



Tucson Community Supported Agriculture

Newsletter 465 ~ November 24, 2014 ~ Online at www.TucsonCSA.org

Fall 2014

Harvest list is online

THE BACK PAGE

- Stoemp (mashed potatoes with friends)
- Chipotle Mashed Sweet Potatoes
- Turnip and Potato Gratin
- Caramelized Onions
- Glazed Hakurei Turnips

Many more recipes on our website

BLACK MESA RANCH HOLIDAY CANDY

From now until Dec. 17 (last pickup of the year), we will have BMR's delicious chocolate candy, including rubbles, caramels, mints, truffles, ginger, fudge and various kinds of toffee.



CSA HOLIDAY SCHEDULE - Reminder

We will be closed during the two weeks of Christmas and New Year. There is no need to place your subscription on hold for those two weeks.

The last pick up in December will be Wednesday, Dec. 17, and pickups will resume after the New Year on Tuesday, Jan. 6, and Wednesday, Jan. 7.



Hakurei turnips

ORANGES ARE GREEN!



Don't think that the green oranges we are getting from the farm aren't ripe. They are! And they are delicious. They are just showing their natural color.

In warm climates, oranges are naturally green. They turn orange when cool temperatures destroy their green chlorophyll pigment, allowing the yellow carotenoids pigments underneath to show through. When it warms up, the chlorophyll slowly returns and turns the oranges green again. If you have an orange tree and you leave

some of the oranges on it throughout winter and spring, you may see the oranges changing from green to orange and back to green again, depending on the temperatures, or they may display various shades of green to orange, depending on exposure.

Commercially-grown oranges are generally green too, at least to start with, but because consumers have been trained to believe that oranges should be orange, green oranges are treated with ethylene, which, like cold temperatures, turns them orange.

MIZUNA



You've had it as part of the braising mix in the last two weeks, now you get it all by itself. Mizuna is very pretty: the plant displays tight bunches of narrow white stalks and green serrated leaves. It is often grown as a decorative plant in gardens. It's resistant to cold and is grown extensively during the winter months in Japan.

Mizuna, also known as shui cai, kyona, Japanese mustard, potherb mustard, Japanese greens, California peppergrass and spider mustard, is a cultivated variety of Brassica rapa niposinica, a relative of the turnip, but is cultivated for its

leaves, not its roots.

Mizuna has been described as mildly peppery, and slightly spicy but less so than arugula. It has a fresh, crisp taste and can be used, raw, on its own or mixed with salad greens. It can also be cooked in stir-fries, soups, and nabemono. The Japanese are fond of it pickled.

EGGS: NOW STARTING THE ONE DOZEN PER SHARE LIMIT

During late fall and early winter hens lay less because days are shorter and we will not always have enough eggs for everyone. So, starting this week and until egg production goes up again, we will limit the purchase of eggs to one dozen per CSA subscription per week. This is to allow more members to get eggs, especially members who come later during pickup time.

HAKUREI TURNIPS

One of the most delightful winter vegetables we get during winter and spring is the Hakurei turnip. The Hakurei, also known as Tokyo or salad turnip, comes to us from Japan. It is crisp and juicy, mild and sweet with just a hint of spice, and sophisticated: the Coco Chanel of the turnips! It is delicious raw and works wonderfully in salads or slaws, but cooking enhances its natural sweetness. We like to braise them whole, root and greens, in some oil or butter, and flavor them with a touch of mirin and soy sauce.

Stoemp (mashed potatoes with friends)

Philippe, Tucson CSA

Pronounced *stoemp*, this typical Flemish and Dutch rural dish consists of potatoes mashed with one or more greens or root vegetables. It is similar to Irish colcannon. It's very easy to make and versatile in its use of ingredients. Typical friends for the potatoes are carrots, kale, cabbage, spinach, green beans, or Brussels sprouts, but you can use any CSA greens or root vegetable, including turnips, turnip greens, etc. The proportions are flexible. However, the potatoes should remain dominant and not be outweighed by the other ingredients. Stoemp is typically served with sausages, bacon, eggs or grilled meats.

