



Tucson Community Supported Agriculture

Newsletter 572 ~ January 23, 2017 ~ Online at www.TucsonCSA.org

Winter 2016-17

Harvest list is online

THE BACK PAGE

Greens Soufflé
Quick Coconut Cabbage
Sauté-new
Beans & Greens Soup
Cilantro Dip

**Many more recipes
on our website**

Barrio Bread Update

We love Barrio Bread and so, it seems, does the rest of Tucson! A lot of media attention and Barrio Bread's success are causing its new bakery to often sell out early and there isn't always extra bread left for us. The bakery is operating at full capacity with Don already working an unreasonable number of hours! The good news is that once his apprentices are fully trained Don will be able to increase production and hopefully send extra bread our way again. We thank you for your patience and for your understanding.

Bread shares will continue as before. They now consist of a rotation of Pain Au Levain, Rustic 9-Grain, and Whole Wheat Levain. The latter replaces the former Mixed Grain Boule

Pork Shares' Delay

Because of Guzman's busy schedule, the pork shares will not be available until the late February (not mid February as initially planned).

We have already pre-sold all Josh's pork shares. The next round should be in late Spring. We will have a round of grass-fed beef shares and one of grass-fed lamb shares in the mean time.

Don't Let The Greens Give You The Blues!

One big change we've had at the Tucson CSA this past year is that we started working with two farms, one for each pick up day. Now members frequently ask us: 'Which day is better?' That's like asking a parent which child they prefer. The best we can do is to explain some of the main differences. However, no matter which farm you choose, there is no way to avoid the amazing winter greens we get at the moment: during our "cold" Arizona winters, our produce shares include lots of leafy greens and lettuce mixes, but also root vegetables and citrus. The greens are versatile and delicious, so don't let them give you the winter blues! If you don't have much experience cooking with greens, talk to any of our volunteers for advice and recipes. Our website and newsletters also feature many easy recipes for them. Tip: a good way to start if you are new to greens is to chop them and add them to a tomato sauce, or almost any pasta sauce.

Meanwhile, Back At The Farm...

In many farms across the country, fields lay dormant during winter. Not in southern Arizona! There is plenty of action in the fields at this time of year. Out at Sleeping Frog Farms in Cascabel, mud and cold weather can be challenging. Crops must often be covered overnight, and harvesting on cold mornings can't begin until the frost is gone. Early mornings are often spent in the greenhouse preparing trays of seedlings such as lettuce, spinach, kale and arugula. Those seedlings will go in the ground in late winter to extend the greens' season. In February we hope to see spinach, turnips and radishes on Wednesdays. Since the cabbage and broccoli at Sleeping Frog won't be ready until March, we are planning on occasionally supplementing the Wednesday shares with broccoli and cabbage from Crooked Sky Farms. Yes, farms do work together! The Sleeping Frog crew is also spending a lot of time at their orchards in Aravaipa, tending to their many varieties of citrus, including pink and ruby red grapefruit, tangerines, oranges, and different varieties of lemons which Wednesday members have not failed to notice. They are also planting bare-root peach, apricot and apple trees. Bare-root trees are planted in their dormant stage and they are much lighter and easier to haul and put in the ground as they don't have a dirt root ball. In the spring, more citrus, including tangerines and satsumas, will be transplanted from 15-gallon containers into the ground.

Up at Crooked Sky Farms in Phoenix Farmer Frank is working on his orchards too. He has provided our CSA with citrus since we opened in 2004. Crooked Sky leases an established citrus orchard in Waddell, located in southwest Maricopa county. Farmer Frank says that citrus trees are among the longest lived fruit trees and can be productive for up to 80 years. He has also planted orchards on land he owns along the Gila River near Duncan, on the Arizona-New Mexico state line. Those orchards are still very young and are only just entering production: if all goes well, we may see apples, pears, pistachios, apricots, peaches and plums in our shares this coming summer. Meanwhile we will continue to see navel oranges and grapefruit on Tuesdays, and later in March we can look forward to the Arizona Sweet juicing oranges. Farmer Frank is trying to take advantage of our relatively warm winter by getting an early start on the corn crop. Corn planted earlier has a better chance of coming to maturity before pests like corn borers show up. It is a bit of a gamble, but gambles are inherent to farming. Thanks to the mild weather so far, the gamble to get an early broccoli crop has paid off big time and broccoli is likely to feature heavily in our Tuesday shares for a while. And if all goes well, we should see a share or two of colorful cauliflower a little later in the season.

