



Tucson Community Supported Agriculture

Newsletter 271 ~ January 10, 2011 ~ Online at www.TucsonCSA.org

Winter 2010/2011 - Week 5 of 11

Harvest list is online

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*Many more recipes on
our online recipe archive*

Backup Volunteers **STILL needed!**

Permanent volunteer positions do not frequently come up, and when they do, they are usually filled by someone who has substituted before.

We are now updating our volunteer pool list for 2011, so if you are willing to substitute on occasions, now is the time to let us know. Send Philippe an email at tucsoncsa@tucsoncsa.org, indicating

- what position(s) you are interested in
- what day/times you are available
- your contact info (e-mail address and telephone number)
- why you are interested

Positions:

Unloading and set up: Tuesday 2:00 to 3:30 PM and Wednesday 1:00 to 2:30 PM.

Requirements: moderate strength (there is some lifting)

Produce Line: Tuesday and Wednesday, 3:50 to 7:20 PM.

Requirements: knowledge of vegetables and how to prepare them, the ability to communicate that knowledge effectively, and an interest in cooking.

Note: we do have a permanent position available for unloading and set up, on Tuesday, 2:00 to 3:30 PM.

OUR CONDOLENCES TO THE FAMILY OF GABE ZIMMERMAN

As you know, Gabe Zimmerman, Gabby Giffords' Community Outreach Director, was fatally shot in the tragic incident this past Saturday. Emily Nottingham, a CSA member and a truly wonderful lady, is Gabe's mother. Emily – we love you and value you, and we're so very sorry. Our most heartfelt condolences to you and your family.

WINTER GREENS GUIDE

Winter greens can be overwhelming to those not used to them. If you are one of those who don't always know how to prepare them, we highly encourage you to check out Sara's Winter Greens Guide – How to Store and Prepare Winter Greens.

The guide can be accessed online from our website. Go to our home page and click on Recipes. The link to the guide is on the top of the recipes page.

NOW TAKING ORDERS FOR GRASSFED BEEF SHARES

We are now taking deposits for grass-fed beef shares. The beef is produced by Josh from A Bar H Ranch, who also provides us with chickens, turkeys and eggs.

A \$20 deposit per share is required at the time of ordering. The balance will be due when you pick up your beef share later in the session (around mid-February).

The meat is both grass-fed and grass-finished. The number of shares is limited.

A typical share includes two steaks, two pounds of ground (extra lean), one roast, and one miscellaneous cut. A beef share costs about \$6.50 per pound and weighs approximately 8 pounds. However, price, weight and content vary with each share.

We won't have pork shares available this session, but you can buy pork cuts individually at the front desk when available. We'll try to keep pork in stock.

For more info about our meat shares, go to our website and click on Products, then Grass-fed Meat Shares.

FOOD DEMOS

Several times during the course of a session, we offer food demos in the courtyard. We prepare seasonal vegetables in front of you and we usually try to demonstrate the more obscure or problematic ones. Sara has a knack for making easy and tasty recipes using the farm's fresh and seasonal produce. It's your Iron Chef show at the CSA!

We encourage you to come by the food demo tables, talk to our wonderful chef Sara, and taste some of her delicious concoctions.

Food demos are from 4 to 6 PM. And they are free of charge.

BUMPER CROPS AND THE REALITY OF FARMING

No matter how well an organic farmer plans his crops, some crops will do better and some will do worse. And every season there seems to be a bumper crop. There are just too many variables present in organic farming to assure perfect regularity. A bumper crop manifests itself through a particular vegetable appearing in our shares with stubborn regularity. This season, it seems to be radishes. They have come to us in all shades of whites and reds. There really is only one way to deal with this abundance: embrace it. Look up our recipe archive for radish recipes, slice them, grate them, eat them raw or cooked, or in a dip, pack them in a bag for mid-day snacks.

