



Tucson Community Supported Agriculture

Newsletter 618 ~ January 8, 2018 ~ Online at www.TucsonCSA.org

Winter 17/18

Harvest lists are online

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CSA Account Tips

If your CSA account shows a balance below \$22 on any given Saturday, it will be closed, unless you are on Autopay, in which case it gets automatically recharged.

To prevent your account from being closed, make sure to recharge it before the midnight Friday after it does dip below \$22.

If your account has been closed and you wish to reopen it, just email us asking us to do just that, and specify your preferred pickup day, pickup location, as well as the shares you want. If you don't specify, we will reopen your account exactly as it was at the time it was closed.

Once we reopen your account, remember to recharge it by the following midnight Friday. The recharge options are check or E-check. If you wish to avoid the hassle of recharging it every few weeks, select the E-check Autopay option to have your subscription renewed automatically.

We wish you all a wonderful year with us. We are happy to have you along with us for the ride and we hope you'll enjoy the veggies!

Happy New Year

Happy New Year, and welcome back to another twelve months of fresh, local, and seasonal produce at Tucson CSA. Over our two-week break, we gained fifteen new members—we're so happy you're here!

Early January is typically a time when people set resolutions for the year ahead. Being a Tucson CSA member can be an integral part of accomplishing these goals—in 2018, every Tucson CSA member will eat more vegetables, support their local economy, and learn to cook with produce they've never seen in a supermarket (here's to you, tromboncino squash).



Your membership to Tucson CSA also helps other community members accomplish their goals. Your pre-paid subscription fee will allow local farms to pay for essential farm equipment, like wind tunnels and seeds; your commitment to cooking with food grown without pesticides or herbicides will help to create a safer planet; your use of pasture-raised eggs and meat from our front desk will stand against factory farming and serve as a vote for ethical, local farming. Week after week, Tucson CSA will help you and your community accomplish resolutions, vote with your dollars, and eat wonderful food.

Whether you're a longtime Tucson CSA member or a newcomer, thank you for investing in an organization that supports local, sustainable agriculture. We wish you all the best in the New Year!

Citrus and Kale

After a few years of eating with the seasons, Tucson winters have become synonymous with a fridge overcome by citrus and dark, leafy greens. In order not to tire of the plethora of these winter specialties, use them in new recipes that will trick you into thinking you're trying them for the very first time.



Instead of orange juice, make Almond Cake from New York Times Cooking. The wonderfully dense and citrusy cake requires an entire lemon and orange, rinds and all, but not much else. Or, unwind in the evening with a gold rush—a cocktail made with $\frac{3}{4}$ ounce of lemon juice, 2 ounces of bourbon, and $\frac{3}{4}$ ounce of honey simple syrup. Made with local honey available at the Tucson CSA's front desk, the gold rush is smooth and satisfying. If you can't eat your local citrus before it takes over the produce drawer, spend an afternoon juicing and freezing it in ice cube trays. You'll be prepared to make bright lemon vinaigrettes and weekend mimosas long after citrus season has passed.



Kale is a versatile green because it tastes great raw and cooked. For a quick and easy kale salad, destem one bunch of kale and finely chop the leaves into thin ribbons. Then, pour the juice of half a lemon and a few tablespoons of olive oil onto the kale and massage it into the leaves to tenderize them. Toss the dressed greens with freshly grated parmesan, leftover breadcrumbs, salt, and pepper for a salad that's great as a side or all on its own. If you want to make a bunch of kale disappear, chop it finely and add it to beans and greens soup, lasagna, or a flavorful stir fry.

Cabbage in a Fish Sauce Vinaigrette

Kumuma Rao, [Ruchikala](#)

This is a very simple Cabbage slaw that comes together in minutes. You can use a mixture of greens, including kale and even some romaien for an interesting texture and presentation. Not all Fish sauces are created equally. Kumi recommends using a Three Crabs brand fish sauce or Red Boat. Add grated carrots or other veggies for color contrast and flavor.

