



Tucson Community Supported Agriculture

Newsletter 368 ~ December 10, 2012 ~ Online at www.TucsonCSA.org

Fall 2012

Harvest list is online

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

Reminder: End-of-year holidays

The Tucson CSA will be closed from
Dec. 20th to Jan. 6th.

The last pickups of this year will be on
Dec. 18th and 19th.

Pickups will resume on Jan. 8th and 9th.

There is no need to place your
subscription on hold during our
holidays, as our subscription system
will factor in the off-weeks.

Grass-fed Beef

We are now taking orders for Josh's
grass-fed beef shares at the front
desk. A \$20 deposit per beef share is
required at the time of ordering. Total
cost is approx. \$7 per pound and a
share weighs 8-9 pounds. The beef
shares will be available for pickup late
January or early February. For more
info about the beef shares, ask the
front desk or check our Product >
Grass-fed Meats page link (from our
website's navigation bar).



Watermelon Radishes

TUESDAY VS. WEDNESDAY PRODUCE SHARES

Farmer Frank does his best to make the Tuesday and Wednesday shares the same. But sometimes there's not enough of a specific item of produce for both pickup days, in which case the Tuesday and Wednesday shares will vary by one or more items. For example, the planned harvest list for this Tuesday's pickup includes purple top turnips and tomatillos, while the list for the Wednesday pickup has Hakurei turnips and watermelon radishes instead.

In addition to variations in the planned harvest list, some last minute field conditions cause the actual harvest to be different from what the planned harvest list indicates.

We try our best to write the newsletters with the planned harvest lists. However, these last minute changes may result in the newsletter not always reflecting what actually ends up in your shares.

We apologize for these variations. They are inherent to small scale production.

TOMATILLOS

Their name is a bit misleading--tomatillos are not related to tomatoes but to gooseberries. However, they are not sweet but slightly tangy. They are the main ingredient of green salsa.

If you still have some green tomatoes left, a great way to use them is to combine them with tomatillos to make a green enchilada sauce. In a blender or food processor, place green tomatoes, tomatillos (without the husks), one or two jalapeno or serrano peppers, and some cilantro, and blend until smooth (or slightly chunky if you prefer). Pour over sautéed onions and garlic. Season with salt and ground cumin. Add some vegetable or chicken stock to obtain the desired consistency and simmer for about 30 minutes. Serve over tacos, inside burritos, over chicken or simply use as a dip with tortilla chips.

If you'd like your enchilada sauce to have a slightly smoky flavor, first grill the tomatillos on the barbecue or under the broiler until they are slightly charred.

WATERMELON RADISHES

The only thing these unique radishes have in common with watermelons is their red core and green periphery. Not only are they delicious, but they look spectacular when sliced. Try the recipe on the back page to get the most from their unique look and flavor.

Balsamic and Parmesan Greens

Sara Jones, Tucson CSA

Here is a simple and delicious way to use any greens, but this is a great way to use your beet and turnip tops. Cook this on the stovetop while you are roasting the roots in the oven, then serve together for a fantastic dish.

1 bunch braising greens or other cooking greens
1 tablespoon oil
1 squeeze of lemon juice
Dash balsamic vinegar, to taste
Dash soy sauce, to taste
Grated parmesan

Wash and chop greens, leaving the moisture on the leaves. Heat oil in skillet over medium high heat. Add greens and stir well to coat. Cover and cook briefly, then add a squeeze of lemon, a few dashes of balsamic vinegar and soy sauce. Cover again and cook a few more minutes. Remove from heat and add parmesan cheese. Serve warm.

Turnip and Potato Gratin

Sara Jones, Tucson CSA

This is an easy recipe to toss in the oven to bake while you prepare the rest of your meal. Depending on the other flavors in the meal, consider layering in a handful of chopped dill to the dish. If you have enough turnips this dish is great prepared with all turnips and no potatoes. Cheese lovers can layer extra cheese into the gratin for a more decadent dish.

3 medium potatoes, thinly sliced
3 medium turnips, thinly sliced
1 onion, thinly sliced
1-2 tablespoons butter, melted
3/4 cup heavy cream (or use whole milk yogurt, thinned with water to make it easy to pour)
1/4 cup bread crumbs
1/4 cup crumbled or shredded cheese
Salt and Pepper
Dill, if desired

Sauté onions in a small amount of oil until lightly browned. Add butter and vegetables and cook, stirring occasionally, for about 5 minutes. In a small casserole dish, make layers of veggie mixture, drizzling each layer with cream and sprinkling with a bit of salt and pepper. Top with bread crumbs and cheese, cover with foil, and bake in a 375 degree oven for about 40 minutes, until cooked through. Remove foil and cook about 10 more minutes until top is golden brown.

Roasted Winter Vegetables

Sara Jones, Tucson CSA

Beets, turnips, carrots, rutabaga, winter squash and sweet potatoes are all delicious roasted. Use whatever combination of veggies you have available. Make a large batch and save leftovers as a base for salad the next day.

Several medium size roots, scrubbed clean and cut into quarters
1 tablespoon oil
1 tablespoon balsamic vinegar

Salt and pepper to taste

Toss vegetables together with oil and vinegar and place in a baking pan. Sprinkle with salt and pepper. Roast vegetables in a 375 degree oven for about 30 minutes until they are all tender. (Test one of each vegetable, as they have slightly different cooking times.)

Citrus Vinaigrette

Rachel Yaseen, The Organic Kitchen

You can use this vinaigrette to dress a salad of greens, but there are plenty of other places to use it too. Drizzle over leftover roasted veggies or thinly sliced raw squash for an easy side dish.

1/4 cup orange juice
1/8 cup each, juice of 1 lemon and lime
1/4 cup organic, unrefined sesame oil (not toasted), or olive oil
2 tablespoon agave nectar
1 tablespoon chives, chopped
1/4 cup parsley, chopped
1/4 teaspoon sea salt, or more to taste

Mix all ingredients together in a jar with a tight fitting lid. Shake well before serving. Dressing should keep well in fridge for one week.

Citrus-y Summer Squash Salad-new

Sara Jones, Tucson CSA

Use the citrus dressing above to dress this salad of summer squash. This recipe is perfect for the larger squash we have been getting. You want really thin pieces of squash for this salad, so that the squash can soak really soak up the dressing. If you have another favorite vinaigrette recipe feel free to use that instead.

About 1 medium or half of one large summer squash, cut into matchsticks, or use a vegetable peeler to peel long, thin pieces of squash

About a half cup of citrus dressing, enough to coat and saturate squash

Fresh orange zest and sesame seeds for garnish

Gently toss sliced squash with dressing. Cover and let marinate in fridge for at least two hours before serving. Sprinkle with sesame seeds and orange zest for garnish.

Watermelon Radishes with Oranges-new

Philippe, Tucson CSA

1 bunch watermelon radishes, sliced into coins
1 small onion, sliced into thin rings
1/3 cup orange juice
the flesh of one orange, chopped
a splash of olive oil
2 tablespoons apple cider vinegar
1 teaspoon ground cumin
salt and pepper to taste

Mix all ingredients in a mixing bowl and toss. Refrigerate overnight (if you can wait!).