



Tucson Community Supported Agriculture

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Fall 2015

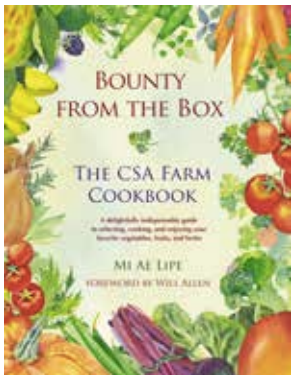
Harvest list is online

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Many more recipes on our website

The Perfect Holiday Gift to Yourself or to a Local Foodie Friend!



And guess what? The book includes five Tucson CSA recipes! We have a sample copy at the front desk for you to look at.

Available at:
www.bountyfromthebox.com

REMINDER about our Winter Holiday Break

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

The last pick up of 2015 will be on Wednesday, Dec. 16.

The first pickup of 2016 will be on Tuesday, Jan. 5.

Making the Most of Your Winter Greens

You know it's winter in Tucson when your CSA share has lots of greens. You may be tempted to just leave them on the trading table or surplus bench but please reconsider - what you have in your produce bag is nutritional green gold! Greens are packed with antioxidants and vitamins and phytochemicals galore and we're truly blessed to live in a climate where our diet can be suffused with these benefits while in other parts of the country, people have to pay an arm and a leg to get this kind of freshness shipped in.



I know - it can be daunting to see all those leaves waving up at you if you're not familiar with them. But we're here to help. First of all, make sure you take a gander at Sara Jones informative "Guide to Winter Greens" page on the CSA site:

<http://www.tucsoncsa.org/recipes-and-tips/winter-greens-guide>.

Sara talks you through how to store, clean and cook your greens - including a break down of greens by

type (bitter, spicy, Asian and mild) and how to cook them by style (Greek, Italian, Caribbean, etc.).

Here are some more things to keep in mind:

- Green drinks are one of the biggest health crazes right now - which require quite a bit of greens! So do some googling on green juices and green smoothies and kick your vitality up a notch or two. Some of my favorite recipes are available on www.kriscarr.com and <http://www.ohsheglows.com>
- Here's a super fast and tasty recipe for a peppery green like arugula: slice up boneless, skinless chickens thighs, season with salt and pepper, sauté in a little oil, chop up some arugula and add to a bowl, then drizzle lemon juice from half a lemon on the arugula. When the chicken is cooked, toss into the arugula bowl while hot, toss and top with shaved Parmigiano-Reggiano cheese.
- Remember that greens cook down - a lot! So even though greens can take up a lot of real estate in your fridge, once you start sautéing them or adding them to soups, stews and stir-fries, they will shrink down to a fraction of their size in no time.
- You can also make your own freezer packs of greens for use throughout the year: just blanch quickly in boiling water, drain and then pack them in freezer bags with the type of green and date. They're good for up to 10-12 months.
- Those stalks are more useful than you think - chop them up to use in a recipe's soffrito or mirepoix, much like you would use celery.
- Another use for leafy green stalks is pickling them! Take the stalks from two bunches of greens, cut them to a size that would fit in your jar of choice and use any 'refrigerator pickle' recipe.

Sneak 'em in. Almost any dish can benefit from adding some chopped greens: soups, stews, frittatas, curries, chilis, sautéed with garlic to top a burger, and more!

Greens and Potatoes Coconut Milk

Sara Jones, Tucson CSA

This is a very simple, yet tasty recipe, with lots of room for innovation. If you like curry flavors, add more spices to the mix, sautéing them with the onions before adding the rest of the ingredients. Use potatoes, sweet potatoes or winter squash in this recipe. You can also add tofu, garbanzo beans or cooked chicken for a complete meal, served over rice.

1 bunch CSA greens, cleaned and roughly chopped
About 2 cups potatoes or winter squash, diced small
1 inch fresh ginger, grated
1 onion, sliced thinly
1/2 teaspoon ground coriander
2 teaspoons oil
1/2 can coconut milk
Red chile flakes, to taste
Soy sauce, to taste
Lime juice

In a large skillet, heat oil over medium high heat and add onion. Cook until beginning to brown. Add ginger, chile flakes and coriander and cook until fragrant. Add vegetables and coconut milk, plus about 1/4 cup of water. Bring to a low simmer and cook until squash is tender. Season to taste with soy sauce and a bit of lime juice.

Greens with Pine Nuts and Raisins

Sara Jones, Tucson CSA

Greens are often accompanied by raisins and pine nuts in a wide range of dishes. Here is the basic recipe, with much room for creativity. (Think pasta or grain salad, lasagna, empanadas...)

2 large bunches of greens, chopped roughly
1/4 cup pine nuts
2 tablespoons oil
1 medium onion, finely chopped
1/4 cup currants
Salt and pepper to taste

Heat oil over medium high heat, add onion, sauté for about five minutes then add chard, pine nuts, raisins and a splash of water. Cook, stirring often, until chard is well wilted. Season with salt and pepper and a dash of balsamic vinegar, if desired.

Winter Greens Enchiladas

Sara Jones, Tucson CSA

Cooked greens make an excellent filling for enchiladas. You could add mild tasting cheese or crumbled tofu, shredded chicken, ground beef or sautéed potatoes to bulk up the greens. Use a pre-made enchilada sauce, or try using one of the delicious moles for sale at the CSA.

12 tortillas
2 cups red or green enchilada sauce or prepared mole sauce
1 tablespoon oil
2-3 bunches greens, cleaned and chopped
1 onion, diced
2 cloves garlic, diced
2 cups cheese, meat or potatoes, cooked
Extra cheese for melting over top, if desired

Heat oil in large skillet over medium heat. Add onions and cook until translucent. Add garlic and greens and sauté until wilted. Mix greens with whichever additional ingredients you like and season to taste with salt. Oil a small baking dish. Dilute 1/2 cup of enchilada sauce with 1/2 cup of water and bring to a simmer in a skillet. Dunk tortillas in liquid for about 20 seconds each, until they are hot and pliable. Place 1-2 tablespoons of the greens mixture in each tortilla, roll up and place seam side down into baking dish. Repeat until all the tortillas and filling are gone. Pour remaining sauce over the top of enchiladas and cover with foil. Bake at 375° for about 35 minutes, until cooked through.

Grapefruit Avocado Salad

Sara Jones, Tucson CSA

You will need to segment your grapefruit for this recipe. To do that, take a sharp knife and peel away skin and pith. Then remove each fleshy segment from the membrane holding it by cutting down in a v-shape toward the center of the grapefruit.

1 grapefruit, segmented, any juice reserved
1 ripe (but not soft) avocado, diced
Small handful chopped green onions
1 teaspoon honey or agave nectar
1 tablespoon olive oil
Salt and pepper to taste

Toss grapefruit, avocado and onion together in a medium bowl. In a small bowl whisk together reserved grapefruit juice, honey, oil and salt and pepper. Drizzle over salad and serve immediately.