About 6 cup of finely shredded greens
1 tablespoon sesame oil
2-4 tablespoons fish sauce (three crabs brand or red boat)
1 clove of garlic, grated finely on a microplane
2 Thai chiles (minced)
1-2 tablespoons agave, honey, or crushed palm sugar
1/3 cup of cilantro leaves (whole)
Crushed peanuts for garnish

Make the dressing: mix together sesame oil, garlic, fish sauce, thai chiles (if using) and agave. Whisk – toss together dressing ingredients. Massage into cabbage. Taste. If it needs more seasoning add additional fish sauce. Toss with cilantro leaves and crushed peanuts and serve.

Stuffed Cabbage Rolls

Lorraine Glazar, Tucson CSA

The large, tender leaves of the michelli cabbage and tendergreens in our shares are great for stuffing. You can slice out the thickest part of the stem them overlap the leaves slightly to make a perfect surface for rolling up any filling.

12 large leaves of tendergreens or cabbage
1 ounce dried mushrooms, such as porcini or other type
1 cup boiling water
1 tablespoon oil
½ onion, diced
3 cloves garlic, chopped
½ cup fresh mushrooms, chopped
1 cup cooked brown rice
½ cup pine nuts
1 egg lightly beaten (or egg substitute of your choice)
2 tablespoons fresh dill, finely chopped (substitute parsley)
2 tablespoons fresh mint, finely chopped (optional)
1 teaspoon marjoram
1 teaspoon cumin
Salt and pepper to taste
1 ½ cups Basic Marinara Sauce
Heat your oven to 325 degrees.

Pour 1 cup boiling water over the dried mushrooms and let them sit for 15 minutes, or according to package directions. Warm oil in frying pan and add diced onion. Saute 5 minutes or until onion has softened a bit. Add garlic and chopped fresh mushrooms, and sauté another 5 minutes. Remove from heat. Drain the dried mushrooms and reserve the water. Chop as finely as possible. Combine the chopped dried mushrooms, the cooked onion mixture, the brown rice, nuts, egg and spices. Add salt and pepper. Mix the stuffing well. Lay out the cabbage leaves, one at a time. Stuff with 1/12 of

the mixture, starting at the stem end and rolling it like a butcher's wrap package or burrito. Roll firmly and place, seam side down, in a shallow casserole. Top with the marinara sauce, and bake uncovered for one hour or more, until rolls have absorbed most of the sauce.

Celery and Grapefruit Salad

Lorraine Glazar, Tucson CSA

Grapefruit and celery!?! The following salad is a match made in heaven! Add sliced avocado for a more substantial dish.

½ bunch of cutting celery, stalks and leaves.
1 large or 2 smaller grapefruit
2 green onions
Citrus dressing made with grapefruit juice (see CSA recipe archive)
Sunflower seeds, to garnish (optional)
Parmesan cheese, shaved, to garnish (optional)
1 avocado, sliced
Freshly ground pepper to taste

Chop the stalks on the bias into slender pieces and pull apart the leaves so they remain whole but are separated into distinct loose leaves. Peel and supreme the grapefruit sections, then cut them in half horizontally. Finely slice the onions, including the green tops. Arrange the salad elements on serving plates and dress with the prepared citrus dressing. Top with sunflower seeds, shaved Parmesan cheese and a sprinkle of pepper.

Cream of Celery and Lettuce Soup-new

Sara Jones, Tucson CSA

This is a great way to use up a good quantity of celery and the outer leaves and thick ribs of your romaine lettuce.

1 sweet onion, diced
1 tablespoon olive oil
1 large potato, diced
2-3 cups roughly chopped celery
1 teaspoon dry thyme
1 bay leaf
½ teaspoon ground coriander
Pinch of ground nutmeg
4 cups romaine lettuce leaves and ribs, roughly chopped
1 quart chicken or veggie broth
¼-1/2 cup heavy cream or sour cream
Salt and pepper to taste
Celery leaves to garnish

Heat oil in a large soup pot over medium high heat, add onion and saute until translucent and beginning to brown slightly. Add potatoes, celery and herbs and spices. Stir and cook an additional minute or two before adding broth. Bring to a low simmer and cook about 20 minutes. Add lettuce and continue cooking until lettuce is wilted down, another 5 minutes. Remove from heat and stir in cream or sour cream and season to taste with salt and pepper.