



Tucson Community Supported Agriculture

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Spring 2012

Harvest list is online

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**Many more recipes in
our online recipe archive**

Pork shares are ready

Pork shares are ready for pickup. All packs include ground meat, Italian sausage, Italian sausage links, breakfast sausage, pork chops, bacon, and a choice of roast – either tenderloin roast, loin roast or shoulder butt roast.

We still have a few pork shares available. Pork shares are only available once per season and are about 10% cheaper than pork cuts sold individually.

Trading Table Etiquette

We seem to have a persistent problem with the trading table ending up with one or more empty baskets.

So, this is just a reminder that the trading table is for trading one share of veggies for another. For example, if you don't want your grapefruit, you must trade your whole share of grapefruit with a whole share of another item (for example, 2 Romaine lettuce, or 8 potatoes – whatever the share quantity is for that veggie that week).

I know many of you know this and are doing it right. We are just trying to reach the few who may mistakenly believe that the trading table is up for grabs. What's up for grabs are the surplus baskets next to the trading table.

DRIED CHILES



for flavoring bean stews).

We are now getting some of the chiles that were rescued from the frost last November. The first fall frost sometimes hits when the chile season is not quite over yet. Rather than lose chiles to the frost, the farm usually harvests the remaining ones and dries them for us to enjoy later in various forms. Sometimes we just get plain dry chiles, sometimes we get chile powder, and sometimes we just get a single chile in our bag of beans (they're wonderful

The dry chiles we are getting this week are hot, so we specifically asked for them not to be ground. This gives you options: you can use them as they are, or, if you prefer them less hot, you can remove the seeds before using them (the seeds and the membranes to which the seeds are attached are the hottest part of the chile).

I usually grind the whole thing, seeds and all, to a fine powder (one can use a food processor, a coffee grinder, or a mortar and pestle) to obtain my own CSA chile powder, which I regularly use instead of black pepper.

GREEN GARLIC



Garlic is an amazing plant. It comes in many edible forms although the most popular one is the cured garlic head made of garlic cloves. At about this time of year we start getting green garlic, which looks like young leeks or large scallions. Green garlic is milder than cured garlic, and all parts of the plant can be eaten. Green garlic is not commonly found in grocery stores, as its shelf life is much shorter than that of its mature, cured form.

The green garlic bulb is white and made from immature cloves which are separated by membranes which are still moist (avoid using the membranes – they are often too fibrous). The greens are flat and hollow and can be chopped and used, raw or cooked, as you would dry garlic or scallions. Some green garlic can also feature flower stems ending in flower buds or even spectacular garlic flowers which look like fireworks: their stems are round and solid, not flat and hollow, and should only be used for flavoring, i.e. chopped into segments and thrown into a dish while cooking, then removed before eating. Garlic flowers have a pronounced garlic flavor and can be eaten too: they are great for pickling.

Citrus Stewed Baby Artichokes

Sara Jones, Tucson CSA

This recipe is perfect for smaller artichokes; medium ones work fine too, you will just have to remove more of the tough outer leaves. To bulk up the recipe add chard stems, potatoes or other spring veggies.

3-6 small to medium artichokes
Generous tablespoon olive oil
Juice of one sweet citrus fruit, plus several slices of a combination of sweet and sour citrus
1/2 teaspoon dried thyme
About one cup cooked white beans
1/2 cup spring veggies
Salt and pepper to taste

Fill a medium bowl with water and a squirt of lemon juice. To prepare artichokes, peel away outer layer of leaves and cut about 1/4-1/2 inch from the top. To make sure that you are discarding all the fibrous pieces from the artichokes, test one of the remaining leaves by snapping it in half. If it does not snap in half, continue removing leaves until you reach more tender leaves. Peel, but do not remove the stem. Quarter artichokes and dunk in lemon water to prevent browning. (Drain artichokes before using!)

In a medium saucepan, with a tight fitting lid, toss together all ingredients. Bring to a simmer, cover, and reduce heat to low. Artichokes should be ready after 15 to 25 minutes, depending on size. Taste for salt and serve hot or at room temperature. Garnish with extra slices of citrus, if desired.

Basic Enchilada Sauce

Sara Jones, Tucson CSA

We get the basic Anaheim-type dried chiles at the CSA, which are a great base for enchilada sauce. If you have them around, feel free to supplement or substitute other dried chiles for a more complex flavor.

4-6 dried red chiles, rinsed clean
1/2 onion, minced
1-2 teaspoons tomato paste
1/2 teaspoon dried oregano
1 tablespoon oil
1 teaspoon white vinegar

To re-hydrate chiles, leave them overnight in warm water (a large bowl with a small plate on top to keep the chiles submerged works well). You can also pour boiling water over chiles and leave them to re-hydrate for about 30 minutes. Meanwhile, in a large skillet, heat oil over medium high heat. Add onion and stir cook until translucent. Stir in tomato paste and cook, stirring, until paste darkens a shade. Add oregano. Once chiles are pliable and moist, remove stem and seeds from each pod and place in a blender, with about 1/2 cup of the soaking liquid. Blend well. Add onion mixture and blend until smooth, adding more soaking liquid if necessary to make a smooth sauce. Return sauce to the skillet over medium heat.

Be CAREFUL! The steam the chiles will release is spicy – don't lean directly over the skillet! Cook, stirring continuously, for about 3 minutes. Remove from heat and add vinegar and a bit of salt to taste.

Spaghetti Squash at its Sweet Best

Ms. Dallas Scott, Tucson CSA

Spaghetti squash
A few tablespoons butter, or "earth balance" for dairy free
Cinnamon and/or ginger and nutmeg
Agave nectar or honey

Preheat oven to 350°. Position a rack in the center. Halve a spaghetti squash lengthwise and scoop out the insides. Brush insides lightly with oil. Place squash, cut side down in a baking pan with a bit of water. Bake about 1 hour or until a fork can easily pierce the flesh and the insides come out easily. They should be tender, but still hold their snap when you bite 'em. Use a fork to scrape out strands of squash and toss immediately with butter, spices and sweetener. Serve warm.

Braised Greens and Garlic

Any dark green leafy vegetable will work with this basic preparation.

1 bunch kale, mustard greens or chard
1/2 tablespoon olive oil
1-3 cloves garlic, minced
Salt to taste
Lemon wedges

Wash greens thoroughly. Drain. Chop greens into 3-inch pieces. Heat oil in a large skillet. Sauté garlic for 2 minutes. Add greens to skillet. Cover and cook over medium heat for 10 minutes (2-3 minutes only, if greens are young and tender), stirring once in a while to coat all the greens with garlic and oil. Sprinkle with salt. Serve with lemon wedges.

Hot Buttered Radishes

Sara Jones, Tucson CSA

Radishes aren't just for salads. Here they are cooked with their greens to make a beautiful side dish.

1 bunch radishes with greens, cleaned and sliced in half lengthwise
1 pat butter
Salt and freshly ground pepper to taste

Heat butter in a skillet over high heat to melt. Add radishes and stir to coat. Cook about 1 minute until heated through. Sprinkle with salt and pepper. If desired, you can brown radishes lightly under the broiler for a minute or two before serving. Larger radishes can also be roasted until blistering in a hot oven.