



Tucson Community Supported Agriculture

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Spring 2019

Harvest lists are online.

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Find many more recipes on our website.

Lamb Shares for Easter

We're now taking orders for grass-fed lamb shares, which will be ready for pick up the week before Easter (April 16 & 17). Please see the front desk volunteer to put down your \$20 deposit.

We Need Your Bags!

If you've ever forgotten your reusable bag, you've probably been introduced to the "I Forgot My Bag" trunk at Tucson CSA. The paper and plastic bags that we have on hand for this purpose are donated by CSA members, and we are currently very low in stock.

If you have any clean grocery bags that you would like to donate, please give them to a CSA volunteer during one of your upcoming pickups. We (and everyone who forgets their bag in the future) greatly appreciate the donations.

Thank you!

A Week at My Table: Using What You Have

Written by Paula Redinger

Illustration by Louise Morgan

Last time I wrote, I was cooking with efficiency in mind. Winter and early spring is my busiest time of year, and it's all I can do to keep myself fed. While my schedule hasn't lightened up much (yet), my cooking has taken a slightly new direction. My own springtime migration to Utah will be here before I know it, which means now is the time to start clearing out the fridge, freezer, and, as much as possible – even the pantry. This was the first of several weeks of “because” cooking. “Because” I have *that* to use up, I will cook *this*.



Since I had a little packet of fancy black rice in the cabinet, it seemed like a good time to try a southeast Asian **cabbage** dish that has piqued my interest for some time. The popular South Indian side dish *Muttakos Poriyal* has taken cabbage in a new direction for me, as I so often use it in eastern European or Latin American preparations.

The turmeric-colored cabbage was beautiful atop the black rice! I used the remaining half head of cabbage in a slaw, along with the **turnips**. A quick ferment will lend it a bit of zing in two or three days' time. A few slices of bacon in my freezer led to the creation of a strange – but delicious – cross between a BLT and a breakfast sandwich: one of bacon, wilted **Red Russian Kale**, an egg, and garlicky aioli. Much like a glass of orange juice at breakfast, a tangy **tangelo** was a perfect finisher, balancing the richness of the egg and bacon.

Because I had one little tub of frozen garbanzo beans left in my freezer, I returned to what is now my new favorite preparation for **cauliflower**: roasted with new potatoes, cherry tomatoes and blanched, thinly sliced lemon, then mixed with chickpeas that have been crisped in the oven with oil and seasonings. Finally, I drizzled this “sheet pan dinner” with a sauce of yogurt and a mix of chopped **fresh herbs**. (To give credit where credit is due, this is a *NY Times Cooking* recipe called “Spiced Chickpeas with Cauliflower and Roasted Lemon”. The lemon makes the dish, in my opinion, and I find it to be sneakily addictive!) A bit of beef broth, rescued from the freezer door, combined with some caramelized onions left over from an earlier project, meant I could have a quick bowl of French onion soup, accompanied by a soft **butter lettuce** salad.

I know from experience that as my departure date nears and my remaining ingredient list gets both shorter and curiouser, my challenge will begin to resemble that of a culinary reality TV show. My creativity will be tested, which is part of the fun! What's next? A sandwich of maple syrup, chiles, and anchovies? Let's hope not!

Hot Buttered Radishes

Sara Jones, Tucson CSA

Radishes aren't just for salads. Here they are cooked with their greens to make a beautiful side dish.

1 bunch radishes with greens, cleaned and sliced in half lengthwise
1 pat butter
Salt and freshly ground pepper to taste

Heat butter in a skillet over high heat to melt. Add radishes and stir to coat. Cook about 3 minutes, stirring occasionally. Sprinkle with plenty of salt and pepper.

Fruity Beety

Maggie Newman, Tucson CSA adapted from Laurel's Kitchen

3 medium beets
2 oranges
2 tablespoons grated coconut
1 teaspoon honey
Juice and peel of 1/2 lemon
2 tablespoons dried cranberries or currants
1-3 teaspoons red wine vinegar
Salt to taste

Wash beets and steam whole until tender; then peel. Grate or julienne beets. Peel, seed and cut up oranges. Place half the oranges in blender with coconut, honey, lemon juice and peel, and blend 2 minutes. Mix all ingredients, balancing the sweetness with the additional vinegar if needed. Chill, letting the flavors blend for two hours or so.

Chicken Salad with Beet and Celery

Sara Jones, Tucson CSA

If you don't eat meat, sautéed tempeh and cashews make a great substitute for the chicken, or use chopped hard boiled eggs.

2 cups cooked chicken, chopped into bite size pieces
2 medium or 1 large beet, cooked and diced into bite size pieces
Large handful celery leaves and stems, finely chopped
3 green onions or a bunch of I'itoi onions, finely chopped
1 apple, peeled and diced
1/4 cup mayonnaise
1 tablespoon apple cider or red wine vinegar
2 teaspoons Dijon mustard
Salt and pepper to taste

Mix all ingredients together and let sit at least 20 minutes before serving over lettuce or bread.

Spice Cake with Turnip

Mary Ann Clark, Tucson CSA Adapted from a recipe at grouprecipes.com

If pumpkin is good for spice cake why not turnips? It sounds crazy but the mashed turnips add great moisture and the spices cover any strong turnip flavors.

2 1/2 cups whole wheat flour
1/4 tsp salt
2 teaspoons ground cinnamon
1 teaspoon ground nutmeg
1/4 teaspoons ground cloves
1/4 teaspoons ground ginger
2 teaspoons baking soda
1/2 cup margarine/butter at room temperature
1 cup packed brown sugar
2 eggs
2 tsp vanilla extract
1 cup buttermilk or milk with 2 teaspoons vinegar
1 cup cold cooked, mashed turnip
1/2 cup raisins/dried cranberries
1/2 cup chopped walnuts
powdered sugar for topping

Preheat oven to 350F. Grease and flour a 13" x 9" pan. Combine dry ingredients in a medium bowl (including buttermilk powder if using) and set aside. Cream butter and sugar. Add eggs and vanilla & blend well. Add buttermilk to the creamed mixture & blend well. Mix in the turnip, raisins, & nuts. Add flour mixture to the turnip mixture and blend very well. Pour into prepared pan and bake 40 minutes. Cool completely in pan before turning out and sifting powdered sugar over cake to serve.

Greens Cooked with Onions

Lisa Janz, Tucson CSA, Adapted from Madhur Jaffrey's Indian Cooking

1 bunch of greens
1/2 onion
2 tablespoon ghee or vegetable oil
1 fresh hot green chile (Thai chilies work best)
1 teaspoon peeled, finely grated fresh ginger
1/2 teaspoon salt
1/4 teaspoon sugar
1/4 cup water
1/4 tsp garam masala (Indian spice mix available at 17th street or other international market)

Cut greens into 1" wide strips. Finely chop onion. Heat oil in pan over medium heat and put in onions when hot. Stir and fry for about 3 minutes. Add chopped greens, chile, ginger, salt and sugar. Stir and cook for 5 minutes. Add water, stir, and cover tightly. Turn heat to low and cook for about 10 minutes. Uncover and boil away excess liquid. Sprinkle with garam masala, mix and serve.