



Tucson Community Supported Agriculture

Newsletter 322 ~ January 23, 2012 ~ Online at www.TucsonCSA.org

Winter 2011/2012

Harvest list is online

The Back Page

Pasta with Beets and Walnuts
Greens Soufflé
Bruised' Raw Curried Kale Salad
Lori's Dill-icious Bean Dip (on front page)

Many more recipes in our online recipe archive

Now Taking Deposits For Grass-Fed Beef Shares

Pay a \$20 at the front desk to reserve your beef share. The shares will be available in mid to late February.

The grass-fed beef comes from Josh's farm near Willcox (same guy who brings us chickens and eggs).

For more info on our grass-fed beef shares, go to our website, then click on *Products > Grass-fed Meat Shares* on the navigation bar.

Beantree Farm Workshop

Ferment YouR evolution- Kombuchas, Kvas, Kimchis & More.

With Barbara Rose.

February 11, 9am-1pm.

Have fun, build your health & immune system, make and taste a delicious array of traditional ferments, discover centuries-old recipes that use whey and vinegars and feature Sonoran Desert ingredients. Participants will prepare and sample a selection of fermented foods and drinks, and enjoy a mid-day feast of (gluten-free) foods, herbs and spirits. Workshop is limited to 15 participants, so sign up soon! Workshop fee: \$50.

For more info, go to:
<http://www.beantreefarm.com>

SHINGIKU, NOT YOUR EVERY DAY CHRYSANTHEMUM!



Also known as Garland Chrysanthemum, Chop Suey Shingiku or Tong Ho, this Japanese edible herb is not your usual ornamental chrysanthemum. It is edible and delicious! The leaves are thin and finely serrated with an almost lace-like appearance. The stem grows upright, and the bright green leaves cascade from the top of the stalk like a palm tree. It's so pretty it's almost a shame to eat it!

Shingiku is most commonly used as an herb to flavor dishes (like parsley or dill, for example) rather than used as a green. This tender, edible herb has a unique, mild zesty flavor. Its leaves and stems can be eaten raw or cooked. Shingiku can be prepared by serving it fresh or by steaming, blanching, or sautéing. Add fresh to salad mixes and dips. It can also be used for flavoring soup and stir-fry such as sukiyaki, ohitashi, yosenabe, and shabu-shabu. Overcooking should be avoided and it is recommended to add it at the last moment since it easily loses its structure.

DILL: HOW TO USE LOTS OF IT!

The bunches of dill we get at the CSA can be big. I often finely chop the entire bunch into a large batch of tomato sauce or a cheese sauce and I love it! You can also use sizeable quantities of it in dips – dill makes a great herb for flavoring dips as illustrated in Lori's recipe below.



If you prefer to use your dill over time, separate your bunch of dill into smaller portions, place the portions in freezer Ziploc bags, and freeze them. Dill freezes admirably!

For more dill ideas, check our online recipe archive (click on *Recipes* in our homepage's navigation bar and wait a few seconds – there are so many recipes that the page takes a while to load).

Lori's Dill-icious Bean Dip

This is an awesome dip for all of our fresh spring vegetables. Serve it with thin slices of raw carrot, beet, turnip or kohlrabi. You can vary the flavors to your taste, adding more dill or salt and pepper as you desire. If you are in a hurry, just try adding chopped dill to a store-bought hummus, for similar results.

About 3 cups cooked lima beans, or any other white bean
4 tablespoons olive oil
1 handful chopped dill
3-5 garlic cloves

Process all ingredients together in a food processor or blender, adding bean juice as needed to make a smooth paste. Taste for flavor and season to your taste with salt and pepper and more dill if desired.

Pasta with Beets and Walnuts

Paula Redinger, Tucson CSA

If you've already roasted your beets, this recipe takes no longer than it does to cook the pasta. To roast beets, wrap them in foil and place in a 450-degree oven. Cook until tender (1/2 hour to 1 hour, depending on size). Wait until cool enough to handle. Trim beets, and slip off their skins.

