



Tucson Community Supported Agriculture

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Fall 2013

Harvest list is online

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Many more recipes on our website

Last week to order a Thanksgiving Turkey!

This Wednesday, Nov. 13, is the last day to order Josh pasture-raised turkeys. Josh will deliver them at the CSA next week.

Food Drive for Community Foodbank

The government shutdown impacted many communities, especially the Community Food Bank. Whole Abode Realty, tenant at The Historic Y, is hosting a food drive until the end of the year. Please consider:

1. Donating money through the Virtual Food Drive. For every \$1 you donate, the Community Food Bank can purchase over \$9 worth of food because of wholesale pricing. Donate online by visiting <http://give.communityfoodbank.org/wholeaboderealty>, or you can pick up and return an envelope from Suite 210 and donate with cash or check. Our goal is to raise \$500 by year-end.

2. Donating non-perishables. There are donation boxes located in the main lobby and in the courtyard. Items most needed are: canned meats, canned vegetables, canned soups, cereal, canned fruit, canned tomato products, rice (2 lb. bags), and beans (2 lb. bags).

MUSTARD GREENS

Mustard greens are the leaves of the mustard plant, *Brassica juncea*, a cruciferous plant which grows in its wild form in most parts of the world. The cultivation of mustard plants seems to have originated in the Himalayan region of India 5,000 years ago. Today, mustard greens are used in many different cuisines: the plant appears in some form in the cuisines of Africa, Italy, India, China, Japan, Korea and the American South. Like turnip greens, they became an integral part of Southern cuisine during the time of slavery, serving as a substitute for the greens that were an essential part of Western African diets. While India, Nepal, China and Japan are among the leading producers of mustard greens, a significant amount of mustard greens are grown in the United States as well.

Mustard greens can be crumpled or flat, and they may have either toothed, scalloped, frilled, or lacey edges. Mizuna is one type of mustard green that is often available in stores. Mustard greens add a pungent, peppery flavor to recipes in which they are featured. Adding these brilliant leaves to your food preparations will certainly enhance the beauty of any meal. Most mustard greens are actually emerald green in color, but some have shades of dark red or deep purple.

In addition to providing wonderfully nutritious greens, this plant also produces the acrid-tasting brown seeds that are used to make Dijon mustard.

A Few Quick Serving Ideas

Rinse mustard greens under cold running water and cut into 1/2" ribbons for quick and even cooking. To get the most health benefits from mustard greens, sprinkle them with lemon juice and let them sit for 5 minutes or so before cooking (this activates some of their beneficial enzymes).

- Young mustard greens make great additions to salads.
- Serve sautéed or braised mustard greens with walnuts and salad dressing.
- Add chopped mustard greens to a pasta salad to give it a little kick.
- Incorporate in tomato or cheese sauces, or in soups and stews.

Health benefits

Mustard greens are an excellent source of many vitamins and minerals including vitamin K, vitamin A (in the form of beta-carotene), vitamin C, folate, vitamin E, vitamin B1, vitamin B3 (niacin), vitamin B6, vitamin B2, protein, copper, phosphorus, iron, magnesium, potassium, manganese, calcium as well as dietary fiber.

Like all cruciferous vegetables, mustard greens provide special nutrient support for three body systems that are closely connected with cancer development as well as cancer prevention. These three systems are (1) the body's detox system, (2) its antioxidant system and (3) its inflammatory/anti-inflammatory system. Chronic imbalances in any of these three systems can increase risk of cancer, and when imbalances in all three systems occur simultaneously, the risk of cancer increases significantly. Among all types of cancer, prevention of the following cancer types is most closely associated with the intake of mustard greens: bladder cancer, breast cancer, colon cancer, lung cancer, prostate cancer and ovarian cancer.

