



# *Tucson Community Supported Agriculture*

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## **Winter 2014**

**Harvest list is online**

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**Many more recipes on our website**

### **Keeping your subscription going...**

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If you forgot to make a payment and your subscription is about to expire, make sure to go online before midnight Friday to recharge your account. As long as our online subscription management system knows you have a payment pending, your subscription will not expire.

Why the Friday deadline? Every Saturday, we place our share orders with Farmer Frank (produce), Don (bread), Michael (sprouts) and David (cheese). Before we do that, we must expire all subscriptions which have run out of funds and have no payment pending.

If you unintentionally let your subscription expire, simply ask us by e-mail to reactivate it. It's no problem, but it means that you will have to skip the next pickup, as by then we already have placed our share orders for the next pickup.

## **HAPPY NEW YEAR... LET'S START IT WITH A BUNDLE OF JOI!**

We hope this year will be good to you! Crooked Sky Farms promises to be good to you too: Farmer Franks says we should be getting broccoli and cauliflower soon. Carrots are a little late but we should also start getting them in a few weeks. Also coming up are different kinds of Asian greens, and we are getting our first crop of joi this week! I mean joi! Or rather, joi choi.

Joi choi is variety of Chinese cabbage. It looks like a small bok choy and it has dark green leaves and white stems: both stems and leaves can be eaten. The stalks can be consumed raw with dip, or chopped and used in salads. Joi choi has a high water content and becomes limp if cooked for too long. It should be cooked quickly over a high temperature so that the leaves become tender and the stalks stay crisp. In Chinese stir-fried dishes and soups, choi is added toward the end of the cooking process. Since the leaves cook much more quickly than the stalks, it's a good idea to add the stalks first and then the leaves about a minute later. Cut the stalks into 1/2-inch pieces before cooking.

To Sauté: Stir-fry the stalks over high heat for about six minutes and the leaves for about three minutes or until the stalks are tender-crisp and leaves just wilted.

To Boil: Cook stems in salted water for four minutes and leaves for two to three minutes.

To Steam: Allow pieces to steam for about six minutes or until tender-crisp.

One of my favorite ways is to sauté it in a little olive oil with garlic, ginger, sesame seeds and some salt and ground black pepper. Another favorite way is in risotto!

## **SPAGHETTI SQUASH**

If you haven't tried the Spaghetti Squash Coleslaw recipe which Sara demo'ed in the courtyard last December, give it a try. It is yummy and it can be eaten warm or cold. The recipe works well with the tangy, peppery flavor of arugula. But since we don't have arugula in our shares this week, you can try it with thinly sliced raw stems of joi choi. The crispy texture of the joi choi will combine well with the soft consistency of the squash. Or try Sara's new recipe on the back page: Spaghetti Squash Pad Thai, which uses spaghetti squash strands as a substitute for rice noodles. Can't wait to try that one!

## **DESERT ASHRAM PECANS**

Many members have asked if the Desert Ashram would be selling their pecans in the courtyard again, as they did last year. The answer is yes, but not quite yet, and it will depend on the amount and quality of the harvest. The pecans are still on the trees at the ashram. They need a good hard frost for the pods to split open fully. The harvest is scheduled for January 10th, with a group of 8th graders coming for a day of service to help with the harvest. After that the nuts need to go to the Casa Grande orchard to be shelled (which can take awhile depending upon their schedule), and then they will need to be sorted manually at the ashram. The more labor-intensive offerings, such as pecan butters, depend upon the number of nuts and the number of hands available to help process them. So, we are hoping for the best and we will keep you posted!

## **PRESERVING GREENS**

There may be some weeks when you get more greens in your share that you can eat in one week. If that's the case, just preserve for future use by blanching and freezing them. It's quick and easy. Bring a large pot of water to rolling boil. While the water is heating up, wash the greens and cut them in thin strips. Plunge them in the boiling water. Bring the water back to a boil and then drain and let cool. When cooled, put the greens in quart freezer bags. You can use them later to add to meat, bean or vegetable stews, vegetable lasagna, or any recipe which calls for greens.

## Curried Turnips

Sara Jones, Tucson CSA

If you still haven't found a way that you like turnips, give this recipe a try. Curry spices are also delicious sprinkled over roasted turnips or rutabagas, as well! And the curry spices, cumin, coriander, turmeric and ginger are all powerful digestive aides, for those who find turnips hard to digest.

