are almost tender. That will give them more color and a better texture than just baking.

1 share rutabaga, peeled and cut into French fry strips
2 teaspoons oil
Salt and pepper
Curry powder, paprika, cayenne or any other spice mix you like

Preheat oven to 375°. Toss rutabaga with oil, salt and pepper and spices. Spread in a single layer on a baking sheet and place in oven. Cook about 10-20 minutes (depending on the thickness of your slice). Once almost tender, switch oven to broil and cook until nicely browned. Serve immediately.

Fennel Soup

1 1/2 tablespoons olive oil
2 fennel bulbs, thinly sliced
2 bunches green onions, washed, ends removed, thinly sliced
4 1/2 cups chicken stock or reduced sodium chicken broth (divided use)
Salt and pepper to taste
1/2 cup mascarpone or heavy whipping cream
Toasted fennel seed for garnish (optional)

In a large saucepan, heat the olive oil. Add the fennel and green onions and sauté briefly. Add 2 cups of the chicken broth and simmer until the fennel is tender, stirring frequently. Using an immersion blender, or, processing in small batches in a blender or food processor, puree the mixture. Whisk in the remaining 2 1/2 cups of stock. Season with salt and pepper to taste and cover. Bring to a boil, then reduce the heat and simmer for 10 minutes. Whisk in the mascarpone or heavy whipping cream. Remove the soup from the heat immediately. Serve it cold or warm, garnished with toasted fennel seeds.

Chorizo & Kale Soup

Chase Barnes, Tucson CSA Adapted from
<http://www.bbcgoodfood.com/>

3 tablespoons olive oil
1 1/2 onions, finely chopped
4 garlic cloves, crushed
2-3 cooking chorizo sausages, sliced
6-7 small red potatoes, cut into small chunks
6 cups chicken stock
1 bunch kale, coarsely chopped

Heat 2 tablespoons of the oil in a large saucepan. Add the onions, garlic and chorizo, then cook for 5 mins until soft. Throw in the potatoes and cook for a few minutes more. Pour in the stock and bring to a boil. Cook everything for about 10 minutes until the potatoes are on the point of collapse. Use a masher to squash the potatoes into the soup, then bring back to a boil. Add the kale and cook for 5 minutes until tender. Ladle the soup into bowls, then serve drizzled with the remaining olive oil.