



# *Tucson Community Supported Agriculture*

Newsletter 329 ~ March 12, 2012 ~ Online at [www.TucsonCSA.org](http://www.TucsonCSA.org)

## Winter 2011/2012

Harvest list is online

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Many more recipes in  
our online recipe archive

### Grass-fed beef shares

If you ordered a beef share, remember to pick it up at the front desk if you haven't already done so.

We have no extra beef shares, but we do have extra ground beef as well as some steaks.

### Now taking orders for grass-fed lamb shares

A \$20 deposit now will secure your lamb share. You can pick up your lamb share starting Tuesday, March 27. Numbers are limited, so place your order soon. We don't expect to have lamb shares again until this fall.

### Aphids?

It's aphid time. If you find those little bugs in your veggies, remember that it is normal at this time of year. After all, your veggies come from an organic farm.

For more information about aphids and how to deal with them, see last week's newsletter.

### Buying retail

You can only pick up your produce and bread shares on your pickup day, but you can stop by for anything else (eggs, meats, cheeses, coffee, etc.) on the other pickup day as well.

## **A CHICKEN AND EGG SITUATION! OR, THE PROBLEM OF THE COUNTER-CYCLICAL CHICKEN.**

If you regularly buy Josh's eggs, you know how amazing they are. Their firm texture, dark orange yolks and amazing flavor are a testimony to how Josh raises and feeds his hens. Indeed, they roam free on his farm's rich pastures. Now, that's free-range!



Now, here is the situation: we never have enough eggs for our members in the cold months and we have too many in the warm months. This is not only because hens lay fewer eggs when the days are cold and short, but also because it is a time when people typically use more eggs. In spring and summer, when eggs are abundant, people generally eat fewer eggs. If we could just find a chicken that lays more in winter!

This is a good example of an issue that arises when the seasonality of local foods conflicts with people's eating habits. It is also a good opportunity for us to adjust to this seasonality and help our local suppliers. How can we do this in this case? By buying more eggs from Josh during the warm months so he can provide us with enough of them during the cold months.

So, baking less as the weather warms up doesn't have to mean buying fewer eggs. Hard-boiled eggs make an easy and versatile snack and they're wonderful in salads. I think that I'll be making a potato salad with some hard-boiled eggs this week...

## **NEW! E-CHECK AUTOMATIC PAYMENT**

Our online payment system now has an automatic e-check payment option. If you choose that option, your bank account will be automatically debited (for the cost of 6 or 12 pickups – your choice) whenever your CSA account balance gets to \$25.

This option saves you from having to remember to make a payment every 6 or 12 weeks to avoid deactivation due to a low balance.

If you have autopay active and wish at any point to end your subscription, just send us an e-mail asking us to cancel autopay on your account. You can't cancel autopay yourself from your online account, but for us it's just one click. Once your autopay is cancelled, you can then simply let your subscription expire naturally.

So, when the time comes for you to add money to your CSA account, remember that you have the option to make your life easier by choosing autopay!

## **BLACK MESA RANCH GOAT CHEESE**

We haven't had any goat cheese since last December. But the goats at Black Mesa Ranch haven't been idle: they were busy kidding and feeding the kids milk. But now there is enough milk for us too. David is sending us some fresh goat cheese (plain, herb and boule) this Wednesday. Hopefully we'll be getting cheese in limited quantities regularly from now on. This is a good opportunity for members who haven't had Black Mesa Ranch's goat cheese to try it out. Later in the spring when there's more cheese, we will switch to goat cheese shares.

## Roasted Beet and Fennel Salad

This recipe keeps well for about 72 hours in the refrigerator.