Refrigerate until needed. I usually roast beets well in advance, along with any other vegetables I want to roast that week, or if I have a loaf of bread to bake. (I figure I might as well fill up the oven if it's going to be on.) I'm sure they could be done on the grill as well, over low coals.

Pasta "shape" of your choice (I like "shapes" rather than "strands" for this recipe.)

Roasted beets, 1/2 inch dice, about 1 cup per serving
Walnuts, roughly chopped, 2-4 tablespoons per serving
Parmesan cheese, grated, 2-4 tablespoons per serving, plus extra for the table

Olive oil, 2-3 teaspoons per serving

Salt and pepper

Put the pasta water on to boil. Meanwhile, trim, peel and dice beets, chop the walnuts and grate the cheese.

Toast the walnuts in a dry pan until fragrant, tossing frequently – probably not more than a minute.

When the water is at a full boil, salt it generously (it should taste like seawater) and put in the pasta. Once the pasta is cooked to your taste, drain it and put it back in the still hot pan. Sprinkle in the Parmesan and combine well. The Parmesan will melt and make a sort of creamy sauce on the pasta. Add the olive oil, salt and pepper (I like a lot of pepper) and combine. Work quickly so the pasta doesn't cool before serving.

Portion out the pasta into bowls (preferably warmed) and top with the walnuts and beets. Serve with additional Parmesan on the side, if desired.

Greens Soufflé

Kristin Terpening, Tucson CSA

Here's an option for using lots of greens: soufflé! I've slightly modified a recipe for broccoli soufflé from an old Better Homes and Gardens cookbook: All-time Favorite Vegetable Recipes. It's great with broccoli of course, but it's also quite good with whatever greens you have on hand.

2 cups chopped greens (kale, braising mix, spinach, whatever)
2 tablespoons butter
2 tablespoons all purpose flour
1/2 teaspoon salt
1/2 cup milk
4 egg yolks
1/4 cup grated Parmesan cheese (or mix of hard cheese)
4 egg whites

Wilt the greens (or blanch and shock in ice water), and drain very well (squeezing works great). Chop any large pieces.

In a saucepan, melt the butter and blend in the flour and salt to make a roux, then add the milk, cooking and stirring until thick. Remove from heat.

Meanwhile, beat egg yolks till thick and lemon-colored (although with those great CSA eggs, it'll be more orange).

Slowly stir half of hot mixture into yolks, then return this to remainder of hot mixture, stirring continually. Stir in cheese and greens.

Beat egg whites till stiff peaks form; gently fold into greens mixture and turn into ungreased 1-quart soufflé dish.

Bake at 350° till knife inserted off-center comes out clean, 35 to 40 minutes. Serve at once and enjoy!

Bruised' Raw Curried Kale Salad

Sara Jones, Tucson CSA

You can use any type of kale or collards in this recipe. Salting and bruising the greens is a technique that will give the raw greens a 'cooked' taste and texture.

The greens should be finely sliced for best results. To do this, trim the thick stems off of the leaves, lay several leaves on top of each other and roll up tight like a cigar. Use a sharp knife to cut the roll into thin slivers. Sprinkle the cut greens with salt and use your hands to rub the salt into the leaves, squeezing to release some of their juices.

1 bunch kale or collards, sliced fine
1 carrot, grated
2 small turnips, grated
1 cup cooked or sprouted grains
1 cup cooked or sprouted lentils
1/2 cup sunflower or pumpkin seeds
1/2 yellow onion
2 tablespoons apple cider vinegar
2 tablespoons apple or orange juice
1 tablespoon oil
2 teaspoons curry powder
1 teaspoon ground cumin
1 teaspoon salt, for bruising greens, then add to taste to finished salad

Mix salted, bruised greens with the carrot and turnip and set aside. In a food processor or blender, puree onion, vinegar, oil and spices. Pour spice mixture over vegetables and toss to coat. Add grains and lentils, toss, and season to taste with salt and pepper. Let sit at least one hour, then garnish with seeds and serve.

Instead of turnips, you can use some shredded cabbage if you have any cabbage left from last week.