



# Tucson Community Supported Agriculture

Newsletter 435 ~ April 28, 2014 ~ Online at [www.TucsonCSA.org](http://www.TucsonCSA.org)

## Spring 2014 Harvest list is online

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Many more recipes on our website

### Ten years ago...



The pick up was in Philippe's guesthouse, near 1<sup>st</sup> Street and 7th Avenue, where he used to live as a student, just a few blocks from the current pick up location at The Historic Y.

In those days, members (all 25 of them) had to weigh or count each produce portion to make up their share. The guesthouse had parking for 3 cars off the alley but there were rarely more than one or two members picking up at any one time. There were no volunteers in those days other than Philippe.

### Parsnips

We got baby parsnips a month ago and Farmer Frank said we'd get them again this week. They will likely be larger this time. Use them as you would carrots. They tend to be sweeter and have a richer flavor than carrots. They can be eaten raw or cooked. They can be baked, boiled, puréed, roasted, fried or steamed. Parsnips add a rich flavor to stews, soups and casseroles. In some cases, the parsnip is boiled and the solid portions are removed from the soup or stew, leaving behind both a subtler flavor than the whole root and some starch to thicken the dish.

### A WEEK AT MY TABLE, by Philippe

Two dishes stood out from what I made from last week's share:

#### Tabbouleh

I made a really good wheat berry tabbouleh, inspired by Lorraine's *Tabbouleh With Wheat Berries* (from our online recipe page). However, instead of grinding the wheat berries into coarse bulgur wheat, I used the berries whole. I soaked them overnight and then boiled them for an hour before draining them and letting them cool. I then mixed them with carrots sliced in coins, a whole bunch of chopped parsley I had left over from two weeks ago, a bunch of chopped I'toi onions, the juice of one orange and one lemon, salt, pepper and olive oil. I also added a bunch of bruised kale, i.e. kale cut very finely, salted and then thoroughly massaged. Using whole wheat berries gives the tabbouleh a pleasant, slightly chewy texture. This made a delicious cold lunch for several days in a row.

#### Candied Citrus Peels

The Valencia oranges make the best orange juice. But they also make great candied orange peels.

The following instructions are for 4 oranges. This is Sara's method, which is inspired by Lori's *Candied Citrus Peels* from our online recipe page.

After juicing the oranges, cut the empty orange halves into eight strips each to obtain thin strips. At the point when the orange halves are cut into two, i.e. quarter peels, peel off and discard the white pith. It's easy once you get the hang of it and you can peel off the pith from the outer orange skin in one piece. You don't have to remove the pith, but removing it makes for a better-looking and sweeter finished product. Place the orange peel strips in a medium-size pot and cover with cold water, bring to a boil, then drain. Repeat this blanching process two more times—the blanching is critical to remove the bitterness of the orange peel. After blanching three times, place the orange peel strips in simple syrup (1 ½ cups of water and 1 ½ cups of sugar) and bring to a boil. Turn off the heat and let the strips rest in the syrup overnight. The next day, pour the whole lot into a collander to drain. Don't throw away the syrup: save it in the refrigerator in a quart mason jar or other container. You can use the syrup multiple times to make more candied citrus peels, or you can use it as a syrup for desserts.

Place the orange strips on parchment paper, making sure they don't touch each other, and let them dry for a couple days. After two days, peel them off the parchment, place them in a large bowl and toss them with ¼ cup sugar. Store the candied peels in an airtight container to prevent further drying. They freeze well too.

These candied orange peels are an excellent home-made sweet snack which never fails to impress guests and friends. They are delicious with dark chocolate.

I haven't used my tomatillos yet, but since we're getting them again this week, I'll combine both shares to make a larger portion of salsa verde.

## Stewed Spring Veggies

Sara Jones, Tucson CSA

3-5 small-medium artichokes, trimmed and quartered lengthwise  
1/2 bag green beans, chopped  
2-3 new potatoes, chopped  
1 sweet onion, diced  
4 cloves garlic, minced  
1 large can (28 ounce) chopped tomatoes  
1 teaspoon thyme  
1 teaspoon oregano or marjoram  
Drizzle balsamic vinegar  
Salt and pepper to taste

To trim artichokes, remove tough outer leaves and trim off top 1/2 inch of vegetable. Cut each choke into quarters (removing any prickly choke) and place in water with one a couple teaspoons of lemon juice until ready to use. Prepare other veggies, drain artichokes and combine all ingredients together in a large soup pot. Bring to a slow simmer and cook over medium low heat for about 35 minutes until all ingredients are tender. Drizzle with vinegar and add salt and pepper to taste. Serve over rice or pasta or polenta.

## Tomatillo Soup

Sara, Tucson CSA

2-3 medium potatoes, chopped  
3 tomatillos, peeled and cleaned, chopped  
2 green chiles, preferably roasted, chopped  
3 cloves garlic  
1 teaspoon cumin  
5 cups broth or water  
Salt and pepper to taste  
2 tablespoons cream, if desired  
Shredded cheddar or mozzarella, if desired

In a large soup pot, sauté potatoes, chiles, garlic and cumin to release fragrance. Cover with broth or water; bring to a boil. Cook for 15 minutes, then add chopped tomatillos. Cook for about 10 more minutes until all ingredients are tender. Add cream, if using, and salt and pepper to taste. At this point you can blend all or part of the soup to your desired consistency, or serve chunky. Garnish each bowl with the cheese, if using, and serve hot.

## Grapefruit Curd

Adapted from How to be a Domestic Goddess by Nigella Lawson

Citrus curd, most commonly associated with lemon or lime, is a delicious way to transform citrus.

6 tablespoons unsalted butter  
3 large eggs  
1/2 cup sugar  
1/2 cup citrus juice

About 1 tablespoon citrus zest

Melt butter in a saucepan over low heat. Add the rest of the ingredients, stirring well to prevent burning and clumps. Cook, stirring, until the mixture has thickened to a mayonnaise-like consistency. Pour into a jar, where mixture will continue to thicken into a spreadable curd. Refrigerate and use within 1 week, or freeze.

## Parsnip Carrot Bisque

Sara Jones, Tucson CSA

1 tablespoon oil  
2 small potatoes, chopped  
5 parsnips, chopped  
5 carrots, chopped  
1 bunch green onion, chopped  
1 inch fresh ginger, grated  
1 teaspoon ground coriander  
1 can coconut milk  
1 pinch nutmeg  
Salt and pepper to taste

In a large saucepan, heat oil over medium high heat. Add veggies, coriander and ginger and stir to coat. Add coconut milk plus one 1/2 cans of water. Bring to a boil, then simmer about 20 minutes until veggies are tender. Add nutmeg, salt and pepper. Puree soup in blender in small batches and serve garnished with nutmeg.

## Gingery Carrot-Raisin Salad

Rita Silverberg, Tucson CSA

For raw food lovers, here's a new variation on an old theme. There's enough here for a party; amounts can be reduced, of course.

1 bunch grated carrots  
1 cup raisins  
1 inch grated fresh, peeled ginger root  
1 cup orange juice (with pulp)  
1/4 cup rice syrup, agave nectar or honey  
1 cup chopped walnuts

Combine all ingredients and mix together. Chill and serve. It keeps well for several days in the fridge. A food processor makes this dish a snap.