



Tucson Community Supported Agriculture

Newsletter 372 ~ January 21, 2013 ~ Online at www.TucsonCSA.org

Winter 2012-13

Harvest list is online

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Many more recipes on
our website

Food Swap Tucson – Sunday, January 27

Want to trade your homemade goodies for homemade goodies made by others? Join us for Tucson's next Food Swap on January 27th.

For more details or to register, go to:
<http://januaryfoodswap.eventbrite.com>

Goat Cheese Availability

We don't offer Black Mesa Ranch goat cheese shares during winter because it is the low season for goat's milk. However some of Black Mesa Ranch's goats are still producing milk: we can therefore get some cheese, just not enough for cheese shares.

Whenever we'll have goat cheese available, it will be for sale inside. Just check for their availability in our display fridge.

Goat cheese shares will resume in late Spring. If you are signed up for one, your cheese shares pickups will resume then.

Black Mesa Ranch Candy

Because some of their goats are still producing some milk and because that milk has been very rich, David and Kathryn have been able to extend their candy production season and will send some more candy our way. Starting next week and hopefully until Valentine's day, we'll carry some of Black Mesa Ranch's finest chocolate candy: Milky Rubble, Dark Debris, Butter Almond Toffee, Sea Salt English Toffee, Vanilla Bean Caramels, Peanut Betterfingers and Buttercream Mints.

JOSH'S EGGS

Hens lay eggs according to the available light. When days are short, hens simply lay less. In addition many hens don't lay at this time of year because they are molting: molting is the process of shedding and renewing feathers and it typically lasts from two to four months, usually from late fall to mid-winter. During molting, hens direct their energy toward the production of new feathers rather than eggs.

Basically, egg production is at its lowest at this time of year. Josh's hens are producing less than half of what they normally produce because of the reasons cited above. Ideally, we should consume fewer eggs during winter when production is low, and more eggs during summer when production is high. It is unfortunate that egg production is at its lowest when many of us want to consume more eggs, but such is the seasonal nature of natural, local egg production.

We usually drive to Josh's farm every other Monday to get eggs. But it doesn't always work that way: on some scheduled egg pickup days, Josh does not have enough eggs for us to justify driving out there, considering it costs us about \$70 in time and gas to drive to his farm. So we occasionally skip an egg trip, as was the case this Monday. We expect there will be enough eggs by Wednesday of this week, so we plan to go to Josh's farm then. But we regret that there will be no Josh's eggs on Tuesday.

As days get longer and as hens complete their molting cycle, egg production will soon increase. By late winter, the egg shortage will hopefully be history. Until then we ask for your patience and understanding.

TUSCAN KALE



Tuscan kale is a variety of kale that has been popular in Italian cuisine for centuries. It is one of the traditional ingredients for minestrone and ribollita. It has dark blue-green leaves, with an "embossed texture." It is its embossed, bumpy texture that gives it its nickname of dinosaur kale.

Its taste is described as sweeter and more delicate than other varieties of kale. Like most other kale varieties, it is usually blanched first, and then sautéed or braised with other, flavorful ingredients. In Campanian cuisine, anchovies are often added to it. It is commonly used in pastas and soups, but can also be eaten raw in a salad.

A typical preparation consists of braising blanched kale with chopped onions, minced garlic, dry chiles and a sprig of rosemary. First sauté the onions, dry chiles, rosemary and garlic for a few minutes in a good dose of olive oil. Then add blanched and drained kale. Cover, lower heat, and braise for 30 minutes. Season with salt and pepper and serve.

And remember, we have many more recipes for greens on our website. Just click on *Recipes* in the navigation bar. It takes a few seconds for the recipes page to load (because there are so many). The recipes are listed alphabetically by vegetable.

Risotto with Greens

Philippe, Tucson CSA

Any leafy greens would do well in this recipe, with slight flavor differences with each. Some people stir-fry or blanch the greens separately. I like to add them directly to the rice to preserve their full flavor.

1 bunch (or bag) greens, chopped
1 cup Arborio rice
1 onion, finely chopped
2 cloves garlic, minced
2 tablespoons olive oil
1 onion
1 cup dried mushrooms
2 cups vegetable or chicken stock, heated
1 teaspoon thyme
1/2 cup grated Parmesan
Salt (or dried chile flakes) and pepper to taste

Place dried mushroom in a bowl, cover them with 1 cup of boiling water and soak for 5 minutes. Drain and reserve the drained water.

In a skillet, heat oil to medium hot and sauté mushrooms and onions until onions are translucent, about 5 minutes. Add rice and stir. When rice is hot, add 1/4 cup reserved mushroom water. Add thyme and garlic. Stir gently and continuously until liquid is almost absorbed.

Repeat the process, 1/4 cup at a time, with the rest of the mushroom water and heated stock, stirring the rice continuously. The rice should be kept to a mild simmer throughout this process, which will take about 20 minutes. Add more stock if necessary. Never let the rice dry entirely, nor make it swim in stock.

When rice is almost cooked (it should still be al dente), add the greens and fold them into the rice. Add a little more stock if the mixture becomes too dry. Continue to stir until the greens are cooked (another 5 to 10 minutes, depending on the greens). At that point, the rice should be soft and ready.

Add grated Parmesan and salt and pepper to taste.

Mustard Saag

Sara Jones, Tucson CSA

You will want two bunches of greens for this recipe. If you have extra greens from last week, such as Black Spanish Radish greens, use those. This dish goes well with rice and lentils.

2 bunches mustard greens, washed and finely chopped
1/2 green chile (or to taste), finely chopped
2 cloves garlic, mashed
1 inch ginger, grated and mashed with garlic
1 teaspoon cumin seeds
2 teaspoons oil and/or butter

Heat the oil in a large skillet over medium high heat. Add cumin seeds and stir for about 20 seconds, then add chiles and garlic and ginger paste. Stir quickly for another 20 seconds then add mustard greens. Stir to coat with oil and spices. Cover, reduce heat to medium low, and cook for 5-10 minutes, checking occasionally to make sure you don't need to add water to prevent burning. When greens are completely wilted, add salt and pepper to taste and serve.

Salad Turnips in Mustard Dill Butter-*new*

Sara Jones, Tucson CSA

Use sweet salad hakurei turnips or radishes interchangeably in this recipe. No need to peel them. Make extra mustard/dill butter to cook with fish if you like.

1 bunch white turnips sliced into 1/8 inch coins
1 tablespoon softened butter
1 teaspoon Dijon mustard
1 small handful of dill, finely chopped
Cracked black pepper and salt to taste
Lemon juice to taste

Mix mustard, butter and dill. Set aside. Heat a couple teaspoons of oil in a skillet over medium high heat. Add turnips, stir to coat and cover. Cook for about 3 minutes, until slightly tender but still a bit crisp. Add butter mixture and toss to coat. Cook an additional few minutes, stirring occasionally to evenly distribute butter mixture. Remove from heat, sprinkle with black pepper, salt, lemon juice and extra dill, if desired.

Arugula Pesto

Sara Jones, Tucson CSA

Spicy Arugula is a great herb for pesto. Add or substitute some basil for variety and use whatever nuts you have on hand. Serve tossed with pasta or spread on a sandwich.

1 bunch Arugula
2-3 cloves garlic
1/2 cup toasted walnuts
1/4 cup olive oil
2 tablespoons grated Parmesan cheese (optional)
Salt and pepper to taste

Wash and dry arugula. Pulse garlic and walnuts in food processor or blender until coarsely ground. Add the arugula (and basil if using) and olive oil, and continue to pulse to desired consistency. Add the cheese last, and then season with salt and pepper to taste.