



Tucson Community Supported Agriculture

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Winter 2016

Harvest list is online

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Things you can manage on your CSA account include:

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- Add or remove subscriptions
- Change your pickup day
- Put your subscription on hold
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To access your CSA account login, go to the Tucson CSA website and click on Manage Your Account (use the email address and password you used to create your account during sign-up).

To learn more about how to manage your CSA account, check our website's Help pages, i.e. "Help: Manage Account" and our "FAQs."

I'tois. A Rare Gem.

The following was written by Farmer Frank and gives a sense of history and wonder about this prolific, hardy little onion:

The year 1699 marks the introduction of a most prized onion, the I'toi. Spaniards introduced the i'toi onion to the present day Tohono O-Odham. This may have been named after their deity I-itoi which resides at the top of the Babuquivari Peak, a sacred mountain of the O-Odham people, near Ajo.

While the I'toi is not a true native of the southwest, it has existed, endured and thrived here in less than ideal conditions for more than 300 years. If I could only speak of two vegetables in the whole world it would be tepary beans (another story for another day) and the i'toi onion.



I was given my first i'toi onions by a staff member of the county extension service in 1993 who in turn received them from Native Seed Search in Tucson. Tucked away in a drawer, naturally the staff member was leery about their condition. Being the hopeful farmer I am, I do what farmers do: plant. Five precious (all shriveled and meek) bulbs were all it took.

My humble beginnings ignited a flame of i'tois into hundreds of thousands. I'tois are gentle giants that can multiply and almost tend to themselves. A single bulb can turn into over 100 at the end of the season (about June in Phoenix). The taste harbors something between a green onion and a shallot. Upon harvest they present a beautiful bronze skin. Not too hasty though. Before eating that last bite, plant the last bulb back in the ground. Repeat this process for an endless supply.

Re-growth begins again in July and the plants prosper for about 10-11 months annually. As a hardy onion, they seem to require about a third less water than most, since they seldom get water more than twice a month here on the farm, my recommendations are: plant 12 inches apart and about 2 inches deep.

When they are young (green onions) they should be dug up with a spade or garden fork and not pulled like regular onions. Fibrous roots seep into the ground about six inches, which is why many end up pulling off the tops and leaving the bulbs intact in the earth.

The I'toi goes through a cycle as it develops and multiplies under and above ground. One onion becomes two, two becomes four and so on multiplying like rabbits. While the I'toi is difficult to harvest during its green stage, as the tops start to dry later in the season the fibrous roots decay and the earth surrenders them with ease.

This attention grabbing onion has been scouted out by people across the states. We have shipped them from coast to coast. We gladly appreciate farmers/gardeners sharing and planting them for communities in their neighborhood.

Greens with Pine Nuts and Raisins

Sara Jones, Tucson CSA

This is a basic recipe, with much room for creativity. (Think about using it in a pasta or grain salad, lasagna, empanadas...)

2 large bunches of greens, chopped roughly (cut chard stems separately into thin slivers)
1/4 cup pine nuts
1 tablespoon oil
1 medium onion, finely chopped
1/4 cup currants
Salt and pepper to taste
Balsamic vinegar

Heat oil over medium high heat, add onion and chard stems, sauté for about 5 minutes then add greens, pine nuts, raisins and a splash of water. Cook, stirring often, until greens are well wilted. Season with salt and pepper and a dash of balsamic vinegar.

Earthy Warm Green Salad

Philippe, Tucson CSA

1/2 pound bacon, cut in strips; or 1/2 cup blue cheese (add blue cheese at the end)
1/2 pound potatoes, cubed
About 4 large handfuls of lettuce and spinach, chopped
1/2 bunch kale, cut in ribbons
1 tablespoon olive oil
1/4 cup grated Parmesan cheese
1/2 cup walnuts, lightly crumbled
Black pepper or red chile flakes
Salad dressing

In a non-stick pan, heat oil to medium high. Sauté bacon and potatoes in oil. Cover and sauté for about 20 minutes or until potatoes are soft. Stir occasionally. Season with black pepper or red chile flakes. Add to salad mix and greens. Add Parmesan cheese, walnuts and salad dressing. Toss and serve.

Homemade Greens Fettuccini

Adapted from The Cook's Garden catalog – Spring/Summer 1989

This was originally a recipe using dandelion greens. It is a perfect recipe for using your quelites, since you won't have to worry about separating the stems from the small leaves, just clean, dry and toss the whole thing in the blender or food processor.

2 cups greens, cleaned and dried
2 eggs
1 1/2 cup flour
1/2 teaspoon salt

Put greens and eggs in a blender and blend until smooth. Transfer to a bowl, add salt and start adding flour while beating with a spoon. Keep adding until dough is stiff. Turn out onto floured surface and knead until smooth (approximately 5 minutes). Roll out with rolling pin to 1/8"-1/4" thickness or thinner. Allow to stand and dry 1 hour, then cut into strips. Drop into boiling water and cook 1-2 minutes. Serve with butter and grated parmesan or asiago cheese.

Green Lasagna Roll-ups-new

Sara Jones, Tucson CSA

This is another great recipe for using your quelites and other greens. Since the quelite stems are tender enough once cooked, you won't have to worry about meticulously separating leaves from the stems. If you are using some kale in the mix, you should remove the stems. If you are using chard, reserve those stems for another dish. Add some chopped l'itoni onions to the filling for extra flavor, if you like.

2 bunches of greens, cleaned, thick stems removed
2 eggs
1 15 oz. container of ricotta cheese
1 cup grated parmesan or other hard cheese
1 quart prepared marinara sauce
1 teaspoon each salt and pepper
1 package lasagna noodles

Blanch greens in a large pot of boiling water for about 30 seconds to 1 minute. Remove to a bowl of cold water, then squeeze VERY hard to remove moisture. Chop by hand or pulse in a food processor until finely chopped. Mix greens with eggs, ricotta, 1/2 cup grated cheese and salt and pepper. Cook lasagna noodles according to package directions. Drain. Oil a medium baking pan and spread about 1 cup of marinara over the bottom. Lay out individual noodles, spread with ricotta mixture and roll up, placing seam side down in baking pan. Continue until noodles and filling are used up. Cover rolls with remaining marinara and cheese. Cover dish with foil and bake in a 375° oven for about 20 minutes, remove foil and continue backing for an additional 10-15 minutes, until cheese is beginning to brown on top.

Sweet Potato Frites

From Lorraine Glazar, Tucson CSA

Great side with grilled foods!

One small sweet potato per person
One teaspoon melted butter or oil
1/2 teaspoon red chili powder or cumin
Salt to taste

Scrub the skin of the sweet potato thoroughly. Cut into lengthwise sticks like French fries. Toss in the melted butter and place in a single layer on a cookie sheet. Sprinkle with spice and salt. Bake at 425° for twenty minutes.