



Tucson Community Supported Agriculture

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Spring 2014

Harvest list is online

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Many more recipes on
our website

Lamb shares!

We will be taking orders for lamb shares over this week and next. If you want a lamb share before Easter, make sure to order it this week so you can pick it up next week.

Lamb shares weigh 8-9 pounds, cost \$9 per pound and typically include ground (1 lb), arm roast or ½ leg roast (2-3 lbs), shanks (1-2 lbs), chops (2-3 lbs), and riblets (1 lb).

Things to do with parsley

Parsley is widely used in European and Mediterranean cuisines.

Chopped parsley brightens up stews, soups and sauces and is of course great in salad dressings, marinades, hummus and dips, meatloaf, frittatas, omelets, tabbouleh, bean salads, pasta salads, potato salads, stocks, salsas, etc.

Parsley is a key ingredient of the Argentine chimichurri sauce that accompanies grilled meats.

To store parsley, rinse with cool water and then wrap in a slightly damp paper towel in a re-sealable plastic bag and keep in the fridge.



ARTICHOKES



The artichoke season lasts approximately from April to late May. Artichokes will initially be fairly small and will get bigger as the weeks go by. So for now, try using recipes that call for small artichokes, like the one on the back page. We'll be posting more artichoke recipes as time goes by. We also have several artichoke recipes on our website.

The artichoke is a perennial thistle believed to have originated in Southern Europe around the Mediterranean. It is a spectacular plant that grows up to 6 feet tall, with arching, deeply lobed, silvery-green leaves up to 3 feet long. Its purple flowers develop from a large edible bud that measures 3-6 inches in diameter and features numerous fibrous triangular scales ranging from green to purple. The edible portion of the buds consists primarily of the fleshy lower portions of the flower bracts and the base, known as the "heart"; the mass of immature florets in the center of the bud is called the "choke" or beard. These are inedible in older larger flowers.

It seems that the artichoke was mostly developed in Sicily, Italy: there is mention of the plant in Greek and Roman literature as far back as 77 AD. Artichokes were also cultivated by the North African Moors in Spain around 800 AD. The Spanish settlers brought artichokes to California in the 1600's. However, artichokes did not become popular in California until the 1920's. However, Castroville, California, and the artichoke really made it on the map when Marilyn Monroe was crowned Artichoke Queen in 1948. Eighty percent of all artichokes grown commercially in the U.S. are grown in Castroville. Castroville may call itself "the artichoke capital of the world" but Italy is by far the largest producer of artichokes (it produces about 10 times more artichokes than the U.S.).

Prepping artichokes:

The goal here is to whittle the vegetable down to its completely edible core. Slice off the top third to half of the artichoke with a serrated knife, peel away many layers of outer leaves until you reach the tender pale almost yellow center section; pare away any remaining green bits around the base, quarter them lengthwise, and then scrape out the tiny "choke" or prickly center. If they are young enough, the choke may not have to be removed. Rubbing them with lemon as you work, and/or dropping the finished pieces in lemon water will reduce browning. Prepared as such, then sliced thinly, slowly braised in butter and lemon, topped with a bit of parmesan and run briefly under the broiler, and finally served over toast or grilled bread, they make a delicious special springtime bruschetta.

Some artichoke facts:

- Artichokes are low in calories and fat (if you leave out all the butter you dip them into), and they are rich source of dietary fiber.
- They have a cholesterol reduction action.
- They are rich in folic acid, B-complex vitamins and vitamin K.
- They are rich in vitamin C, but only when they are fresh (not the canned ones).

Citrus Stewed Baby Artichokes

Sara Jones, Tucson CSA

This recipe is perfect for smaller artichokes, medium ones work fine, but you may only be able to use the tender heart of really big artichokes. A blend of different citrus works best, a bit of sour and sweet. To bulk up the recipe add chard stems, fava beans, peas or potatoes.

3-4 baby 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 lemon juice. To prepare artichokes peel away outer layer of leaves and cut about 1/4 of 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 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 15-25 minutes, depending on size. Taste for salt and serve hot or at room temperature.

Garnish with extra slices of citrus, if desired.

Chimichuri

This Argentine salsa goes well with any grilled meat or fish.

1 cup parsley -tightly packed
1/2 tablespoons fresh oregano or marjoram
2-3 cloves garlic
1 small onion
1 cup olive oil
1/4 cup red or white wine vinegar
1/2 teaspoon ground black pepper
1/2 teaspoon red chile flakes
1 teaspoon salt

Blend in blender or food processor until well chopped but not puréed

“Bruised” Raw Kale Curried Salad

Sara Jones, Tucson CSA

You can use any type of kale, or collards in this recipe. Salting and bruising the greens is a technique that will give the raw greens a ‘cooked’ taste and texture. The greens should be finely sliced for best results. To do this, trim the thick stems off of the leaves, lay several leaves on top of each other and roll up tight like a cigar. Use a sharp knife to cut the roll into thin slivers. Sprinkle the cut greens with salt and use your hands to rub the salt into the leaves, squeezing to release some of their juices.

1 bunch kale or collards, sliced fine
1 carrot, grated
2 small turnips, grated
1 cup cooked or sprouted grains
1 cup cooked or sprouted lentils
1/2 cup sunflower or pumpkin seeds
1/2 yellow onion
2 tablespoons apple cider vinegar
2 tablespoons apple or orange juice
1 tablespoon oil
2 teaspoons curry powder
1 teaspoon ground cumin
1 teaspoon salt, for bruising greens, then add to taste to finished salad

Mix salted, bruised greens with the carrot and turnip and set aside. In a food processor or blender, puree onion, vinegar, oil and spices. Pour spice mixture over vegetables and toss to coat. Add grains and lentils, toss, and season to taste with salt and pepper. Let sit at least one hour, then garnish with seeds and serve.