



Tucson Community Supported Agriculture

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Winter 2019

Harvest lists are online.

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Find many more recipes on our website.

Now Taking Deposits for Pork and Beef Shares

We're now taking orders for both pork and beef shares! The pasture-raised animals will be sourced from Josh Koehn of **Chiricahua Pasture Raised Meats** and butchered by Ben Forbes of **Forbes Meat Co.**

Pork shares will be ready first, followed by beef shares a few weeks later. To order a pork and/or beef share, please put down a \$20 deposit with the volunteer in the CSA Shop.

Although we've worked with Josh for many years, this is the first time we'll be working with Ben Forbes. Ben is known in the community for supporting Arizona ranchers, the local 4H chapter, and other local growers. He is outstanding at what he does and we're excited to work with him! That being said, we are still working out some details – pricing, cuts, sausage varieties, etc. We promise to keep you updated as we figure it out.

Cardoons

Written by Philippe



At the CSA we frequently get vegetables we are not familiar with. That's because Farmer Frank loves to experiment with new things. So, here come cardoons! Cardoons originate from the Mediterranean region and they are mostly popular in Italy and France. They are sought after for their unique and slightly bitter flavor. As such, they pair well with acidic and fatty ingredients such as lemon, butter and cheese.

Cardoons are a thistle-like plant, up to six feet tall and very similar to the artichoke plant. However, unlike artichokes, cardoons are grown for their thick, fleshy, celery-like stems and—like artichokes—they require a bit of work.

How to Prepare Cardoons

To remove most of their bitterness, it's best to blanch cardoons. Fill a bowl with water and some lemon juice. Trim both ends of the cardoon stalks and remove the leaves. With a paring knife, shave the edges off each stalk and peel off the large protruding ribs (as you would a celery stalk). Cut each stalk crosswise in 1" pieces and immediately place in the lemon water bath. Once they're all trimmed, blanch the cardoons in boiling water for 20 minutes, or until the stalks are tender but still a bit firm. Drain. They are now ready to be used in a recipe.

Cardoons lend themselves to many wonderful dishes: gratins, cheese sauces, fritters, stews, gently braised on their own or with other vegetables, or simply seasoned with salt, pepper and a bit of lemon juice. I like to wrap them in slices of Black Forest ham, smother them with Mornay sauce and bake them for 20 minutes at 350° F.

Another popular way to eat them is to dip cardoons in Bagna Cauda, an Italian dipping sauce made of butter, garlic and anchovies. See the recipe on the back!

Share your tips and recipes at [facebook.com/groups/TucsonCSACommunity](https://www.facebook.com/groups/TucsonCSACommunity).

Save the Date: The Tucson CSA Anniversary Party!

We'll be celebrating the Tucson CSA's 16th anniversary with a party in the Historic Y courtyard during our regular pickup hours on March 3rd and 4th. Join us for treats, a raffle, live music, and a fun community art project. Farmer Frank will be there to meet CSA members and answer your questions about the farm.

We so enjoy this opportunity to honor everyone that has supported the Tucson CSA over the last 16 years – especially our farmers, members, and volunteers. We can't wait to celebrate with you!

Bagna Cauda Dip

From Epicurious.com

Literally translated as "hot bath," this dipping sauce for vegetables often appears in many Italian homes as part of the Christmas Eve buffet. Although cardoons (an edible thistle related to the artichoke but resembling celery) are traditional, celery makes a fine substitute and any combination of vegetables will do, including roasted broccoli or cauliflower wedges. In Italy, the routine goes like this: Vegetable pieces are dipped into the sauce (a fondue-style fork will help) and then eaten, with a slice of bread held underneath. Once the bread is soaked with sauce, it's eaten, too. Then everyone starts over. It's fun for a party appetizer no matter where you live.

3/4 cup olive oil
6 tablespoons (3/4 stick) unsalted butter, room temperature
12 anchovy fillets
6 large garlic cloves, chopped
Assorted fresh vegetables, cut into bite-size pieces
One 1-pound loaf crusty Italian or French bread, cut into 2-inch sections

Blend oil, butter, anchovies and garlic in processor until smooth. Transfer oil mixture to heavy medium saucepan. Cook over low heat 15 minutes, stirring, occasionally. (Sauce will separate.) Season with salt and pepper. Pour sauce into fondue pot or other flameproof casserole. Set pot over alcohol burner or gas table burner to keep warm. Serve with vegetables and bread.

Roasted Cauliflower & Cheese Dip (Veg, GF)

Philippe Waterinckx, Tucson CSA

This creamy, salty cheese dip would also make a great accompaniment to prepared cardoons! You can roast the cauliflower whole or cut into 1/2" thick slices for less oven time and more browning.

1 cauliflower
1/4 cup fresh goat cheese
1/4 cup cream cheese
1/4 cup feta
1/4 cup grated Parmesan
1/2 to 1 cup milk
2 cloves garlic, finely minced
Olive oil
Salt and pepper to taste

Heat oven to 350F. Place an oven dish with 1-inch water in it on the bottom rack. Cut off the stem and remove leaves of the cauliflower. Rub some olive oil, salt and pepper on the cauliflower. Place in another oven dish, flat side down. Roast on middle rack for 1 hour or until browned.

Dip: mix remaining ingredients and beat it with an egg beater or whisk until smooth. Add extra milk if necessary to obtain creamy semi-liquid consistency.

Cabbage Okonomiyaki (Japanese Frittata) (Veg)

This is a dish that is very versatile, easy to make and liked by all. Although this recipe uses cabbage and turnips, you can use any combination of leafy greens and root vegetables.

1 cup vegetable stock or water
2 eggs
1 cup all purpose flour
1 teaspoon salt
1 teaspoon ground pepper
1/2 onion, sliced or 3 chopped green onions
1/2 cabbage, thinly shredded
1 bunch turnips or radish roots grated and greens finely sliced
1 tablespoon oil
Mayonnaise, hot sauce, BBQ sauce or any dip of your choice

Whisk together vegetable stock, eggs, flour salt and pepper until you obtain a smooth batter. Add veggies and mix in well. Heat oil to medium high in large skillet. Add half the cabbage mixture to the skillet (reserve the other half for a second batch or for another occasion – it will keep in fridge for a few days). Pat down with a spatula until mixture is even and compact. Cover and cook on medium high for about 5 minutes. Turn it over – I slide it on a plate and then flip the plate over in the skillet. Cook for another 5 minutes, covered. Slice like a pizza. Serve sliced with dollops of mayo on each slice.

Cabbage and Warm Spinach Salad (GF)

Adapted from Gourmet, April 2000

For balsamic vinaigrette:

1 garlic clove, minced
1/8 teaspoon salt
1/2 teaspoon Dijon mustard
1 1/2 tablespoons balsamic vinegar
2 1/2 tablespoons extra-virgin olive oil

For salad:

1/4 cup pine nuts
2-oz sliced pancetta (Italian unsmoked cured bacon), chopped
1 pound cabbage, cut into 1/4-inch-thick slices
5-oz baby spinach, any tough stems discarded

Make vinaigrette: Mash garlic with salt to a paste. Whisk together garlic paste, mustard, and vinegar, then add oil in a stream, whisking until emulsified. Make salad: Toast pine nuts in a dry large heavy skillet over moderate heat, stirring frequently, until beginning to turn golden, about 2 minutes. Add pancetta and cook until browned and crisp, about 2 minutes. Add cabbage, tossing to combine, and cook, covered, until wilted and just tender, 8 to 10 minutes. Reduce heat to low and add spinach, stirring gently until it just begins to wilt. Remove pan from heat. Add vinaigrette and toss. Serve immediately.