



Tucson Community Supported Agriculture

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Winter 17/18

Harvest lists are online

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Back Page recipes are courtesy of Shelby Thompson from Edible Baja Arizona. Shelby has been a loyal Tucson CSA member for many years. She has many great recipes on her personal blog at:

www.thesunandthespoon.com

Check it out, it's awesome!

Tip: Freezing Dill

Dill is one of those herbs that freeze really well. Here's how.

Stick your bunch of dill in a 1-Gal freezer Ziploc bag, flatten it and expel as much air from the bag as you can as you zip it shut. Store in the freezer

Whenever you need some dill, open the bag and break off the amount of dill needed. Zip the bag shut, again expelling as much air as you can, and stick it back in the freezer until next time you need it.

Dill will keep in the freezer for up to 6 months. It remains amazingly fresh: unlike dried dill, it retains its fresh flavor and aroma.



A Week at My Table, by Sara Jones



Wow! Our shares of lettuce and celery last week were huge! I used the outer stalks of my celery and some of the larger celery leaves in a cream of cauliflower and broccoli soup that I made. The more tender and mild flavored central stalks and leaves were an amazing ingredient for a simple romaine and celery salad that I was happy to eat all week. It sounds boring, but the salad is easy to make and surprisingly delicious, basically lettuce and celery dressed with nothing more than lemon

juice and salt. If you still have these veggies lingering in your fridge give it a try! Add ½ teaspoon salt to the juice and grated zest of one lemon, and stir it up well to make sure the salt is dissolved. Then dress a heaping bowl of the romaine and celery with the juice (I used lots of celery, but use whatever proportion you like). Let it sit for at least half an hour, tossing occasionally, before serving. The trick is to slice the celery and romaine as thinly as possible. This makes a nicer texture and allows the veggies to really soak up the lemon juice, plus it is a great way to use the thick stems of the romaine that you may be tempted to omit from a normal salad. I was sad when I used the last of both of those veggies over the weekend, but I imagine that we will have more of those massive heads of celery and romaine in our future, though, and I know just what I will make with them.

I wanted a really simple dinner one night so I steamed some broccoli and sweet potatoes and served them with rice. I dressed the veggies with some leftover lemon tahini sauce that I had from the previous week when I had roasted my cauliflower. Basically, the sauce is tahini, lemon juice, water and a pinch of salt. You can also add minced garlic and spices like cumin or red chiles. The dill in our shares this week would make a fantastic addition to the sauce, too! Just stir in a small handful of the chopped herbs once you have the sauce thinned to your liking. You need more water than you think to make the sauce because tahini initially gets much thicker with the addition of liquid. It can take nearly equal amounts of tahini and liquid to make a sauce, depending on what brand you are using. If it congeals and looks unappetizing when you first add liquid, just continue to stir gently and add liquid until it thins out. Lemon tahini sauce served over roasted cauliflower it is a match made in heaven, especially tucked into a hot piece of pita bread.

I am normally pretty good at keeping up with the greens in our shares, but I have been falling behind a bit. Often times I will eat a whole bunch of greens all to myself for dinner, but the bunches in our shares lately have been really big! I used several handfuls of mixed greens as the main ingredient in a creamy pasta dish one night and made a big side dish of greens sautéed with garlic to serve alongside beans and cornbread (my winter favorite) and still had some left when I wrote this newsletter on Monday! I am hoping I have some extra time this Thursday to make some kimchi while my greens from this week are at their freshest. It really is a pretty easy process, but sometimes it is hard to muster the motivation for a project that does not have immediate rewards. If you want to try your hand at making kimchi or sauerkraut read last week's newsletter for some inspiration!

And what Philippe did: Grilled Romaine! It adds a lovely smoky flavor to it. Cut your Romaine lettuce lengthwise in 4 quarters. Lightly brush each quarter with olive oil and throw on a very hot grill, flipping until all sides are slightly browned. Serve with a creamy, lemony, garlicky dressing: Caesar salad dressing works great!

