



Tucson Community Supported Agriculture

Newsletter 484 ~ April 20, 2015 ~ Online at www.TucsonCSA.org

Spring 2015

Harvest list is online

THE BACK PAGE

Citrus Stewed Artichokes
Shiny Happy Carrot Hummus
Kale and Potato Soup
Quick Indian Inspired Greens and Lentil Soup

Many more recipes
on our website

CSA account tip: when your account balance does not reflect your recent e-check payment.

If you made an e-check payment (manually or with autopay) in the past few days and you've noticed that your payment does not show on your CSA account, do not worry: it takes 5 business days for an e-check to reach us and to then automatically update your CSA account balance.

However, our system knows that you made an e-check payment and you are therefore considered as having paid: our system knows that your payment is pending and you can pick up your share as scheduled, even if your account says you don't have enough money for it.

You can easily check the status of your payment by logging onto your CSA account.

CALL FOR BAGS!

We're out of bags! Please bring your extra used but clean paper and plastic grocery bags (standard size only).

Please note that we now have biodegradable bags available at the check-in table. We do ask for a 10 cents donation for those.

SPROUTS SHARES

With the season's change and with our weather getting warmer, Michael, our sprouts grower, has been facing challenges in getting our sunflower sprouts ready at the right time. Temperature is the main factor in the speed at which sprouts grow, and temperature changes can increase or decrease their rate of growth. This week, as was the case two weeks ago, the sunflower sprouts weren't quite in optimal shape to be delivered, so Michael has substituted them with clover sprouts. Michael sends his apologies and hopes you'll enjoy the clover sprouts.

NEXT WEEK: JOSH'S PORK!

The pork meats we've been getting so far at the CSA have come from Guzman, our meat processor in Cochise. Guzman gets its pork from various regional suppliers and then processes it for us. While this pork is naturally raised it is not fed with GMO-free feed. GMO-free feed is expensive and hard to find. After looking for local GMO-free pork for a long time, we have finally found a good source: Josh! Josh has been raising pasture-raised, humanely raised, GMO-free fed pork for a little while, but so far he didn't have enough to supply our CSA. Now he does!

To gauge our members' interest for Josh's pork meat, we bought just one of his pig and have split it in about 15 shares that we'll start selling NEXT week. This is premium quality pork, raised locally by Josh and his brother Thad in the best possible conditions. It is about 20% more expensive than our regular pork.

The pork shares weigh 7 to 8 lbs and cost \$45 to \$50. They include 5 separate cuts:

1. Italian sausage
2. Ground meat or sirloin chops
3. Shoulder butt roast or loin roast or pork belly roast
4. Rib chops or loin chops
5. Fat (to be rendered).

GOAT CHEESE SHARES: REMINDER



Black Mesa Ranch goat cheese shares distributions will start on the first week of May, and every other week after that until the end of the year. Once the goat cheese shares start, we will have fewer fresh chèvre logs available for walk-in purchases, but we will still carry feta, boules and aged cheese, as those are not part of the cheese shares. You can subscribe for goat cheese shares through your online CSA account. If you are already subscribed to one, no need to do anything!

Above: Spring Thyme, one of Black Mesa Ranch's prizewinning goats!

Citrus Stewed Artichokes

Sara Jones, Tucson CSA

This recipe is perfect for smaller artichokes, medium ones work fine, but you may only be able to use the tender heart of really big artichokes. A blend of different citrus works best, a bit of sour and sweet, if you don't have sour citrus add a dash or vinegar to the pot.

3-4 baby artichokes
2-3 new potatoes, chopped
1/2 cup of chopped chard stems
Generous tablespoon olive oil
Juice of one orange, plus several thin slices of a combination of sweet and sour citrus
1/2 teaspoon dried thyme
About one cup cooked white beans
Salt and pepper to taste

Fill a medium bowl with water and lemon juice. To prepare artichokes peel away outer layer of leaves and cut about 1/4 of the top. To make sure that you are discarding all the fibrous pieces from the artichokes test one of the remaining leaves by snapping it in half. If it does not snap in half, continue removing leaves until you reach more tender leaves. Peel, but do not remove stem. Quarter artichokes and dunk in lemon water to prevent browning. (Drain artichokes before using!) In a medium saucepan, with a tight fitting lid, toss together all ingredients. Bring to a simmer, cover, and reduce heat to low. Artichokes should be ready after 15-25 minutes, depending on size. Taste for salt and serve hot or at room temperature. Garnish with extra slices of citrus and a drizzle of good quality olive oil, if desired.

Shiny Happy Carrot Hummus

Lorraine Glazar, Tucson CSA

2 medium carrots, peeled and sliced (about 1 cup)
1/4 cup water
2-3 cloves garlic
1 15-ounce can chickpeas, rinsed and drained
2 tablespoons fresh lemon juice
1/2 teaspoon salt, or to taste
1/2 tablespoon tahini
1/4 teaspoon ground coriander or cumin
1/2 teaspoon ginger paste (or 1/4 teaspoon finely minced ginger)
Pinch cayenne
1/4 teaspoon paprika

On the stove or in the microwave, cook the carrots in the water, covered, until the carrots are just tender. (I nuked 'em for 2 1/2 minutes.) Put the carrots, water, and garlic into the food processor and puree. Add the chickpeas, lemon juice, and salt to the processor and puree until smooth. At this point, you can stop and have a very simple, very light hummus. Or add the remaining ingredients and blend well. Serve as a dip, a sandwich filling, or a salad dressing.

Kale and Potato Soup

Sara Jones, Tucson CSA

Fennel seeds, red chile flakes and paprika lend the traditional flavor of Italian Sausage to this vegetarian soup. You can always add the sausage back in if you like, but the soup is plenty hardy without it.

1 medium size bunch kale, cleaned, with thick stems removed, roughly chopped
3-4 red potatoes
1 can white beans, drained
4-5 cloves garlic, minced
1 teaspoon fennel seeds, crushed
1-2 teaspoons red chile flakes, to taste
2 teaspoons paprika
1 tablespoon olive oil
1/4 cup cream or whole milk
Salt and pepper, to taste

Heat oil in a large saucepan over medium heat. Add spices and garlic and sauté until fragrant. Stir in potatoes and cook briefly before adding about 1 quart of water. Bring to a simmer and cook until potatoes are almost tender. Add greens and beans and cook for about 10 more minutes. Remove soup from heat, stir in cream and season with salt and freshly ground pepper.

Quick Indian Inspired Greens and Lentil Soup

Kumi Rao, Tucson CSA

3 cups of cooked lentils (split mung dal is my favorite)
2 tablespoons oil
1/2 teaspoon of cumin seeds
1-2 dried red chilies
1/2 teaspoon turmeric
1 jalapeno (seeded if you are more heat sensitive)
1 teaspoon minced garlic
2 teaspoons minced/grated ginger
3 cups of chopped greens cut into small pieces
1 teaspoon coriander powder

In a 4-quart saucepan, warm the oil on low to medium heat and add dried red chilies and cumin seeds. When the oil starts to smell fragrant and the cumin seeds just begin to lightly toast (this should take about 2-3 minutes but watch your cumin, don't let it burn) add the turmeric and diced jalapeno. Sauté for 1-2 minutes and then add ginger and garlic. Add chopped greens. Raise the temperature to medium-high and sauté with 1/2 teaspoon of salt and coriander powder (about 3-4 minutes until they are nice and tender). Add the lentils and simmer for another 5-10 minutes. Serve over basmati rice and top with fresh cilantro.