Greens Soufflé

Kristin Terpening, Tucson CSA

Here's an option for using lots of greens: soufflé! I've slightly modified a recipe for broccoli soufflé from an old *Better Homes and Gardens cookbook: All-time Favorite Vegetable Recipes*. It's great with broccoli of course, but it's also quite good with whatever greens you have on hand.

2 cups chopped greens (kale, braising mix, spinach, whatever)
2 tablespoons butter
2 tablespoons all purpose flour
1/2 teaspoon salt
1/2 cup milk
4 egg yolks
1/4 cup grated Parmesan cheese (or mix of hard cheese)
4 egg whites

Wilt the greens (or blanch and shock in ice water), and drain very well (squeezing works great). Chop any large pieces.
In a saucepan, melt the butter and blend in the flour and salt to make a roux, then add the milk, cooking and stirring until thick. Remove from heat. Meanwhile, beat egg yolks until thick and lemon-colored (although with those great CSA eggs, it'll be more orange). Slowly stir half of hot mixture into yolks, then return this to remainder of hot mixture, stirring continually. Stir in cheese and greens. Beat egg whites till stiff peaks form; gently fold into greens mixture and turn into ungreased 1-quart casserole dish. Bake at 350 until knife inserted off-center comes out clean, about 35 to 40 minutes.

Quick Coconut Cabbage Sauté-new

Sara Jones, Tucson CSA

This is an easy way to use cabbage or hearty greens like collards or kale. Remember, if you are experimenting with new spices that you don't currently have on hand, you can buy spices in bulk at the Co-op for much cheaper than the jars at the regular grocery store.

½ medium head or 1 small head cabbage, cored and thinly sliced
1 ½ teaspoons brown mustard seeds
2 tablespoons oil
1 small onion, diced
1 teaspoon cumin seeds, crushed
1 teaspoon hot chile flakes
1 teaspoon turmeric powder
½ cup unsweetened, shredded coconut
Salt to taste

Heat oil in a skillet over medium high heat. When oil is hot and shimmery add the mustard seeds. Once seeds begin to pop add the onion and cook until translucent. Stir in the rest of the spices and cabbage and a couple tablespoons of water. Cover and cook, stirring occasionally, for about 10 minutes. You want cabbage to have wilted down, but still have a crunchy bite. Add salt to taste and stir in coconut.

Beans & Greens Soup

Gretel Hakanson, Tucson CSA

So simple yet so delicious! This is a very comforting winter dish, consider serving it with a side of corn bread.

2 bunches greens (swiss chard, frisée, etc.)
3 tablespoons extra virgin olive oil
4 cloves garlic, minced
2 cups cooked beans (tepary, anasazi, navy, etc.)
3-4 cups chicken or veggie stock
Salt and freshly ground pepper
Parmesan-reggiano

Rinse 1 share CSA beans and soak overnight in a couple of quarts of water. Drain. Cook beans quickly on the stove top in a large pot or pressure cooker until tender. Or let beans simmer all day in the crockpot. Wash greens. Remove any tough stems and chop into bite sized pieces. Heat oil in medium soup pot. Add garlic and sauté until golden. Add greens and sauté until soft (you may have to add them in batches if they don't all fit into your pot). Add cooked beans and stock. Simmer 15 minutes or so. Add salt and pepper to taste, top with freshly grated Parmesan.

Cilantro Dip

Nora McGinnis, Tucson CSA

This is a great way to use up a lot of cilantro at once and make use of cilantro stems. The stems actually contain much more flavor than the leaves and add a huge punch to recipes where their texture won't interfere. This recipe is very flexible and adjusts well to your taste.

2/3 cup toasted slivered almonds (whole and/or raw almonds also work just fine, as does almond meal or flour)
1 garlic clove
1 and 1/2 tablespoons chopped jalapeño (with or without seeds to your taste)
1 packed cup cilantro, stems and all
2-3 tablespoons lime juice
3 tablespoons sour cream or Greek yogurt
1/4 cup mayonnaise
1 teaspoon salt

Toss everything in a food processor and pulse until smooth, scraping down sides as needed. Serve as a dip with crackers, tortilla chips, or veggies, or use as a spicy pesto on pasta. (If using whole almonds, it can speed up the process to pulse them first on their own until roughly chopped, and then add the other ingredients).