Linguine with Arugula, Pine Nuts and Parmesan Cheese

Phoenix SW Valley CSA

1 pound linguine
1/2 cup olive oil
4 ounces arugula, trimmed
1 cup freshly grated Parmesan cheese
1/2 cup pine nuts, toasted
Additional freshly grated Parmesan cheese

Cook linguine in large pot of boiling salted water until just tender but still firm to bite, stirring occasionally. Meanwhile, heat oil in heavy large skillet over medium heat. Add arugula and stir until just wilted, about 30 seconds. Remove from heat. Drain pasta and return to pot. Add arugula and toss well. Add 1 cup Parmesan and salt and pepper to taste; toss well. Transfer to bowl. Sprinkle with pine nuts. Serve immediately, passing additional Parmesan separately.

Korean Radish Salad

from Amy Valdez Schwemm, adapted from
<http://www.maangchi.com/recipe/musaengchae>

This recipe works well with large radishes, such as daikon radishes or black Spanish radishes, but small radishes work also.

1 bunch radishes, cleaned and trimmed
1 teaspoon salt
2 cloves garlic, minced
1 green onion, chopped
1 tablespoon vinegar
2 teaspoons chile flakes
2 teaspoons sugar
1 teaspoon sesame seed

Grate radishes into a bowl (or cut into matchsticks). Add salt and let rest for 5 minutes. Squeeze out excess moisture. Add remaining ingredients and mix well. Serve with rice. Note: it's even better the day after!

Scalloped Potatoes and Greens

Philippe, Tucson CSA

4 medium potatoes, thinly sliced
2 tablespoons butter
1 bunch scallions (or I'Itoi onions), sliced
1 bunch greens (any greens), sliced in ribbons
2 tablespoons flour
2 cups milk
1 dash nutmeg
1 teaspoon dry mustard
Salt and pepper to taste

Heat oven to 350°. Lightly grease an 11 x 7-inch baking dish.

Melt butter in a medium saucepan. Add scallions and sauté for one minute. Stir in flour until smooth. Add milk and stir until thick and bubbly. Add salt, pepper, mustard and nutmeg. Stir in greens. Pour mixture over potatoes and mix well, but gently. Pour the potato mixture in an oiled baking dish. Cover with foil. Bake for 45 minutes. Uncover and bake for another 15to 20 minutes, or until potatoes are browned and tender.

Spaghetti Squash Coleslaw-new

Sara Jones, Tucson CSA

How about using leftover, cooked Spaghetti Squash in a salad rather than a cooked dish? Because of its nice shredded texture, it works well in coleslaw recipes. Use it in your favorite coleslaw recipe or try this.

2 cups cooked spaghetti squash, strands teased apart
2 large handfuls arugula, cleaned and finely chopped
2 tablespoons balsamic vinegar
1 tablespoon olive oil
1/4 cup toasted pecans, chopped
1/4 cup dried fruit, rehydrated for 15 minutes in warm water
1/4 crumbled blue cheese or goat cheese
Salt and pepper, to taste

Gently toss squash and arugula with oil, vinegar and a bit of salt and pepper. Top individual servings with a sprinkling of nuts, fruit and cheese.

Rosemary-Sweet Potato Pizza

Claire Zugmeyer, Tucson CSA

The following is a recipe I modified from my mom. Very tasty! Either make a pizza dough from scratch, or grab a premade pizza dough from the grocery store.

Rosemary-Sweet potato topping: Peel and thinly slice 2 sweet potatoes; mix with 2 tablespoons olive oil, 2 cloves minced garlic, and 1-2 branches fresh/chopped rosemary.

Brush dough lightly with a bit of olive oil. Spread sweet potato mixture in a single layer over the dough. Season well with salt and pepper. Sprinkle with 1/4 cup grated mozzarella. Bake in a pre-heated oven at 475-500°, for 12 to 15 minutes.

Hot Buttered Radishes

Sara Jones, Tucson CSA

Radishes aren't just for salads. Here they are cooked with their greens to make a beautiful side dish.

1 bunch radishes with greens, cleaned and sliced in half lengthwise
1 pat butter
Salt and freshly ground pepper to taste

Heat butter in a skillet over high heat to melt. Add radishes and stir to coat. Cook about 1 to 2 minutes until heated through and beginning to brown. Sprinkle with salt and pepper to serve.