



Tucson Community Supported Agriculture

Newsletter 657 ~ October 29, 2018 ~ Online at www.TucsonCSA.org

Summer 2018

Harvest lists are online.

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Find many more recipes on our website.

Sign Up for a Mushroom Share!

We are working with Sonoran Mushroom Co. to offer gourmet oyster mushrooms to Tucson CSA members. Mushroom shares will be a share option like our sprouts and cheese shares, and will be available at both our Historic Y and WMG locations.

A mushroom share will consist of a clamshell containing 4oz of oyster mushrooms, to be delivered every other week. It will cost \$18 over a 6-week subscription, \$6 per delivery.

You can sign up for a mushroom share simply by adding it to your subscription via your online CSA account. No payment is required when you add a mushroom share: its cost will simply be deducted from your CSA account balance. You can remove the share at any time, just like you can remove any other shares, as long as you have either a produce share or a bread share. Sign up as soon as you can!

Cooking with Collard Greens

It seems as though someone took the “winter” out of winter greens – Tucson CSA members have been getting collard greens consistently for the last two months, even during some of the warmest weeks of the year. In the South, it’s customary to eat collard greens (along with black-eyed peas and cornbread) on the first day of the year. Doing so is said to bring financial prosperity, as the folded green leaves resemble money itself. Although it’s not quite time to honor that tradition, at the very least you’ll get a good dose of vitamin C and soluble fiber, plus a slew of other nutrients, when you next eat them.



The name collard is short for colewort, which means cabbage plant. Collards, a species of loose-leaf cabbage, are large, dark, waxy greens that some folks find bitter. One of the oldest members of the cabbage family, collards (along with their close relative, kale) were eaten by the ancient Greeks and also by the Romans, who may have introduced them to the British Isles. Today, collards are eaten all over the world, particularly in Brazil, Portugal, parts of Africa, Eastern Europe, and the Kashmir region of India and Pakistan.

You can cook collard greens the traditional Southern way by boiling or simmering them slowly with a ham hock or salt pork. If you do so, be sure to save the liquid in the pan for dipping. It’s known as potlikker, or pot liquor, a highly nutritious broth said to cure anything that ails you. You can also chop up these greens and add them to stir fry, or simply sauté them with onions or garlic. You can even blend them up in a smoothie! If you don’t care for tough stems, you’ll want to remove them before cooking or blending. No matter how you cook them, collard greens bring good health. If you somehow can’t eat them, at the very least you can stick a large leaf on your forehead. Supposedly, that will cure a headache.

It’s great to have a regular dose of fresh, local, and healthy greens, but after so many weeks of cooking with them it can be hard to keep things interesting in the kitchen. If you’ve grown tired of eating collard greens prepared the same ol’ way, try using them as a vessel for delicious roasted veggies, slow cooked meat, garlicky spreads, and savory sauces. Used in place of tortillas or rice paper, collard greens make delicious wraps that will bundle your favorite ingredients into a quick and convenient meal.

Place a whole raw or blanched collard green leaf on a plate or cutting board and fill the center with a mixture of veggies, spreads, and proteins before folding the leaf up into a tiny burrito. For a Thai-inspired wrap, fill raw collard green leaves with a medley of raw bell peppers, thinly sliced mango, tofu, and basil and serve it with Peanut Ginger Dressing (back) for dipping. Or, put a Mediterranean spin on things by filling a blanched leaf with crumbled falafel (or slow-cooked meat), thin cucumber spears, and chopped parsley. Served alongside a bowl of Lemon Tahini Garlic Sauce (back), it’s a meal that will make you appreciate collard greens in a whole new way. With collard greens, you can use your favorite ingredients to make delicious portable snacks that are great any time of the day.

Lemon Tahini Garlic Sauce

Sara Jones, Tucson CSA

This sauce is excellent served with roasted winter squash or potatoes. It is also a perfect sauce for collard greens wraps. The tahini actually solidifies a bit when you add the lemon juice and oil. You will need to gently stir in warm water until you have reached the preferred consistency.

1/4 cup tahini
1 tablespoon lemon juice
Minced garlic, to taste
About 2 teaspoons olive oil
2 tablespoons or so warm water

Mix the tahini with the lemon juice, garlic and olive oil. Add a bit of water, as needed, to thin sauce to a pourable consistency. Season to taste with salt. Store any leftovers in the refrigerator.

Peanut Ginger Dressing

This is another great dressing to serve with collard green wraps. It also makes a great dip for cucumbers or fried tofu. You will need to thin this dressing with some liquid. Apple or orange juice provide a bit of sweetness, coconut milk makes the dressing even more creamy and delicious.

2 tablespoons peanut butter
1 inch piece fresh ginger, grated
1/4 cup fruit juice or coconut milk
1 tablespoon rice wine vinegar
1 tablespoon soy sauce
1-2 teaspoons sugar, if desired

Blend everything together in a food processor or blender until smooth. Taste and adjust seasoning as needed.

Baked Greens “Chips”

Nicole Baugh, Tucson CSA member, Adapted from 28 Cooks food blog

This is more of a method than a recipe, amounts are adjustable to taste, and you can use your favorite seasonings instead of salt and pepper, or replace the oil and vinegar with (non-creamy) salad dressing.

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), 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 thoroughly browned, as they will become bitter if overcooked.

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. This is great served with stewed veggies and beans but you could also 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. Bring to a simmer then 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. Cut into squares or triangles and pan fry or broil until slightly brown and crispy.

Pumpkin Pancakes

Shelly Adrian, Tucson CSA

Sift together:
1 cup flour
1 tablespoon baking powder
1/2 teaspoon salt
1 tablespoon brown sugar
1/4 teaspoon cinnamon

In a separate bowl, beat together:
1 egg
3/4 cup milk
1/2 cup pumpkin puree
1 tablespoon vegetable oil

Combine the wet and dry ingredients — do not overmix. Cook pancakes on griddle. Makes ten, 5-inch pancakes.
