



Tucson Community Supported Agriculture

Newsletter 431 ~ March 31, 2014 ~ Online at www.TucsonCSA.org

Spring 2014

Harvest list is online

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Many more recipes on our website

I AMOR TUCSON



You know their cooking from CSA demonstrations and celebrations. You know his music from courtyard serenades.

Join Lori, Sara, and Naim Amor for a unique and special dinner.

\$20 will get you a local-foods dinner followed by a private concert by Naim and special guests in support of Naim's new album.

The Mercado San Agustin will be the setting for this lovely evening on April 12th at 7:00 pm.

To buy tickets, visit the Facebook page "I Amor Tucson" or Lori and Sara's supper club blog: "andbemerry.wordpress.com"



TEEN FENNEL

Farmer Frank calls it "teen fennel" because it is larger than baby fennel but not yet mature in size.

Use the bulbs and the leaves, not the stems. Fennel bulbs may be used raw or cooked. Fennel bulb is a key ingredient in some Italian and German salads, often tossed raw with chicory and avocado, or it can be braised and served as a warm side dish. It is delicious braised, baked, steamed, sautéed or grilled.

One of my favorite ways to fix it is to slice it, sauté it in butter until tender, add salt, black pepper and a bit of lemon juice, and serve it on pasta with some grated Parmesan cheese.

The fine foliage of the fronds can be used like dill, although it is much milder than dill: chop it finely and add to tomato or cheese sauces.

A WORD FROM THE DESERT ASHRAM

We have been members of the Tucson CSA for many years. Last week we offered CSA members pecans from our small organic orchard (17 trees). This week we are offering gourmet pecan butter. We harvest the pecans with tarps on the ground and long poles to shake the nuts loose. Many hands at the ashram have sorted and packaged the nuts. This was a good year for pecans in our area so the nuts are top quality. We hope you like them!

Desert Ashram, founded in 1976 by Swami Amar Jyoti, is a meditation and retreat center that offers a peaceful haven for spiritual inspiration and enrichment. The teachings of Swami Amar Jyoti are universal and devoted to transforming individual and global consciousness. Satsang is held each Sunday and Thursday at 7 pm, including Wisdom Teachings, meditation and chanting from east and west. Aarati (Vedic prayers) followed by meditation is offered each morning and evening, daily. We also make available space for personal retreats. Light of Consciousness Journal of Spiritual Awakening is published here, in addition to other teachings of Swami Amar Jyoti and chanting CDs. There are opportunities for karma yoga (volunteering) in many areas of service. A therapeutic yoga class for women is held every Thursday afternoon. Visit us in the CSA courtyard this week for more information.

We are located on a 26-acre desert oasis west of town. You are welcome to call and visit the ashram. We would love to meet other CSA members. And we would really be grateful for help with our organic veggie garden and orchard—if anyone is interested!

For more information:

Desert Ashram, 3403 W. Sweetwater Dr., Tucson AZ 85745, 520-743-0384

E-mail: info@truthconsciousness.org

Web: truthconsciousness.org and light-of-consciousness.org

VALENCIA ORANGES (repeat from last week, since we didn't get them last week)

We are done with navel oranges and we are now getting Crooked Sky Farms' Valencia oranges. Navel oranges were the perfect peeling oranges. Valencias have different qualities: they are less easy to peel but they are sweeter, and they therefore make excellent juicing oranges. Valencia oranges are named after the Spanish city of Valencia, and the city of Valencia, California, near Los Angeles, is named after this sweetest of oranges. But did you know that they originate from India?

Frisée and Goat Cheese Pizza

Sara Jones, Tucson CSA

Pizza dough (you can buy prepared pizza dough at many grocery stores)

- 1 bag frisée, cleaned, blanched and chopped
- 1 tablespoon capers
- 2 tablespoons roasted red peppers, chopped
- 2 tablespoons olive oil
- 2 teaspoons balsamic vinegar
- About 4 ounces fresh goat cheese

Blanch frisée by submersing in boiling water for about 1-2 minutes. Transfer to a bowl of icy water. Squeeze all liquid from greens and chop roughly. Roll out pizza dough and drizzle with olive oil. Scatter ingredients evenly over dough. Drizzle with balsamic vinegar and bake in a 450° oven for about 15 minutes, or until crust is cooked through.

Spicy Fennel with White Beans and Thyme

Kusuma Rao, Ruchikala

This simple comfort food meal comes together within half an hour. Cooking down the fennel adds a lovely depth of flavor with few ingredients. I suggest serving the dish with cooked jasmine rice, as it's plumper and more fragrant. I like to drizzle the rice with a touch of fruity olive oil or a small sliver of good butter -it just helps bring the dish together.

- 2 tablespoons olive oil
- 1 pound fennel bulbs – thinly sliced
- 1 large yellow onion
- 2 teaspoons crushed red pepper
- 1 1/2 teaspoons thyme
- 4 cloves garlic, very finely minced
- 2 cups cooked and drained white beans
- 1/4-1/2 cup of water
- 1 1/2 teaspoon of salt
- Parsley

In a large high-sided skillet on medium heat add olive oil and add the sliced fennel. After about 6 minutes or so, add the onion, crushed red pepper, and thyme. Continue to cook on medium to medium high heat, stirring to make sure nothing sticks to the bottom of the pan. You will be lightly caramelizing the fennel, so it may take up to 15 more minutes. When the fennel and onion are lightly brown and softened, add garlic clove and sauté for another minute or two. Add the cooked white beans and salt along with 1/4 cup of water and simmer for 5 minutes, stirring frequently. Garnish with parsley and serve with white jasmine rice.

Carrot and Fennel Pasta

Sara Jones, Tucson CSA

This is a fast and easy recipe, everything is ready by the time the pasta is done cooking. The vegetables, cut into long thin strips, cook quickly. Use a vegetable peeler to cut strips of carrot, and a very sharp knife to cut long strips of fennel and onion. Butter complements the taste of fennel, but you can use olive oil if you prefer.

- 3-4 small carrots, sliced into thin strips (or grated)
- 2-3 small fennel bulbs, sliced into thin strips (use leafy fennel fronds for garnish if desired)
- 3-4 green I'toi onions, sliced lengthwise into thin strips
- 3 cloves garlic, minced
- 2 + tablespoons butter
- Salt and pepper to taste
- Cooked pasta

While pasta is cooking, stir carrots, fennel, onion and garlic into melted butter in a skillet over medium high heat. Stir often, sprinkling mixture with a little of the boiling pasta water or white wine if it appears too dry. When pasta is cooked through, drain and add to vegetable mixture. Season with salt and pepper and another pat of butter, if desired, and toss to mix. Serve hot.

Fennel Risotto & Greens

Philippe, Tucson CSA

- 4 bulbs fennel, trimmed, cored and quartered
- 2 tablespoons olive oil
- 1 onion, chopped
- 2 cups uncooked Arborio rice
- 7 cups vegetable or chicken broth
- 1 cup heavy cream
- 1/3 cup grated Parmesan cheese (optional)
- 1 bunch greens, chopped
- Salt and pepper to taste

Heat oil to medium hot in a large skillet. Sauté onions and fennel for about 2 minutes. Stir in the rice and cook for another 2 minutes, stirring constantly. Add 1 cup broth. Stir until liquid is almost completely absorbed. Repeat this process with remaining broth. This process takes take 15 to 20 minutes. Stir in cream, half the Parmesan cheese and greens, and cook on low heat until rice is done and risotto is thick and creamy. Season to taste with salt and pepper and sprinkle with remaining Parmesan cheese