



# Tucson Community Supported Agriculture

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Fall 2017

**Harvest lists are online**

**The Back Page Recipes**

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- Grapefruit Seltzer

**More Recipes Online**

**Annual Holidays**

The Tucson CSA will be closed during the holidays and there will be no pickups during the last week of December and the first week of January.

There is no need to place your subscription on hold for those 2 weeks.

The last pickups of 2017 will be on December 19 & 20. The first pickups of 2018 will be on January 10 & 11.



**Black Mesa Ranch Candy**

They're a seasonal thing, as David only makes them when it's cool enough for the chocolate to perfectly set, from November to February.



They are made with premium Belgian chocolate, and the milk chocolate ones are made with the milk from Black Mesa Ranch's lovely goats (we like to call those goat candies).

While we will likely carry BMR candies into the New Year, the range of choices will decrease with time. We'll just restock the most popular ones.

## Congratulations Paul!



We congratulate Paul Durham on being sworn in as Tucson's newest City Council Member. Paul is Philippe's partner of 22 years and he has been volunteering at the CSA since its onset in 2005. You have often seen him at the front desk but he has generally been working more behind the scene. For example, Paul has been driving to Josh's farm every other week for the past 10 years to get our eggs. Thank heavens

that he never was in an accident while driving with 2,400 eggs in the back of his car!

Paul worked for 20 years as a business transactions lawyer. He has been a strong advocate for solar energy and sustainability and campaigned on a plan to power City operations on 100% renewable electricity by 2025. His other goals include strengthening our local economy, providing the full range of safe transportation choices (pedestrian, bicycle, cars and transit), and addressing poverty and social justice.

Thank you to all who supported Paul during his campaign.

We wish him the best on his new journey. And hopefully we will still see him at the CSA from time to time.

## Herbed Rice

Herbs at the grocery store often come in fairly small bunches or in small plastic casings and they also tend to be pricey. Those two factors have conditioned us to use herbs in small amounts and we no longer know how to use large amounts of them at a time, save drying or freezing them.

So when you get a huge bunch of dill, sage or cilantro in your share, you may be tempted to rush to the trading table to get rid of it. Because surely you won't be able to use it all before it starts going bad. But... You can... Other cultures in Asia, Africa and South America do it, and so can you. One easy technique we recommend to beginners is to incorporate a whole bunch of herbs in a pot of rice and make dill rice, or cilantro rice.

Here is a recipe. Bring 3 cups of broth to a boil in a medium to large pot. Add 2 cups of basmati rice. Bring back to a boil, then cover and reduce heat to low. Simmer for 10 minutes, without stirring, then turn heat off. Let the rice rest, covered, for another 10 minutes. Then, fluff up the rice with a fork and fold into it your entire bunch of finely chopped dill or cilantro. Done! It's really yummy and goes well with grilled foods.

## Roses Are Red and Oranges Are Green

We would like to remind everyone that if the oranges included in your share are green or partially green it's not because they are not ripe: it's because it hasn't been cold enough for them to turn orange. Those green oranges are really perfectly ripe. Oranges are naturally green and there are only 2 things that will turn oranges from green to orange: repeated cold night temperatures and ethylene gas. Grocery stores use ethylene gas to turn oranges orange, because orange oranges is what customers expect. But not us CSA members! We take oranges as they come naturally, with a bit of green. But as night temperatures continue to drop, they will become less green and more orange...

## Arugula and Grapefruit Salad

Sara Jones, Tucson CSA

Peppery arugula and sweet/sour grapefruit go perfect together in this simple recipe. The hardest part of this recipe is segmenting the grapefruit. To do this, just peel the grapefruit with a knife, cutting away the peel as well as all the white pith. Remove the individual segments by cutting between segments in a V shape towards the center of the fruit.

1 bunch arugula, washed and dried (chop roughly if using large leaves)  
1 grapefruit, cut into segments  
1 small handful thinly sliced onion  
2 teaspoons olive oil  
2 teaspoon balsamic vinegar  
Salt and freshly ground pepper  
Chopped pecans or walnuts  
Crumbled feta or blue cheese

In a small saucepan heat oil, vinegar and grapefruit over medium high heat. Stir for a few minutes until grapefruit has released some juice. Season mixture with salt and pepper. Cool slightly. Pour over arugula, tossing to coat. Garnish with nuts and cheese. Serve immediately.

## Chimichurri

This Argentine salsa goes well with any grilled meat or fish. You can also stir it into a grain or potato salad and it is a lovely dip for crostini, too.

1 cup cilantro leaves and stems-tightly packed  
Several sprigs fresh oregano or marjoram, if available  
2-3 cloves garlic  
1 small onion  
1 cup olive oil  
1/4 cup red or white wine vinegar  
1/2 teaspoon ground black pepper  
1/2 teaspoon red chile flakes  
1 teaspoon salt

Pulse onion, garlic, vinegar and spices in blender or food processor until well chopped, Add herbs and about half of the oil and pulse again until finely chopped but not pureed. Stir in remaining olive oil and season to taste with salt.

## Greens Soup

Rachel Yaseen, The Organic Kitchen

2 tablespoons olive oil  
1/2 onion, chopped fine  
1 shallot, chopped fine  
2-3 cloves garlic  
1 tablespoon ginger, grated fine  
1 bunch greens (kale, chard, mustard, radish, beet, endive or a combination)  
1 white potato or sweet potato, chopped small (with or without skin)  
1/4 teaspoon cayenne  
1/2 teaspoon cumin

3 cups purified water

Saute onion and shallot in olive oil on medium for 10 minutes, or until translucent. Add garlic and ginger, cook 3 more minutes. Add remaining ingredients, mix one minute, then add the water and cook until vegetables are soft. Puree in batches. You can add a dash of cream, if desired. Salt to taste.

## Butternut or Pumpkin Polenta

Sara Jones, Tucson CSA

This recipe uses the regular long cooking polenta. If you want to use quick polenta, follow the recipe on the package, cutting out one quarter of the liquid and replacing it with twice as much cooked, mashed squash. Make this into a tasty desert by stirring in a bit of sugar and pumpkin pie spice, then serving with vanilla ice cream.

3 1/2 cups of water  
1/2 teaspoon salt  
1 cup polenta  
2 tablespoons oil or butter  
1 handful grated cheese (if desired)  
1 cup cooked, pureed winter squash.

Bring half of the water to a boil in a medium saucepan. Whisk the other half with cornmeal. Pour cornmeal mixture into boiling water slowly, stirring well. Turn heat to low, and cook, stirring occasionally, for about 30 minutes. At this point the mixture should be fairly thick. Stir in the pureed squash and cook about 10 more minutes. Add butter (and cheese, if using).

Serve soft in bowls or spread in a greased pan and cool until firm then cut into squares or triangles and sauté or broil until slightly brown and crispy.

## Grapefruit Seltzer

This is an incredibly refreshing drink for hot summer days and it can be made with any citrus. Much healthier than store-bought lemonade! Whenever you have more citrus than you can handle at any one time, squeeze it and freeze the juice in ice cube trays for a seltzer treat on another hot day. Add a bit of crushed mint or basil for an extra twist.

1 part grapefruit juice (or any citrus juice)  
1 part sparkling water  
Agave nectar, to taste

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