



# Tucson Community Supported Agriculture

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## Spring 2015

### Harvest list is online

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#### No Bread Shares 5/26-27

Don from Barrio Bread will be taking a well-deserved break and there will be no bread shares or extra bread available on May 26 and 27.

#### Storing cilantro (and other tender herbs)

Here's a new method for keeping your tender herbs fresher *much* longer, from J. Kenji López-Alt, Managing Culinary Director of the serious foodie site, *Serious Eats*:

First wash and dry them as you normally would, then snip off the bases of the stems.

Remove any old, decaying leaves and place them in a large mason jar with an inch of water at the bottom. If there's room, fold the leaves and close the jar with a lid or, if there's no room, cover the excess with a plastic bag and wrap with a rubber band. Put the jar in the fridge from 1 week for very tender herbs like chives to up to 3 weeks for cilantro.

Note for basil: Do NOT keep basil in the refrigerator unless you want a brown wilted mess. Instead, snip off the bottoms of the stems, put them in a jar with some water, then keep on the counter out of direct sun, like a bunch of flowers in a vase.

## MAKING THE MOST OF A BUMPER CROP: CARROT NOODLES



Yes, we hear the collective groan: “More carrots!?!?” As Crooked Sky Farms keeps pushing out one of this year’s bumper crops, we may start to feel overwhelmed, desensitized, just plain BORED. But here’s a trick that can help you plow through lots of these big boys. With modern dietary trends like Paleo and gluten-free that have inspired grain-free dishes, recipes and blog posts galore have started to feature creative alternatives to grains - like using grated cauliflower for rice or turning

zucchini into noodles. For ‘faux pasta’ many folks recommend using spaghetti squash (naturally) or passing something like a zucchini through a special ‘spiralizer’ tool - a not-so-small plastic device into which you load in your vegetable and turn a crank to pop out noodle shapes. But for our purposes, all you need is a simple julienne peeler (pictured) and some leftover carrots, and you can make pasta dishes packed with antioxidants and fiber while freeing up space in your crisper drawer.

The peelers are easily available at many home goods stores like Bed, Bath & Beyond or online retailers like Amazon.com for \$10 or less and are much easier to fit into a drawer than a spiralizer. To use, wash and scrub or peel (as you prefer) 2 or 3 large carrots, then hold a carrot securely on the cutting board and simply run the tool down the length of the carrot using even pressure. Turn the carrot a little after each swipe and keep going until you get to the core - which is when the flesh turns a much lighter color. Soon you’ll have an big orange haystack of faux spaghetti! You can leave as is for an ‘al dente’ feel and ladle a rich sauce on top, steam slightly for a softer texture or of course use it as a base for a great slaw. The inherent sweetness of the carrots are a natural foil to the acidity of briny, tomato-based sauces, such as Sara Jones’ tangy Italian Dandelion Greens recipe from last week. Don't forget to use your leftover carrot carcasses for vegetable or chicken stock! For clean up, just rinse the peeler under hot, soapy water and let dry in a place safe from little ones (it is a sharp little thing after all) and you’re done.

You can use this trick on any root vegetable: parsnips, kohlrabi, and beets (though of course red beets will end up oozing quite a bit of that beautiful but staining juice, so you might want gloves). You can also use different kinds of peelers to create different shapes - like using a straight peeler for flat wide ribbons that work like tagliatelle or lasagna noodles. And, of course, you can also use a spiralizer or mandoline. Try out this tip and see if it turns those extra carrots into a boon instead of a burden.

## MUSICIANS’ SCHEDULE

Enjoy these musicians as you pick up your produce for the week:

- Tuesday from 5 to 6pm: William and Anton (violin and guitar)
- Wednesday from 6 to 7pm: John White (guitar/banjo)

(Note that we normally have fewer music slots in the summer as musicians head out for tours or traveling. )

Remember, Kiri and Laurel (aka Aztral Folk) will be going out of town for a while so their set next week on Wednesday, May 27th at 6pm will be their last for a while. Look for a profile on them in next week’s newsletter.