2 large beets  
1 fennel bulb, thinly sliced  
1 teaspoon oil  
Salt and pepper to taste  
¼ teaspoon cumin  
¼ cup feta cheese

Preheat the oven to 375°. Cut the stem and tip ends off of the beets. Scrub well and wrap in aluminum foil. Place in the oven and roast for 45 minutes. Remove and let cool. (This may be done in advance and the beets placed in the refrigerator overnight.) Remove the leafy ends from the fennel and any stalk that appear too tough. Slice very thinly. Put the olive oil in a small skillet over medium heat. Add the sliced fennel and cook, stirring occasionally, for about 15 minutes. Remove and let cool. Remove the beets from the aluminum foil. The skins will slip off easily after roasting. After they are skinned, cut into ½-inch cubes. Mix together the beets, sautéed fennel, salt, black pepper, ground cumin and crumbled feta. Chill well.

## Stuffed Cabbage or Collard Rolls

Lorraine Glazar, Tucson CSA

You can use other greens for these rolls, too. If you use collards you may want to remove the fibrous stem from the bottom half of the leaf.

12 outer leaves of green or white cabbage, steamed or boiled until softened  
1 ounce dried mushrooms, such as porcini or other type  
1 cup boiling water  
1 tablespoon oil  
½ onion, diced  
3 cloves garlic, chopped  
½ cup fresh mushrooms, chopped  
1 cup cooked brown rice  
½ cup pine nuts  
1 egg lightly beaten (or egg substitute of your choice)  
2 tablespoons fresh dill, finely chopped (substitute parsley)  
2 tablespoons fresh mint, finely chopped (optional)  
1 teaspoon marjoram  
1 teaspoon cumin  
Salt and pepper to taste  
1 ½ cups basic marinara sauce

Heat your oven to 325 degrees. Steam or boil the cabbage leaves until softened (they should still have some crisp to them). Pour 1 cup boiling water over the dried mushrooms and let them sit for 15 minutes, or according to package directions. Warm oil in frying pan and add diced onion. Sauté 5 minutes or until onion has softened a bit. Add garlic and chopped fresh mushrooms, and sauté another 5 minutes. Remove from heat. Drain the dried mushrooms and reserve the water. Chop as finely as possible. Combine the chopped dried mushrooms, the

cooked onion mixture, the brown rice, nuts, egg and spices. Add salt and pepper. Mix the stuffing well. Open up the cabbage leaves, one at a time. Stuff with 1/12 of the mixture, starting at the stem end and rolling it like a butcher's wrap package. Roll firmly and place, seam side down, in a shallow casserole. Top with the marinara sauce, and bake uncovered for one hour or more, until rolls have absorbed most of the sauce.

## Carrot Fennel Salad

Sara Jones, Tucson CSA

Serve this mixture alone, or over spinach or lettuce for a more substantial salad.

2-3 large or several smaller carrots, sliced into thin strips (or grated)  
1 head fennel, any woody core removed, sliced lengthwise into thin strips (use leafy fennel fronds for garnish if desired)  
3 green onions, sliced lengthwise into thin strips  
1 tablespoon olive oil  
1 tablespoon apple cider vinegar  
1 tablespoon orange juice  
2 teaspoons Dijon mustard  
1 apple, sliced thinly  
Salt and pepper to taste

Mix vegetables together in a bowl. In a separate bowl, whisk together oil, vinegar, orange juice and Dijon mustard. Pour over vegetables and toss well to coat. Season with salt and pepper. Let sit for at least 30 minutes. Garnish with apple slices and fennel fronds right before serving.

## Beet and Walnut Dip

Sara Jones, Tucson CSA

This is a great dip or spread for bread or pita. Top with fresh herbs and chopped olives, if you like.

1 bunch beets, roasted, peeled and roughly chopped  
3 cloves garlic  
1 cup walnuts  
2 tablespoons olive oil  
1/4 cup plain yogurt or sour cream  
Salt to taste

Process garlic and walnuts in a food processor or blender until finely ground. Add beets and olive oil and process until smooth. In a medium bowl, combine beet mixture with yogurt or sour cream. Salt to taste. Store in refrigerator covered with a layer of oil for up to one week.