



Tucson Community Supported Agriculture

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Spring `18

Harvest lists are online

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When subscriptions go to heaven!

A CSA account get closed when its balance dips below \$22 (the cost of 1 produce share pickup). This "closing" process takes place every Saturday morning. After that, we contact the producers to let them know how many shares of each type we need for the coming week.

If you let your CSA account expire accidentally, just email us to have it revived. It's no problem. But if we have already placed the share orders, you will have to skip a week before your pickups resume.

What if you have a hold?
CSA accounts with a balance below \$22 get closed even if they are on hold -this is to prevent subscriptions to be set on hold indefinitely, which can prevent new members from subscribing. So, remember, make sure that your CSA account has \$22 or more left on it if you want to set it on hold.

Note: all of the above does not apply to accounts which are on "Autopay." Autopay ensures that your CSA accounts gets topped up automatically whenever its balance dips below \$22.

The Poetry Of Sourdough Bread, by Hunter Douglas Smith

for Wheat

lift. cut. measure. weigh--
heave the flour, pour it precisely
and with care, let it mix (the old bakers--they must have had heaping flesh, stirring and mixing by hand.

sleeping in their bakeries pillowed by the oven).

with water. flour. salt. the leaven inspiring the latent gluten, bringing it heaving to the yeast munching the sugar of the grain, making carbon dioxide (rise) and alcohol (fall)

and for Rye

you cold windy
northerner
of germanic fields
flushing into strips of lemon-colored flowers,
your sickle-shaped seedhead pendant when pollinated,
bobbing on a sea-green stem;
the bronzed metal crescent hung from a grainy staff,
cutting them, bundling, and sheafing them,
to ripen in the sun
for three weeks,
to be threshed and winnowed for
rye grain
crunched and milled for
rye flour
fine and light like the
rye flower
goldflecks of pollen

for grain, for bread, for beauty

I give thanks.

to make a sourdough starter:

combine an equal amount of flour, wheat or rye (wheat is easier to work with), just enough to fill a small bowl. stir them well, until a thick soup-like consistency results. leave to sit in the open air for a few days, stirring each day (twice a day if it starts to encrust from the heat). you can cover the bowl with a cheesecloth to keep away flies, but it needs to be open to the air to receive the wild yeasts; they are aerobic organisms, and the stirring recirculates air into their environment.

add a little flour and water each day when you stir it; a little bit of sugar every week to feed it (yeast feed on glucose, which they convert into carbon dioxide and alcohol). when you approach it one day (give it a couple weeks) and it is very bubbly, the yeasts are there in abundance, and your sourdough it is ready to use.

when you first create the mix, you can add small, chopped pieces of browning fruit to the mixture to encourage the development of the yeast culture. yeasts are present on the fruit, so you are inoculating the flour paste with these yeast in addition to those that are airborne.

to make a loaf of bread

the basic process of bread-making is not complex, but it is too much to include in this space. I originally learned to make bread from Sandor Katz's *Wild Fermentation* and Edward Espe Brown's *The Tassajara Bread Book*. both contain well-put instructions, and bring a poetic and cultural perspective to the art of bread-making.

you can find Wild Fermentation for free here:

<http://www.baytallaah.com/bookspdf/Wild%20fermentation%202006%20-%20Sandor%20Ellix%20Katz.pdf>



Dal SaagKusuma Rao, [Ruchikala](#)

This is a great way to use a variety of greens, perfect for clearing out the veggie drawer. Dal is just split lentils and Saag translates to miscellaneous greens. This Indian dal is great on its own as a soup, or can be served with rice or any cooked grains.