**Carrot Miso Dressing**

Sara Jones, Tucson CSA

This is great for salads, sprinkled with some sesame seeds as a garnish. The dressing could also be used as a pasta sauce, tossed over soba or udon noodles.

2-3 medium to large carrots  
1-2 green onions  
1 inch peeled ginger, chopped  
2 tablespoons miso  
2 tablespoons sesame oil  
2 tablespoons vegetable oil  
1/4 cup rice wine vinegar

Clean carrots and remove tops and bottoms, chop into pieces. Put all ingredients in a food processor or blender and pulse a bit to break down carrots. Puree dressing for a couple of minutes until dressing is mostly smooth and carrot bits are very small.

**Morning Glory Muffins**

Lorraine Glazar, Tucson CSA

These muffins have a great shelf life and actually taste better a day after baking, when the flavors have melded. Store them at room temperature, covered, for up to 3 days, or freeze them for up to 2 months.

1 cup sugar  
2 1/4 cups unbleached all-purpose flour  
1 tablespoon ground cinnamon  
2 teaspoons baking soda  
1/2 teaspoon salt  
1/2 cup shredded, sweetened coconut  
3/4 cup raisins  
1 large apple, peeled and grated  
3/4 cup dried pineapple  
2 cups grated carrots  
1/2 cup coarsely chopped pecans or walnuts  
3 large eggs  
3/4 cup vegetable oil  
1/4 cup buttermilk  
1 teaspoon pure vanilla extract

Preheat oven to 350°. Sift or whisk together the sugar, flour, cinnamon, baking soda, and salt into a large bowl. Add the coconut, raisins, apple, pineapple, carrots, and nuts, and stir to combine. In a separate bowl, whisk the eggs with the oil, buttermilk and vanilla. Pour into the bowl with the dry ingredients and blend well. Spoon the batter into muffin tins lined with muffin cups, filling each to the brim. Bake for 35 minutes or until a toothpick inserted into the middle comes out clean. Cool muffins in the pan for 10 minutes, then turn out onto a rack to finish cooling.

**Simple Greens Bisque (simple greens pasta sauce\*)**

Kumi Rao, Tucson CSA

2 tablespoons of butter or olive oil  
2 tablespoons green onion (diced very fine)  
4 cloves garlic (minced)  
1 cup of pureed greens  
1/2-1 teaspoon (to taste) crushed red chili flakes  
1/2 cup of heavy cream/milk/coconut milk/unflavored almond milk  
Salt to taste

On a medium–low flame, add chili flakes to 2 tablespoons of butter/olive oil for 1-2 minutes. Add onion, a heavy pinch of salt and sauté until the onions start to turn a lovely brown (about 4-5 minutes). Add minced garlic and sauté for one minute. Add pureed greens and cook until most of the moisture has been evaporated (about 5 minutes). Thin mixture out with the milk of your choice and simmer for another 5 minutes. Season with salt to taste.

Serving suggestion: Top with a drizzle of extra virgin olive oil and cream – serve with Barrio bread.

\* To make this into a pasta sauce, simply add basil/oregano or fresh herb of your choice, thin out with only 1/4 cup of “milk” (preferably a richer option, heavy cream or coconut milk) and add to 8 ounces of pasta.

**Refreshing Beet Soup, Polish style**

Lorraine Glazar, Tucson CSA

1 bunch baby beets and their greens, or mature beets to a weight of 8-10 ounces  
1/2 teaspoon salt  
1 tablespoons lemon juice  
1/2 cup cucumber, diced  
3-4 green onions, white and tender green part, thinly sliced  
1-2 cups reduced fat buttermilk  
2-3 tablespoons finely chopped fresh dill  
Hard cooked egg (optional)

If using baby beets, wash well, drain, and finely chop. If using mature beets, wash and keep whole. Cook in just enough water to cover, adding the salt and lemon juice. Cook until tender, timing will vary with the size of the beet. For mature beets, cool under water and rub off skin, then chop finely. Reserve the cooking water. Set beets and water aside to cool. Combine the cucumber, green onions, and grated radish with the cooled beets and the buttermilk. Add dill and refrigerate, covered, until well chilled. Garnish with slices of hard cooked egg.