Greens and Rice Pilaf

From Philippe, Tucson CSA

1 bunch of greens (any greens), sliced in 1/4" ribbons
1 medium onion, sliced in rings
2 cloves of garlic, crushed
2 tablespoons oil
1 two-ounce can anchovies (optional)
1 stalk lemon grass (optional), cut in 1 inch segments
1/4 cup grated Parmesan cheese
1 cup rice
salt and pepper to taste

Sauté the rice in 1 tablespoon of oil until it begins to brown. Add 2 cups of water, a pinch of salt and a dash of black pepper. Cover and simmer for 15-20 minutes, or until water has evaporated.

Sauté the onion rings, garlic, lemon grass and anchovies in the other tablespoon of oil for 5 minutes or until onions are tender. Add greens and stir gently for another 5-10 minutes until greens are soft but still vivid green. Salt and pepper to taste.

Serve the greens on a bed of rice and sprinkle with grated parmesan.

Radish Salsa-new

Sara Jones, Tucson CSA

Use this salsa to garnish your tacos or burritos. It is also refreshing alongside a steak, or any other heavy, hearty dish. This is a great salsa with just the cilantro and lime juice, but you can add the others spices to your personal taste. Soaking the onion and radish in water for just 10 minutes takes away some of the smelly sulfur compounds and mellows the flavors considerably.

About 1 cup radishes, diced into 1/4 inch cubes
1/2 red onion, diced
1 small handful cilantro, chopped
Juice from one lime
Salt to taste
1 pinch toasted mustard seeds (if desired)
1 pinch ground cumin (if desired)
1 pinch ground red pepper (if desired)

Put diced radish and onion into fresh, cold water to soak for 10 minutes. Drain well and toss with lime juice, cilantro, spices and a pinch of salt. Refrigerate until ready to serve.

Miso Sesame Sauce for Winter Vegetables-new

Sara Jones, Tucson CSA

Some of you may have tasted this sauce before over eggplant or cucumbers during one of our summer cooking demos. It turns out the flavors work equally well with winter produce. You can use it in both salads and cooked dishes, highlighting one vegetable, or a combination. If you have never used miso

before this is a good introduction. This sauce will last in the fridge for at least one week, so you can make more than you would need for just one recipe. For enough veggies to serve about 2-4 people, I use teaspoons in the given ratio. For larger servings or more people I use a tablespoon. Begin by using a bit of the sauce and adding more as needed.

2 parts miso
3 parts rice wine vinegar
1 part soy sauce
1 part toasted sesame oil
Dash honey or sugar, if desired
Freshly grated ginger, minced garlic and red pepper flakes to taste
Sesame seeds to garnish (if desired)
Green onions to garnish (if desired)
Crumbled nori (if desired)

For a salad: Use sliced radishes, kohlrabi or carrots, and finely chopped greens. Drizzle with sauce, toss well and let sit at least 30 minutes before serving. Garnish with sesame seeds and chopped green onion or nori, if you like.

For cooked dishes (use chopped winter squash, root vegetables, or a combination, including any greens available): Cut veggies to desired size and cook in a skillet with a small amount of oil over medium heat until almost tender (add water as needed to prevent sticking). Add sauce and a splash of water, stir well to coat and cook until veggies are tender. Serve hot over noodles or rice and garnish with sesame seeds, green onion and nori, if using.

Italian Greens

Sara Jones, Tucson CSA

Use whatever greens you have available. The flavors in this recipe are especially good at mellowing pungent or bitter greens. You can also blanch the greens first for an even mellower flavor. Cook more delicate greens, like arugula, for a shorter amount of time.

1/2 yellow onion, chopped
1/2 can stewed tomatoes
3 cloves garlic
1 bunch turnip or other greens, washed and roughly chopped
1/4 cup chopped olives and/or capers
2+ tablespoons goat 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, greens, tomatoes, olives/capers and red pepper flakes. 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 drizzle with a little balsamic vinegar. Stir well. Add goat cheese and serve over cooked pasta, toasted bread, polenta or cooked grains.