



# *Tucson Community Supported Agriculture*

*Newsletter 580 ~ March 20, 2017 ~ Online at [www.TucsonCSA.org](http://www.TucsonCSA.org)*

## **Spring 2017**

### **Harvest lists are online**

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### **Many more recipes on our website**

#### **Beef Shares**

Will be ready for pickup  
starting next week.

#### **Lamb Shares**

Taking deposits NOW!

Grass-fed, grass-finished lamb  
shares from Josh will be  
available for pickup starting  
April 11, just before Easter.

Reserve yours at the front desk  
with a \$20 deposit. The total  
number of shares available is  
limited to 30.

#### **For Sale: Worm Castings From Inch By Inch**

For a few months now many  
of you have been bringing  
your kitchen waste to the CSA  
and added it to the Inch By  
Inch bins. It is then fed to their  
little red wigglers.

The end product of all this  
is **worm castings**, i.e. worm  
poop. Worm castings are a  
high quality soil supplement  
for indoor plants and outdoor  
garden use. It's entirely  
natural. It is odorless and easy  
to use.

We have a limited amount of  
worm castings from Inch-By-  
Inch available for sale at the  
front desk: \$10 per 10-lb bag.

For more info about Inch By  
Inch, go to:

<http://www.inchbyinchaz.com>

## **Lori's Cooking Tips**

We learn so much about cooking from our members and volunteers! Over the next few months we will introduce you to some of the cooks who inspire us.

Lori is a longtime Tuesday volunteer at the CSA and she has been involved in many Tucson food projects over the years. These days she is nurturing an amazing sourdough starter, is experimenting with even more ways to preserve citrus fruit, and is perfecting the ultimate chocolate chip cookie. If you have a baking question, ask Lori and she will likely have a useful answer. Here are some cooking questions we asked her.

### **What are the five most important ingredients in your kitchen?**

Olive oil, chile flakes, garlic and onion and eggs. The first four ingredients are essential to almost every savory dish I make, from a simple stir fry to soup, pasta and salads. And eggs, well, they are so easy and also important for baking.

### **What kitchen gadget could you not live without?**

My microplane. It is perfect for grating Parmesan and other hard cheeses, plus it can zest citrus and grate nutmeg and ginger.

### **What is your favorite easy meal when you are tired and hungry?**

Greens with an egg on top. I start by sautéing chile flakes, garlic and onion (of course!) in olive oil, and then I add the greens. Once these are wilted, I make a little nest in the center of the greens and drop an egg in. Sprinkle a bit of water in the pan and cover until the egg white is cooked through.

### **What is your favorite guilty indulgence?**

Popcorn and champagne.

### **What are your favorite spring veggies and what do you do with them?**

Artichokes. I love them steamed and dipped in melted butter, or baked into an artichoke pie. Fennel! I do so many things with fennel. My favorite thing is to caramelize it in a pan then deglaze it with Pernod to accentuate the flavor (use white wine if you don't care for the anise-y flavor), then add to cooked pasta.

### **What veggie were you initially less enthusiastic about that has won you over?**

Kohlrabi was so strange looking when I first saw it. It just looks intimidating. But now I really love the bulb and the greens.

### **When you are searching for a recipe or trying to figure out what to make with your CSA share, where do you look?**

I think all of the Ottolenghi cookbooks (Ottolenghi, Plenty and Plenty More) are fantastic. I don't really use the recipes that much, but they really inspire me to get in the kitchen. His approach to vegetables is especially inspiring. Deborah Madison's cookbooks are still great for whenever we get something particularly unusual in our shares. As far as actually searching for a particular dish and following a recipe, Smitten Kitchen (both the blog and the cookbook) is consistently good.

### **What are your favorite recipes from Smitten Kitchen?**

I love to make the caramelized onion butternut squash galette as well as the pancetta, white bean and swiss chard pot pie.

## Spicy Peanut, Carrot, and Snap Pea Wraps

Carl Englander, Tucson CSA

These wraps are perfect for a packed lunch. Add or substitute spinach and radishes if you like. You can use the peanut sauce and serve the veggies over noodles or chopped greens, too.

