



# *Tucson Community Supported Agriculture*

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## Winter 2016-17

### Harvest lists are online

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#### Josh's Grass Fed Beef Shares

They are still about a month away but we are now taking orders for Josh's grass fed and grass finished beef shares.

As with all meat shares, a \$20 deposit is required at time of ordering. Beef shares are expected to be ready for pickup by the end of March.

Beef shares weigh 8-9 pounds, cost approx. \$7.50/lb and typically include 2 steaks (~2 lbs), 1 roast (2-3 lbs), ground beef (~2 lbs) and one miscellaneous cut (1-2 lbs of either BBQ ribs, short ribs, stew meat, or soup bones).

We plan to take orders for 40 shares.

#### Lamb shares

We plan to have lamb shares available in early April. We will start taking orders for them in a couple weeks.

#### Autopay

You don't remember if your CSA subscription is on Autopay or not? Log in your online CSA account and look under Manage Payments: if you are on Autopay you will see the following line: "You are currently assigned with an automatic payment of Electronic Check."

## Just Add Greens!

We are still in the season of greens until the hot weather kicks in for our region (which, considering the early spring we're having may not be too far away!) so here are even more ideas for using up your green goodies. Remember that your CSA greens are some of the most nutritious foods you can get, period. To retain the most nutrients, subject them to the least heat needed to wilt them (especially the more tender greens).



**Lentil, greens and sausage soup** - Sauté chopped onion and garlic, brown your favorite sausage, add some chopped tomatoes, 1 cup lentils and a quart of broth. Simmer until lentils are soft and then add a bunch of chopped greens, simmer until wilted.

**Pasta, chicken sausage and greens** - While your pasta of choice is cooking, brown some sliced chicken sausage, add a jar of marinara sauce and bring to a simmer. Add chopped greens and simmer until wilted. Mix in drained pasta and serve with parmesan cheese.

**Warm winter salad** - Finely slice greens and massage with some olive oil, dash of salt and small squeeze of lemon until the volume has gone down and leaves are more tender. Sauté chopped bacon (or fakin' bacon), roast some chopped root vegetables like diced potatoes, sweet potatoes, turnips, beets and or carrots, mix it all together and season to taste.

**Cajun rice and greens** - Stir fry onions, garlic, celery, bell pepper (or roasted green chiles!) and 2 teaspoons (or more to taste) Cajun spice in some butter until veggies are soft. Add one bunch of chopped greens, 2 cups of cooked rice and sauté until greens are wilted through. Add a protein like tepary beans, ground beef or even tuna for a main dish.

Need even MORE ideas? Here are some quick meal ideas adapted from the French-born food blog, [chocolateandzucchini.com](http://chocolateandzucchini.com) - to spur your imagination:

**Lentil salad** = lentils + feta cheese + walnuts + arugula or other tender greens + croutons

**Layered kale salad** = kale + tortilla chips + beans + egg + salsa

**Beef noodle soup** = broth + garlic + tatsoi + beef + rice noodles

**Stuffed mushrooms** = fresh tender greens + leeks + dill + feta cheese + mushroom caps

**Fresh tomato and greens pasta** = pasta + tomatoes + greens + garlic + goat cheese

**Farmers' market bowl** = brown rice + seasonal greens + eggs + soy sauce

**Kale and yam scramble** = kale + eggs + yam + chili sauce + sesame seeds

**Kale and egg bowl** = onion + kale + crusty bread + broth + egg

**Chicken with rice and kale** = chicken thighs + rice + broth + kale + garlic.

**Tuna with mango** = tuna steaks + mango + arugula + jalapeno + cilantro

**Kale and bean bruschetta** = kale + cannellini beans + garlic + sourdough bread

## Citrus Seltzer

Sara Jones, Tucson CSA

This is an incredibly refreshing drink. You can also squeeze and freeze your citrus for a treat later on.

1 part grapefruit or orange juice  
1 part sparkling water  
Agave nectar, to taste

Stir together juice and agave nectar, about 2 teaspoons per cup of juice for grapefruit, less for orange juice. Add sparkling water and taste for sweetness, adding more nectar if desired. Serve over ice.

## Marinated Radish and Carrots

From Phoenix CSA

You can finely slice the veggies or simply cut into bite-size pieces. These make a nice side dish and are fantastic on a sandwich or stirred into potato or pasta salad.