1 cup dal (Moong dal preferred, but really any dal would do, cooked)
1 tablespoon cooking oil (canola, sunflower or coconut)
1 teaspoon cumin seeds
¼ teaspoon asafoetida
2 strands of curry leaves (if available)
¾ teaspoon turmeric
1 inch piece of ginger (minced)
3 cloves of garlic (minced)
1-3 Thai chiles (minced) to taste
1 teaspoon ground coriander
1 teaspoon ground cumin
2 bunches of misc. greens (turnip, rapini, kale, collards)
1 lemon (juiced and zested)
1/3 of bunch of cilantro, stems and leaves (cut into ribbons of coarsely chopped)

Make sure you have all your ingredients prepped and ready to go. Bring a 4-quart saucepan to medium high heat. Add oil and cumin seeds, watch the seeds closely and let them turn a slightly warmer shade of brown being careful not to let them burn. Add curry leaves, asafoetida, and turmeric. Add chiles, ginger sauté for a couple minutes, then add ground spices, sauté for another minute, stirring continuously. Then add chopped greens. Sauté for about 2-3 minutes with a teaspoon of salt. Add about 1 cup water and simmer for 5 minutes, uncovered. Add cooked dal. Stir. Add another teaspoon of salt (or adjust seasoning to taste). Stir in lemon juice and zest. Serve as a soup or as an accompaniment with rice.

Parsley Root and Carrot Bisque

Sara Jones, Tucson CSA

1 tablespoon oil
2 small potatoes, chopped
1 bunch parsley root, chopped
3-4 medium carrots or 1 medium sweet potato, chopped
1 onion, diced
1 inch fresh ginger, grated
1 teaspoon ground coriander
1 can coconut milk
1 pinch nutmeg
Salt and pepper to taste

In a large saucepan, heat oil over medium high heat. Add onion and cook until beginning to brown then add veggies and spices and stir to coat. Add can of coconut milk plus one can full of water. Bring to a boil, then simmer about 20 minutes until veggies are tender. Add nutmeg, salt and pepper. Puree soup in blender in small batches and serve garnished with nutmeg and finely chopped parsley.

Sambhar with Nopales

Kusuma Rao, Ruchikala

This is a shortcut version for a spicy Indian Lentil Stew. There are many optional ingredients, that sometimes may be hard to find – although you can get these items at India Dukaan on Campbell, which is a phenomenal Indian grocery store run by a lovely woman named Sukanya who will help you navigate the store. You can add nopales to your own favorite lentil soup, too.

2 tablespoons olive oil
1 small dried red hot chile broken into pieces
2 teaspoons black or brown mustard seeds
¼ teaspoon asafoetida (optional)
20 curry leaves (optional)
1 medium onion, thinly sliced
1 teaspoon ground turmeric
1 tablespoon coriander powder
1 teaspoon cayenne powder
¼ teaspoon black pepper ground
½ teaspoon ground cumin
1 cup of nopales (needle pads shaved and diced into one inch squares)
3 cups of cooked lentils
2 tomatoes diced, coarsely
1 teaspoon tamarind paste
Minced cilantro or parsley to garnish

In a large heavy saucepan add your oil to the pan – bring to high heat. Add chili and mustard seeds and cook them until they start popping, shield yourself with a lid to keep the mustard seeds from sputtering hot oil at you. Once the mustard seeds slow down – turn the heat down to low and add the asafoetida and curry leaves (if using) and fry them in the oil for about a minute. Add sliced onion to the pan and sauté on medium heat until it is slightly wilted (about 3-5 minutes). Throw in a touch of salt to help the onion cook down a little bit. Drop the pan to a low heat once more and add the ground spices, stirring to combine. Add tomatoes with another hearty pinch of salt, and put a lid over the pan to just steam the tomato a little bit. Cook for 2-4 minutes or until the tomato looks like it's breaking up a bit. Add the lentils and stir together to combine. Add the nopales and begin to simmer the lentils, adding water slowly as needed to keep the sambhar from sticking to the bottom of the pan. Stirring every couple of minutes. Cook for about 10 minutes. Add the tamarind if using. (you can also season with a touch of lime juice and a pinch of sugar). Season with salt to taste. Finish with a dollop of coconut milk if you like and garnish with minced cilantro or parsley.