1/2 cup chunky peanut butter, unsalted  
1 teaspoon chili garlic sauce  
2 tablespoons low-sodium soy sauce  
4 tablespoons water  
6 whole wheat tortillas (10 inch diameter)  
2 cups carrots, grated  
2 cups sugar snap peas, chopped

In a small bowl, whisk peanut butter, chili sauce, soy sauce, and water to blend. Evenly divide mixture between tortillas and spread in a rectangle down the middle of each, leaving a small border. Evenly top rectangles with carrots and snap peas, then roll-up burrito-style, cut into portions if desired, and serve cool.

## Baked Greens “Chips”

Nicole Baugh, Tucson CSA

Kale or collard greens are perfect for ‘chips’. Adjust the seasonings to your taste.

3-4 cups greens  
2-3 teaspoon olive oil  
1 teaspoon apple cider vinegar  
salt and pepper to taste

Preheat the oven to 325 F. Wash and dry the greens. If the leaves are large, de-stem and tear into 2 or 3 pieces. Place in a bowl or plastic bag and add the other ingredients, tossing to coat thoroughly. On a non-stick cookie sheet (or one lined with parchment paper), spread the greens into a single layer. If desired, you can wait to add the seasonings until this stage instead. Bake for 10-20 minutes, checking often after the first 10 minutes to ensure that they don’t burn. You may want to stir the leaves a little halfway through to keep them from sticking, but it shouldn’t be necessary to turn them. The leaves should be crisp but not browned, as they will become bitter if overcooked.

## Sautéed Swiss Chard with Ginger and Honey

Chef Stephanie Green, Crooked Sky Farms

1 bunch Swiss chard, sliced into ribbons (about 15 large leaves)  
1 tablespoon olive oil  
1 tablespoon honey  
2-3 teaspoons fresh ginger root, finely grated  
Salt and black pepper, to taste

Add olive oil to a large sauté pan and heat to temperature. Add Swiss chard and cook, stirring frequently, for about 1-2 minutes. Add honey and ginger root; stir well to coat. Continue to cook for about 1 more minute. Season to taste with salt and black pepper. Tip: Start with a slice of bacon in step one for added flavor.

## Spring Tonic Soup

Sara Jones, Tucson CSA

The greens in this recipe are great for helping our systems adjust to the changing season. This brothy soup is light and refreshing, but you can make it more substantial by adding a can of white beans, and a spoonful of sour cream or yogurt to each bowl.

3-5 small carrots, turnips and/or radishes, finely sliced  
1 handful green peas, chopped (if available)  
1/4 cup white rice  
3 cloves garlic or 2 stalks green garlic, minced  
2 large handfuls mixed greens, cleaned and chopped  
3 chard stems, chopped  
1 ½ quarts vegetable broth  
2 hardboiled eggs, finely chopped, to garnish  
Salt and pepper, to taste  
Fresh herbs, if available, to garnish  
Olive oil, to drizzle over individual servings

Bring vegetable broth to a simmer over medium high heat and add chard stems, garlic and rice. Cook for about 10 minutes and greens and sliced roots. Cook an additional 5 minutes, until rice is cooked through. Add salt and pepper to taste and serve. Garnish each bowl with a sprinkling of chopped eggs, herbs and a drizzle of good olive oil.

## Carrot and Fennel Pasta

Sara Jones, Tucson CSA

This is a fast and easy recipe, everything is ready by the time the pasta is done cooking. The vegetables, cut into long thin strips, cook quickly. Use a vegetable peeler to cut strips of carrot, and a very sharp knife to cut long strips of fennel and onion. Butter complements the taste of fennel, but you can use olive oil if you prefer.

2-3 carrots, sliced into thin strips (or grated)  
1 head fennel, any woody core removed, sliced into thin strips (use leafy fennel fronds for garnish if desired)  
3 green onions, sliced lengthwise into thin strips  
3 cloves garlic, minced  
2 + tablespoons butter  
Salt and pepper to taste  
Cooked pasta

While pasta is cooking, stir carrots, fennel, onion and garlic into melted butter, in a skillet over medium high heat. Stir often, sprinkling mixture with a little of the boiling pasta water or white wine if it appears too dry. When pasta is cooked through, drain and add to vegetable mixture. Season with salt and pepper and another pat of butter, if desired, and toss to mix. Serve hot.