1 lb potatoes, diced
1/2 lb of any combination of leafy greens or root vegetables
(roughly chopped or diced)
A few clumps of butter
Some milk or cream
Salt and pepper
Nutmeg

Boil the potatoes and friends together until potatoes are soft. Drain. You can also cook the potatoes by themselves while sauteing the greens and/or roots in some butter or oil until tender. This way, the flavor of the friends don't get lost in the boiling water. Mix the cooked ingredients in a mixing pot and mash together with a few clumps of butter. Add a pinch of nutmeg and salt and pepper to taste. Add a little milk or cream to achieve desired consistency. You can use a food processor instead if you want a smooth puree. You can get more creative with your stoemp by adding other friends such as roasted chiles, broccoli, grated cheese, summer squash, sweet corn, etc. The sky's the limit.

Chipotle Mashed Sweet Potatoes

Chad Weiler, Tucson CSA

4 medium sized sweet potatoes or 2 large cut into cubes
4 oz of plain goat cheese
1-2 chipotle chiles in adobo, chopped finely (depends on your heat needs)
2 teaspoons of the adobo sauce
Approx. 2 tbsp butter
1/4 cup of milk

Boil the potatoes in salted water until fork tender and drain. Place potatoes and all of the ingredients in a bowl and mash with a potato masher or electric mixer. Season with salt and pepper and add more milk if consistency is not to what you desire. The sweetness of the potatoes, the heat/smokiness from the chiles, and the tang from the goat cheese are wonderful. I usually leave the potato skins on.

Variations: Instead of using plain goat cheese and the chipotle chiles you can substitute the chipotle goat cheese

*Mashed Potato Tip: To avoid runny mashed potatoes, after you drain them return them to the pot over high heat and boil off any excess water. Of course you must be vigilant because you could scorch your potatoes. You will know the water is gone when you hear the hissing stop. Usually takes 2-5 minutes.

Turnip and Potato Gratin

Sara Jones, Tucson CSA

This is an easy recipe to toss in the oven to bake while you prepare the rest of your meal.

3 medium potatoes, thinly sliced
3 medium or 5 smaller turnips, thinly sliced
1 onion, thinly sliced
1-2 tablespoons butter, melted
3/4 cup heavy cream (or use whole milk yogurt, thinned with water to make it pourable)
1/4 cup bread crumbs
1/4 cup crumbled or shredded cheese
Salt and Pepper

Sauté onions in a small amount of oil until lightly browned. Add butter and vegetables and cook for about 5 minutes. In a small casserole dish, make layers of veggie mixture, drizzling each layer with cream and sprinkling with a bit of salt and pepper. Top with bread crumbs and cheese, cover with foil, and bake in a 375° oven for about 40 minutes, until cooked through. Remove foil and cook about 10 more minutes until top is golden brown.

Caramelized Onions

Sara Jones, Tucson CSA

Caramelizing onions makes them incredibly sweet and delicious. It is a great way to use up a backlog of onions, as they reduce in size greatly. Use the onions to top burgers, casseroles or pasta.

About 3 cups thinly sliced onions
2 tablespoons oil
1 teaspoon salt

Heat oil over medium heat and add onions, stirring well to coat. Once onions begin to brown reduce heat to medium low and cook, stirring often, until onions are nicely browned. This can take up to 30 minutes. Add salt and a splash of balsamic vinegar if desired.

Glazed Hakurei Turnips

Adapted from Epicurious.com

1 bunch hakurei turnips or red radishes, trimmed, greens reserved
1/4 stick unsalted butter
1 tablespoons sugar
Salt and pepper

Place turnips in a large skillet; add water to cover turnips halfway. Add butter, sugar, and some salt and pepper; bring to a boil. Cook, stirring occasionally, until liquid is syrupy and turnips are tender, about 15 minutes (if turnips are tender before liquid has reduced, use a slotted spoon to transfer turnips to a plate and reduce liquid until syrupy. Return turnips to skillet and stir to coat well.)

Add turnip greens to skillet and cook over medium heat, stirring occasionally, until just wilted, 2-3 minutes. Season with salt and pepper.