1 bunch turnips with greens, cleaned, roots diced and greens roughly chopped  
1 small onion  
1 clove garlic  
About 1 tablespoon freshly grated ginger  
1 tablespoon good curry powder  
1/4 cup canned, chopped tomatoes  
Oil  
Fresh chopped cilantro, for garnish  
Salt to taste

Heat oil in a large skillet over medium high heat. Add onions and cook until beginning to brown. Smash garlic and ginger into a paste and add to skillet, then add curry powder. Cook stirring well for one minute then add turnips and tomatoes and about 1/4 cup of water. Cover and cook until turnips are tender. Stir in greens and cook until wilted. Season to taste with salt and garnish with fresh chopped cilantro.

## Onion Mustard Crackers

Felice Gaia, Tucson CSA

Can't figure out what to do with your mustard greens? These crackers make a surprisingly wonderful, and healthy, snack. The mustard takes a back seat and is so mild. I hope a few members may get motivated and enjoy. This is a raw recipe that uses a food dehydrator, but you should be able to bake the crackers on a very low oven setting, if you need to.

1 bunch mustard greens, well cleaned  
1/2 large yellow sweet onion  
About 1 cup of almonds (preferably sprouted)  
3/4 cup of golden flax seed  
About 1 teaspoon turmeric, to taste  
Himalayan salt to taste

Puree mustard greens in a blender. In large bowl add mustard greens to the flax seeds. The moisture from the greens will start to 'gel' with the flax seeds. Puree the onions and add them too. Allow to sit for at least one hour. Grind sprouted almonds in food processor. Add to mixture. Add seasonings with your clean loving hands so ingredients get mixed thoroughly. Let sit for another hour, until the mixture gets a firm pliable texture. Spread on dehydrator sheets to cracker thickness. Dry at 105 degrees for up to 18 hours. Or, spread on a baking sheet lined with parchment paper and bake at 250, checking every 30 minutes or so until cracker is mostly dry and firm.

## Joi Choi with Soy Sauce & Oyster Sauce

Adapted from consciouschoice.com

Use any variety of asian greens with thick, succulent stems for this recipe. Oyster mushrooms (which you can now source locally at the Santa Cruz Farmers Market on Thursdays and St. Philip's Farmers Market on Sunday!) will make a great addition, too.

1 bunch asian greens, well cleaned  
1 tablespoon water  
1 tablespoon oil  
1/4 teaspoon salt  
1 teaspoon soy sauce  
1 teaspoon oyster sauce  
1/2 tablespoon unsalted butter

Cut small heads of choi lengthwise, in halves or quarter. For larger heads, roughly chop into 2 inch pieces. In a skillet, heat oil over moderately high heat and stir-fry the joi choi with salt for two minutes. In a bowl stir together water and soy and oyster sauces. Add soy mixture and butter and stir-fry until crisp-tender, one to two more minutes.

## Spaghetti Squash Pad-Thai-new

Sara Jones, Tucson CSA

This is a great idea from one of our volunteers. While the texture of spaghetti squash is not *really* spaghetti-ish, it is quite similar to Thai rice noodles. In this recipe the squash actually makes a decent stand in for noodles. Add sautéed greens to the dish if you like.

1/2 medium spaghetti squash, cooked and separated into strands  
2 eggs, beaten  
2 cloves garlic, minced  
1/2 medium onion, thinly sliced  
1 large handful bean sprouts  
1 tablespoon oil  
2 tablespoons fish sauce, plus a scant tablespoon soy sauce (use all soy sauce if you don't have fish sauce)  
2 tablespoons lime juice (plus extra for garnish)  
1-2 tablespoons brown sugar  
1 tablespoon chile sauce  
1/2 cup dry roasted peanuts, finely chopped  
Cilantro, for garnish

Mix together lime juice, fish sauce, soy sauce, sugar and chile sauce and half of peanuts. Stir fry bean sprouts, onion and garlic in hot oil for a minute or two. Move to the side of the pan and pour in beaten eggs. Wait until mostly set and then stir, to scramble. Add about half of the lime juice mixture to pan and once it begins to bubble add squash. Toss gently to coat. Taste for seasoning, adding more of the liquid mixture as needed. Serve immediately, garnished with extra peanuts, lime wedges and cilantro.