



Tucson Community Supported Agriculture

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Spring '13

Harvest list is online

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Preserving Beets

We've had beets a few weeks in a row now. If you haven't kept up with them, here is a great way to preserve them for future enjoyment.

Pickled Beets

Sara Jones, Tucson CSA

1 bunch beet roots
2 cups vinegar
1 cup water
½ cup sugar
1 teaspoon to 1 tablespoon total of all selected spices, to taste. (Spice flavor develops more over time)

Spice suggestions (use whole spices, not ground): Coriander – Allspice – Cardamom – Cloves – Mustard Seeds – Cinnamon Sticks

Prepare beets by roasting or boiling until tender. Peel beets and cut or dice in preferred serving sizes.

Bring water, vinegar and sugar to boil until the sugar is dissolved. Add spices and reduce heat. Simmer to let spices develop flavor and steep (approx. 15 minutes).

Place beets in glass jar and cover with vinegar mixture. Store in refrigerator. Will keep for two to three months. Pickled beets can also be canned and stored in the pantry if canning is in your skill repertoire.

Any vinegar mixture left over when the beets are gone can be used as a base for marinades or dressings.

BLACK MESA RANCH CHEESE SHARES

Goat cheese share pickups begin this week and will be every other week after that. You can add or remove cheese shares from your subscription at any time, but remember that you can only edit your subscription between the day after your pickup day and midnight Friday.

ARUGULA

Arugula can be eaten raw in salads, or cooked like any greens. It can also be made into a flavorful pesto (make a regular pesto but substitute arugula for basil) that can be used on sandwiches, bruschetta, or as a dip with vegetable sticks. See Arugula Pesto recipes on our online recipe page.

SUMMER SQUASH



The English word squash derives from *askutasquash* (a green thing eaten raw), from the Narragansett language. In North America, squash is loosely grouped into summer squash or winter squash, depending on whether they are harvested as immature fruit (summer squash) or mature fruit (autumn squash or winter squash).

Squash was one of the "Three Sisters" planted by Native Americans. The Three Sisters were the three main native crop plants: maize (corn), beans, and squash. These were usually planted together, with the cornstalk providing support for the climbing beans, and shade for the squash. The squash vines provided ground cover to limit weeds. Weeds can be detrimental to the growing conditions of the squash. The beans provided nitrogen fixing for all three crops.

Summer squashes are harvested during the growing season, while the skin is still soft and the fruit rather small; they are eaten almost immediately and require little to no cooking. The most common types of summer squash we get from Crooked Sky Farms are yellow summer squash, yellow crookneck, zucchini, Mexican gray, eight-ball and pattipan.

Yellow summer squash has mildly sweet and watery flesh and a thin tender skin.

Yellow crooknecks are a close relatives of yellow summer squash, but distinguishable by their bumpy, skin and, of course, its crooked neck. It is a little sweeter than other summer squashes.

Zucchini (also known as courgette in England and France) are usually dark or light green and can grow up to one meter long!

Mexican Gray squash is also known as "calabacita," in Spanish. It is a light green-gray squash that is thicker skinned than a zucchini and is often fatter with a rounder bottom. It is a perfect squash for making the popular and easy Mexican side dish, "calabacitas," (sauté it with chopped onion, fresh corn, and roasted green chiles).

Eight-balls (see above photo) are zucchini hybrids that are roly-poly round! They have a delicious nutty, buttery flavor and are favorite "stuffers," thanks to their shape.

Pattipans are round and flattened with scalloped edges. They can be white, yellow, green or variegated. Although also a favorite for stuffing when on the larger size, they

Pasta with Artichoke Hearts and Beans - New

Philippe, Tucson CSA

1 lb pasta - farfalle (bowtie) or orechiette
3-5 artichokes
1 cup dry beans (e.g. pinto, mayacoba, lima, etc).
1 bunch spring onions, finely chopped
Salt and pepper to taste
¼ cup mint or basil leaves, chopped
Olive oil
Grated Parmesan cheese

Soak beans overnight, drain and boil them for an hour or until tender. Drain and set aside.

Slice off the top third to half of the artichoke with a serrated knife, peel away the outer leaves until you reach the tender pale almost yellow center section; pare away any remaining green bits around the base, and then scrape out the tiny “choke” or prickly center (if they are young enough, the choke may not have to be removed). Quarter the artichoke hearts lengthwise or slice them. Place them in a bowl of water with lemon juice added. You can save the discarded leaves and steam them to serve as a separate dish.

Heat oil in skillet to medium-high heat. Add artichoke hearts and cook for 5 minutes until slightly browned. Turn heat down to medium and add onions and beans. Add ½ cup water, and salt and pepper to taste. Cover, bring heat to low and simmer for 15 minutes or so.

Boil pasta al dente. Drain. Add some olive oil to pasta and toss with vegetable mixture and chopped mint or basil. Serve with grated Parmesan cheese.

Potato, Squash and Greens Gratin - New

Philippe, Tucson CSA

1 lb potatoes
½ lb summer squash
1 bunch greens, chopped
4 oz. goat cheese, crumbled
1/2 cup milk
1/2 cup grated Parmesan cheese
Salt and pepper
1/4 cup basil, chopped
Olive oil

Pre-heat oven to 400°.

Grease an oven dish with olive oil.

Blanch the chopped greens in boiling water for 1 minute. Drain and set aside.

Slice potatoes and squash very thinly.

Take half the potatoes and half the squash and make a layer at the bottom of the dish. Cover with half the cheese and half the greens. Season with salt and pepper.

Repeat with the other halves of potatoes, squash, cheese, greens, and with some more salt and pepper.

Pour the milk evenly over the dish. Sprinkle with grated Parmesan

Cover, and bake for 30 minutes. Remove cover and bake for another 15 minutes, or until the top is slightly brown and crispy. Sprinkle with basil before serving.

Radish and Yogurt Spread

Philippe, Tucson CSA

1/2 bunch radishes, grated or cut in thin slices
1 cup Greek yogurt
A few stalks of green onions or chives, chopped
Salt and pepper
Sliced bread

Mix radishes, green onions and yogurt and a generous dose of salt and pepper.

Spread on bread slices.

Arugula and Bean Salad - New

Philippe, Tucson CSA

1 cup dry beans
½ bunch arugula, chopped
1 tablespoon herbs (oregano, Herbes de Provence, or Italian seasoning)
Salt and pepper
2 tablespoons olive oil
1 tablespoon lemon juice or vinegar

Soak beans overnight. Drain.

Place beans in skillet. Cover with water. Boil for 1 hour, with herbs. Drain.

Toss beans with arugula, olive oil, lemon juice, salt and pepper to taste.

Sautéed Swiss Chard with Ginger and Honey

Chef Stephanie Green, Crooked Sky Farms

Serves 4

1 bunch Swiss chard, sliced into ribbons (about 15 large leaves)
1 tablespoon olive oil
1 tablespoon honey
2-3 teaspoons fresh ginger root, finely grated
Salt and black pepper, to taste

1. Add olive oil to a large sauté pan and heat to temperature
2. Add Swiss chard and cook, stirring frequently, for about 1-2 minutes
3. Add honey and ginger root; stir well to coat. Continue to cook for about 1 more minute.
4. Season to taste with salt and black pepper.
Start with a slice of bacon in step one for added flavor.