



Tucson Community Supported Agriculture

Newsletter 485 ~ April 27, 2015 ~ Online at www.TucsonCSA.org

Spring 2015

Harvest list is online

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Many more recipes on our website

CSA account tip: why use e-check autopay?

It's just the best way to have your subscription be renewed automatically by direct-debiting from your checking account and thus avoiding unintentional cancelation.

CSA subscriptions are canceled when the account has less than \$20 left (or less than \$4.50 if you are only subscribed to bread), unless you remember to recharge by midnight Friday. (If there's a remaining balance in your account, you do not lose it.)

To prevent your subscription from expiring unintentionally, just use e-check autopay next time you make a payment (it's one of the payment options).

That way, your CSA account gets recharged automatically each time it dips below \$25.

You can ask us (via e-mail) to turn off autopay at any time.

CALL FOR BAGS!

Thank you for the bags. Keep bringing them! We need your used (but clean) paper and plastic grocery bags (standard size only).

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

You can also bring back paper egg cartons (not styrofoam) and the green plastic baskets from Crooked Sky Farms.



GREEN GARLIC

Green garlic is young garlic that is harvested before the head has begun to separate into fully distinct cloves. It is also called spring garlic and baby garlic. It usually includes the whole plant: roots, immature bulb, leaves and stalk, and sometimes also a flower stalk. Green garlic resembles scallion or green onions on steroids, with a deep green stalk and a pale white bulb. Garlic flowers are like exploding white fireworks!

When garlic is grown into the garlic most of us are familiar with, it is harvested when the lower part of the stalk visible above the ground starts to turn brown. By then the underground bulb, or head, has been compartmentalized into distinct garlic cloves. The head is then cured so that it will last in storage.

In our climate, mature garlic is typically harvested in May-June, whereas green garlic is harvested in February-April, when the stalks are still green. The whole green garlic plant, including the leaves, can be used raw or cooked. When cooked, green garlic sweetens, lending a new layer of depth to a dish.

To use, trim off root ends and the tough, fibrous part of the green leaves. Chop or slice the rest and use as you would green onions or garlic, noting that it is stronger than the former but milder than the latter.

Green garlic can be stored under refrigeration up to a week. It will not keep like mature, cured garlic does, so don't let it sit for too long.

JOSH'S PORK IS HERE!

In last week's newsletter, we introduced Josh's pasture-raised, GMO-free pork. We now have it. We only have 16 shares. Why 16? It is the number of shares we came up with after dividing all the cuts in more or less equal parts. If we get enough demand we'll get more next time, or we'll get it more frequently. But this time, we only got one pig.

In making those shares, we tried to use most of the pig, so that's why each share includes a portion of back fat. That fat is not rendered and so it must be rendered for safe and easy storage (see rendering instructions below).

These pork shares weigh 7 to 8 lbs and cost around \$45. The average price per pound of the shares is \$6.00. As we do with the beef shares, you can choose yours at the front desk. Each share typically include 5 separate cuts:

1. Italian sausage
2. Ground meat or sirloin chops
3. Shoulder butt roast or loin roast or pork belly roast or spare ribs.
4. Rib chops or loin chops
5. Back fat (unrendered).

To render pork fat: cut it up in one-inch cubes or strips. Place in a pot with ¼ cup of water and cover. Turn on heat on low and cook for 8 hours or until fat has melted (you can also do this overnight on low heat in a crock pot). Strain melted fat and pour in glass jars. Let cool. Store in fridge. Use for cooking as you would butter or oil.

Roasted Cauliflower

Kenny Erickson, Tucson CSA

1 cauliflower sliced into 8 wedges
Olive oil, salt and pepper

Preheat oven to 375°. Lay wedges on baking sheet lined with parchment paper. Sprinkle with olive oil, salt and pepper. Bake covered with foil for 12 minutes. Uncover, bake for another 12 minutes, then flip the wedges and bake for another 12 minutes. Enjoy while hot or let cool and eat with tahini garlic sauce.

Tahini Garlic Sauce-new

Sara Jones, Tucson CSA

This sauce is excellent served with roasted veggies, especially the cauliflower and broccoli from this week's share or any carrots or beets that are lingering in your veggie drawer.

1/4 cup tahini
1 tablespoon lemon juice
Minced green garlic, to taste
Water or olive oil

Mix the tahini with the lemon juice and garlic. Add a bit of water or olive oil, if needed, to thin sauce to a pourable consistency. Season to taste with salt. Store any leftovers in the refrigerator.

Potato Pancakes with Greens

Sara Jones, Tucson CSA

This recipe is a good way to use leftover potatoes. The best texture for the potatoes is just lightly mashed, but you can use creamy mashed potato leftovers as well. For a tasty surprise, you can stuff the potato patties with cheese before you cook them.

1 bunch greens, preferably chard or kale, chopped
1 tablespoon green garlic, minced
2 cups potatoes, lightly mashed
About 2 tablespoons oil
Flour to prevent sticking
Salt and pepper to taste

Heat about 2 tsp of the oil in a skillet over medium heat. Add greens and garlic to skillet and cook, stirring frequently, until greens are wilted. Remove from skillet and mix with potatoes, seasoning with salt and pepper to taste. Form potato mixture into small patties and coat with flour. Reheat skillet and add the rest of the oil. Cook patties over medium high heat until browned on both sides, about 3-4 minutes per side.

Very Quick Green Garlic Soup

Lissa Gibbs, Tucson CSA from Chester Aaron's Garlic is Life: A Memoir Contributed

Use the fibrous stalks of the garlic to add flavor to this soup. Simply tie the stalks into a knot and retrieve and discard the greens before serving.

1 pound or broccoli
8-12 cloves of green garlic
1 pound red potatoes (peeled and boiled until tender)
6 cups chicken or vegetable broth (seasoned to your liking with salt and pepper)

Steam potatoes and broccoli until tender. Put green vegetables in a blender or food processor with garlic. Blend/puree. Add potatoes and blend/puree. Working in batches, add broth and blend/puree at high speed. Pour blended/pureed ingredients into a large pot, warm, and serve. This soup reheats well. For a creamier version, add 1/2 cup of warmed half and half. To intensify green color, blend/puree in a handful of chopped fresh flat-leaf parsley.

CSA Greens and Tomato Quiche

Anu Gupta, Tucson CSA

Broccoli and or kale and tomatoes in a quiche, with fresh green garlic and onions! Yum!

1 unbaked 9" pie shell.
1 tablespoon olive oil
1 small onion, with any tender greens, chopped
2-3 cloves minced green garlic
1 teaspoon dry thyme or 1 tablespoon fresh
1 bunch of any CSA green like beet tops, arugula, spinach, washed and coarsely chopped
10 cherry tomatoes sliced in half or 2 larger tomatoes, sliced about 1/4 inch thick
1/2 to 3/4 cup grated cheddar cheese or crumbled goat cheese
1 1/2 cups whole milk or buttermilk
4 eggs
Salt and pepper to taste

Preheat oven to 375°. Sauté onion and garlic in olive oil until onions are soft and translucent. Add thyme and chopped washed greens and or broccoli. Add a little salt. Sauté mixture until the greens have wilted and the mixture looks mostly dry. Spread grated cheddar or crumbled goat cheese on the crust. Next layer on the greens mixture, then the sliced tomatoes in an attractive pattern. Whisk the eggs, buttermilk, salt and pepper together and pour into quiche. Sprinkle with a dash of paprika if desired. Bake at 375° until set. This takes 40 minutes in my convection toaster oven and 1 hour in my regular oven. Let sit for 15 minutes before slicing.