



Tucson Community Supported Agriculture

Newsletter 716 ~ January 13, 2020 ~ Online at www.TucsonCSA.org

Winter 2019

Harvest lists are online.

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Find many more recipes on our website.

Managing Your CSA Account

Tucson CSA members have the ability to put their subscriptions on hold, add other shares to their accounts, and recharge them when needed. For help managing your account, check out the *Help* tab on our website, TucsonCSA.org. If your question isn't answered there, we'd love to hear from you at tucsoncsa@tucsoncsa.org.

Meat Update

Last year, Josh lost his longtime meat processor. This has made it more difficult for us to source pork and whole animals from Josh, but we're working hard to be able to source good, locally raised meat to offer you at the CSA.

Our farmers at Sleeping Frog Farms have been raising a small number of pigs, and we are getting an order of chorizo, pork chops, breakfast sausage, and roasts from them this week.

More to come!

A Week at My Table: Meal Planning with Your CSA Share

Written by Mary Kay Allen

I have a confession: I am a meal planner. When friends see my neatly scripted menus, they either think I'm a genius or a nutcase! But the process works for me. Every Tuesday morning, I sit down with pen and paper to plan the week's meals, joined by my calendar, the list of expected CSA items, and recipe sources. An hour of planning eliminates daily five p.m. anxiety, keeps my food waste to a slim minimum, and prevents those desperation “let's go out to eat” days. (Well, mostly.) A quick check of the fridge, freezer and pantry determines ingredients around which I may want to plan meals. (Whoa! There are multiple packs of frozen **roasted chiles**. Greetings, partial package of sliced prosciutto! Hello, holiday ham...) Then, my convenient list of expected CSA produce is worked into the mix to ensure that I use up the perishables during the week. So, what's on the menu this week?

A dedicated home baker, breakfasts will feature baked goods using **Barrio Grains Sonoran Flour**. This week, offerings include maple walnut scones and date-nut bread handily found in my freezer, plus freshly mixed sourdough waffles. Together with yogurt, **Josh's eggs**, and **sliced citrus**, these make a solid morning's meal. I'm also anticipating baking my next loaf of homemade sourdough with the **Barrio Blend** whole grain flour. Toasted and slathered with nut butter and blackberry jam, this is a weekly staple. Several days of hot cereal will round out the week.

Wednesday's **pastured ground beef** burgers go Greek style: black pepper- crusted and seasoned with **fresh dill, chives, lemon zest**, and goat cheese crumbles. Alongside the burgers vegetables char slowly, including our **mushroom share** and a package of **CSA roasted chiles** from the freezer. Thursday is a busy day of volunteering, so planned leftover **grilled vegetables** join the aforementioned prosciutto to make a quick and easy open-faced sandwich, atop split and toasted Barrio rolls. Friday will offer Tuscan farro soup, for which I'll use **CSA pinto beans**, presoaked and sprouted, locally grown farro, and **kale**. A **romaine** salad is served on the side, and a few remaining **apples** join the mixed fruit crisp for dessert. Holiday ham was discovered lurking in the fridge, so quickly sautéed slices will be accompanied by **oven-roasted potatoes and broccoli** come Saturday, along with the last servings of fruit crisp. Sunday's Thai shrimp cakes will be joined by **roasted winter squash** and baby spinach. I can't help but notice that Thursday's soup recipe made a huge batch, so while black bean and poblano quesadillas are scheduled for Monday, Tuscan farro soup will make a repeat appearance. Our large head of **romaine lettuce** will make one final salad, combined with avocado and **fresh orange slices**. What?! Be flexible with the meal plan? That's okay... those delicious quesadillas feature **CSA black beans** from the pantry and **roasted chiles** from the freezer. They'll wait, right where they are, for a head start on next week's meal plan!

For more recipe inspiration visit Mary Kay Allen's blog, www.raisedonthefarm.com.

RECIPES

Italian-Style Greens

Sara Jones, Tucson CSA

If you are still learning to like cooked greens, or if you are bored with your usual favorites this is a great recipe to try. The flavors of olives, capers, tangy cheese and vinegar are a perfect way to dress up mild greens as well as balance out stronger flavored greens. You can use a wide variety of greens in the recipe, including the tops from turnips, radishes and beets. Remove the tougher stems from collards or kale

½ yellow onion, chopped
½ can stewed tomatoes, broken apart, juice included
3 cloves garlic
1 or two bunches of greens, washed and roughly chopped
¼ cup chopped olives and/or capers
2+ tablespoons feta cheese
Red pepper flakes, to taste
1 tablespoon olive oil
Salt and pepper to taste
Drizzle balsamic vinegar

In a large skillet, heat oil over medium high heat. Add onion and sauté for about five minutes. Add garlic, chile flakes, greens, tomatoes, olives/caper. Stir well and cover, reducing heat to medium low. Cook about 10 minutes, stirring occasionally to prevent sticking. When greens and tomatoes are well cooked, remove from heat, sprinkle with salt and pepper and dress with a splash of balsamic vinegar. Stir well. Add goat cheese and serve over cooked pasta, toasted bread or cooked wheat berries.

Baked Greens “Chips”

Nicole Baugh, Tucson CSA

For people like me who really don't like stewed or sautéed greens, here's a different (and crunchy!) way to prepare a lot of greens. More of a method than a recipe, especially well-suited to kale and collard greens. The 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.

Candied Citrus Peel

Lori Adkison, Tucson CSA

This is an easy way to make candied citrus peels. Use a vegetable peeler or paring knife to peel long strips of zest. Try to avoid peeling the white pith along with the zest, it can be quite bitter. You can store the cooked peels in the fridge, in their syrup, or put them on a drying rack, sprinkle with sugar, and dry until brittle. Dried peels will store well in an airtight container. They make excellent additions to cakes and pies, granola and ice cream. The simple syrup that the peels are cooked in has a delicious citrus taste, too. Use it in cocktails or other drinks.

For about 1 cup of citrus peel you will need a simple syrup of:
1 ½ cups white sugar
1 ½ cups water

Put zest in a medium saucepan and cover completely with water. Bring to a boil over high heat, simmer for about 30 seconds and drain. Make a simple syrup by heating water and sugar over medium high heat, stirring often, until sugar is dissolved. Bring to a low simmer for five minutes then add peels and return to a boil. Remove from heat, let cool and transfer to a jar for storage in fridge.

Turnip or Radish Fritters

Tina Hansleben, Tucson CSA

Use some of the greens from the roots in this recipe if you like!

3 large turnips or radishes
¼ cup flour of choice (I have used many different kinds of wheat free flours with success.)
1 egg
1 tablespoon dried dill or more if fresh
Juice of one lemon
Peel of one lemon
½ teaspoon salt
Sugar, to taste
Chèvre, to garnish

Shred roots into a large bowl. Add egg, dill, lemon peel, salt, flour, juice from 1/2 lemon. Add a little more flour if the mixture is still very wet, you want the vegetables to stick together. Heat a pan to medium with oil. Scoop out the mixture in a ¼ cup measure and press down with a spoon. Drop mixture onto the pan, flatten with a spatula and fry until golden on each side. Mix remaining lemon juice with a little sugar until you have a sweet concoction to drizzle onto the fritters at the table.