Winter Squash and Greens Frittata

Shelby Thompson

- 1 Cup Acorn Squash or butternut squash, cooked
- 1/2 Yellow Onion, thinly sliced
- 2 Cups winter greens, such as arugula, collard greens, or chard stemmed and roughly chopped
- 5 Large Eggs
- 1/2 Tablespoon fresh rosemary leaves finely chopped
- 1 Teaspoon fresh thyme leaves finely chopped
- 1/4 Cup Whole Milk
- 1/4 Teaspoon Sea Salt
- Freshly Ground Pepper to taste
- 1/4 Cup Feta Cheese
- 1 Tablespoon olive oil
- 1 Teaspoon Salted Butter

Heat the oven to 425 degrees F.

Crack the eggs into a medium-sized bowl. Add the milk, salt, pepper, and fresh herbs to the bowl. Use a fork or whisk to vigorously beat the eggs together.

Heat the olive oil and butter in a small oven-safe skillet over medium-low heat. Add the onions and sauté for 10-15 minutes, until they are soft and slightly caramelized. Add the chopped greens and sauté for one minute, or until the greens are wilted. Add the acorn squash to the pan and stir to evenly distribute the ingredients across the bottom of the pan. Add the egg mixture to the pan and sprinkle the feta cheese evenly over the top of the egg mixture.

Cook for two minutes without stirring. Turn the stove off and put the pan in the oven.

Allow the frittata to finish cooking for another 10-15 minutes, or until it is set and doesn't jiggle when you move the pan. Allow the frittata to sit for five minutes before serving.

Spicy Beans and Greens

Shelby Thompson

- 2 Tablespoons olive oil, plus more for serving
- 3 large garlic cloves
- 2-3 dried chiltepin peppers, crushed
- 1 pound winter greens, such as Swiss chard or collard greens, roughly chopped
- 1/2 teaspoon sea salt, plus more to taste
- One 1-inch piece of parmesan rind
- 4 Cups vegetable or chicken stock
- 2 Cups cooked beans
- 1/2 cup grated parmesan, for serving

Heat olive oil in a large soup pot over medium heat. Add garlic and crushed chiltepins to the oil and sauté for 30 seconds, until fragrant. Add the greens and sauté for 2-4 minutes, until wilted. Add the sea salt, parmesan rind, stock, and beans and simmer for 10-15 minutes. Serve each bowl with a drizzle of olive oil and 2 tablespoons of parmesan.

Kale Salad with Orange Miso Dressing

Shelby Thompson

- 1 large bunch kale, stems removed
- 1 cup crunchy breadcrumbs
- 3 tablespoons light miso
- 2 tablespoons rice vinegar
- 1 tablespoon roasted sesame oil
- 1 tablespoon tahini
- 1/4 cup freshly squeezed orange juice
- 1 tablespoon water
- 1 teaspoon local honey

Chop the kale into thin ribbons and place them in a large salad bowl. To the bowl of a blender, add miso, vinegar, sesame oil, tahini, orange juice, water, and honey. Blend on high until the mixture comes together as a creamy dressing. Pour the dressing over the kale and use your hands to massage it into the leaves. Pour the breadcrumbs over the salad and toss until they are evenly distributed throughout the salad.

Spanish-Style Almond Citrus Cake

Shelby Thompson, NYT Cooking

- 1 small to medium orange
- 1 lemon
- 6 ounces raw almonds
- 1 cup all-purpose flour
- 1 tablespoon baking powder
- 4 eggs
- 1/2 teaspoon salt
- 1 1/2 cups sugar
- 2/3 cup olive oil

Place the orange and the lemon in a saucepan, and cover with water. Bring to a boil over medium-high heat, then reduce the heat and simmer for 30 minutes. Drain and cool.

Heat the oven to 325 degrees, and set a rack in the middle position. Bake the almonds 10 to 15 minutes. Set aside to cool completely. When the almonds are cool, pulse them in a food processor until ground.

Set oven to 350 degrees, and grease a 9-inch springform pan. When the citrus is cool, cut the lemon in half, and discard the pulp and seeds. Cut the orange in half, and discard seeds. Put the fruits in the food processor and process almost to a paste. In a small bowl, whisk the flour and baking powder. Combine eggs and salt. Beat until foamy. Beat in the sugar. Fold in the flour mixture. Add the citrus, almonds and olive oil, and beat on low speed until incorporated. Pour the batter into the pan, and bake for about 1 hour.

Let cool for 10 minutes, unmold and dust with confectioners' sugar.