1 cup rice vinegar or white vinegar  
1/4 cup sugar  
1 bunch radishes, cleaned and chopped  
4-5 carrots, cleaned and chopped  
1 1/2 teaspoon salt

Combine vinegar and sugar and bring to a boil. Remove from heat and set aside to cool. Place the radishes, carrots, and salt in a bowl and toss several times. Set aside for 20 minutes, then rinse thoroughly. Using your hands, squeeze the vegetables to remove the excess water. Pat dry with paper towels and place in a bowl. Add the vinegar mixture and let the vegetables marinate at least 1 hour before serving. To store, transfer to a tight-lidded jar and refrigerate. The vegetables will keep for up to 3 weeks.

## Tatsoi with Soy Sauce & Oyster Sauce

Adapted from consciouschoice.com

You can use any greens with this recipe, but it is particularly good with chois that have thick, tender stems or flowering greens like rapini.

1 large head or 2-3 smaller heads tatsoi, cleaned and roughly chopped  
1 tablespoon water  
1 tablespoon oil  
1/4 teaspoon salt  
1 teaspoon soy sauce  
1 teaspoon oyster sauce  
1/2 tablespoon unsalted butter

In a skillet, heat oil over moderately high heat and stir-fry the greens with salt for two minutes. In a bowl stir together water and soy and oyster sauces. Add soy mixture and butter and stir-fry until crisp-tender, one to two more minutes.

## Winter Greens Dumplings

Sara Jones, Tucson CSA

If you have greens piling up in your fridge, this is a great way to deal with them. This recipe uses several bunches of greens. The prep for the recipe takes a little while, but will give you about 8-10 servings. You can freeze the dumplings to add to soups and stews in place of noodles. Or boil, drain and fry in butter and garnish with parmesan cheese for a side dish. I like them best cooked in a simple marinara sauce.

2-4 bunches of greens, washed, thick stems removed (you need about 3 cups of blanched and finely chopped greens)  
1 tablespoon butter  
4 cloves garlic, minced  
1 16-ounce container of ricotta cheese  
1/3 cup grated Parmesan cheese  
1 1/2 cups flour, start with 1 cup flour and add more as needed to bind  
2 eggs  
2 teaspoons salt  
1/2 teaspoon nutmeg and/or 2 tablespoons chopped dill, optional

Bring a large pot of water to a boil. Working in batches, drop large handfuls of greens in water and boil for 1-4 minutes, depending on the thickness of the leaves. Remove blanched greens from pot and place in a bowl of icy water. Squeeze water from greens and set bunch aside. Repeat until you have about 3 cups of greens. You want to remove as much water as you can from the greens so squeeze and twist hard. Lay blanched bunches of greens on a cutting board and chop finely, or pulse in a food processor. Squeeze chopped greens to further remove water. Sauté garlic in butter just to release fragrance. Combine all ingredients (starting with 1 cup flour). Mix well. Mixture will be sticky, but not too sticky to work with. Test dough by dropping a one inch ball into boiling water. The dumpling should hold together, though some greens may float off. If dumpling falls apart, add flour, a few tablespoons at a time until test dumpling holds together. Coat hands in flour and grab a tennis ball size chunk of dough. On a well floured cutting board, roll dough into an approximately 6-inch log. Cut log in half lengthwise, then cut each half lengthwise again to make four small logs. Sprinkle with flour and roll each piece to smooth out edges. Line pieces up and use a large knife to cut into one inch dumplings. Toss dumplings onto a floured baking sheet and repeat with remaining dough.

To use: Add dumplings to hot soup or marinara sauce, stir gently and cover to steam for about 15 minutes. To serve as a side dish, cook dumplings in boiling water for about 5-6 minutes. Drain. Heat a few tablespoons of butter in a skillet over medium high, and add dumplings. Stir to coat with butter and cook until beginning to brown. Remove from skillet and sprinkle with parmesan cheese.

To freeze: lay dumplings on a baking sheet in a single layer and place in freezer until frozen through. Put in a freezer bag to store. Do not defrost dumplings! To use, add straight to boiling water and cook for about 8-10 minutes or stir into a soup or sauce and cook for 20 minutes.