



Tucson Community Supported Agriculture

Newsletter 472 ~ January 26, 2015 ~ Online at www.TucsonCSA.org

Winter 2014/15

Harvest list is online

THE BACK PAGE

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Many more recipes
on our website

BLACK MESA RANCH CANDY!

Look for it on our shelves starting this Wednesday.

COOKING CLASS

Sara will be teaching a **Veggie Burger cooking class** at the Food Conspiracy Coop on Saturday, Feb. 7.

“Learn a basic formula for making cheap, easy, delicious and healthy veggie burgers that are vegan and gluten free. Prepare a mixture according to your own taste and take home enough to make 4-5 burgers. Bring medium mixing bowl and spoon and storage container with lid. Class limited to 12 participants.”

To sign up or for more info:

www.foodconspiracy.coop

Editor’s note: Sara makes killer veggie burgers!

SARA’S COOKING DEMO

Stop by Sara’s table and sample some yummy things, including Dill Citrus Spritzer and some easy dishes that help use all of your winter greens.

PAC CHOI

They’re like small bok chois. Use them as you would bok choi or Chinese cabbage. You can steam them or make **Braised Pac Choi**, whole or cut in half, with butter and some salt and pepper.



DILL



If you are struggling to use your whole bunch of dill, try looking at it from a different angle: instead of using them as an herb, snipping a few bits of it at a time, use the entire bunch, as you would a bunch of greens. Make **dill rice**, for example: cook 1 or 2 cups of dry rice; when the rice is cooked, mix into it a bunch of dill, finely cut. The dill will cook in the steam and heat of the rice. Don’t worry, it won’t be too dilly.

Another way to use a lot of dill is to make **dill-citrus seltzer** (we like to call it Dill Lemonade, or Dillade). See the recipe on the back page. It’s unusual and delicious.

Frozen dill: dill also freezes very well. Just slip the fresh dill bunch in a freezer bag and freeze it as is. When you need some dill, just break or cut a portion of the frozen dill and place the rest back in the freezer.

DANDELION GREENS

You can cook them (see **Italian Dandelion Greens** on the back page) or you can eat them raw in a refreshing **Dandelion Greens Salad**. Cut them in thin strips and serve them with grapefruit or orange wedges, a lemony salad dressing, some finely cut dill and a sprinkle of freshly ground black pepper.



CILANTRO



Cilantro rice: like with dill, you can chop a whole bunch of cilantro and mix it into cooked rice. Cilantro is also great in Thai and Indian dishes, and **Mexican salsas** and **Argentine chimichurris**.

You can also **freeze cilantro** as described above for dill.

Italian Dandelion Greens

Sara Jones, Tucson CSA

For extra flavor, sauté some diced salami with the onions in this recipe. The strong flavors help balance the bitterness of the dandelion. If you have picky eaters at the table, blanch the greens first to remove more of their bitterness.

½ yellow onion, chopped
 2 large tomatoes, or ½ can stewed tomatoes
 3 cloves garlic
 1 bunch dandelion or other greens, washed and roughly chopped
 ¼ cup chopped olives and/or capers
 2+ tablespoons goat cheese
 Red pepper flakes, to taste
 1 tablespoon olive oil
 Salt and pepper to taste
 Drizzle balsamic vinegar

In a large skillet, heat oil over medium high heat. Add onion and sauté for about five minutes. Add garlic, greens, tomatoes, olives/capers and red pepper flakes. Stir well and cover, reducing heat to medium low. Cook about 10 minutes, stirring occasionally to prevent sticking. When greens and tomatoes are well cooked, remove from heat, sprinkle with salt and pepper and drizzle with a little balsamic vinegar. Stir well. Add goat cheese and serve over cooked pasta, toasted bread or polenta.



Japanese Farmhouse Greens

Sara Jones, Tucson CSA

This is a different and delicious approach to preparing greens. The tahini provides an excellent foil to the pungent bite of the mustard greens, or the bitterness in dandelion greens and endive. If you still have greens from last week, doubling the recipe will result in a more substantial side dish. Use this as a filling for sushi, too.

1 or 2 bunches greens
 1 tablespoon tahini
 2 teaspoons miso paste
 Soy sauce to taste
 Sesame seeds to garnish

Blanch greens by quickly submerging in boiling water, then removing to a cold water bath. Squeeze excess water from greens and chop roughly. Stir together tahini and miso paste, adding a bit of warm water if necessary to thin. Mix into chopped greens and season to taste with soy sauce. Sprinkle with sesame seeds to serve.

Dill-Citrus Spritzer

Kusuma Rao, [Ruchikala](#)

This refreshing dill drink is delightfully sweet with citrusy flirtations and a lightly herbaceous finish. I would suggest playing around with the levels of simple syrup and dill “juice” to get to your preferred sweetness.

1 cup water
 Simple syrup (1 cup sugar + 1 ½ cup water)
 1 cup of packed dill fronds (hard coarse stems removed)
 Zest and juice from 2 lemons (or 1 grapefruit)
 Sparkling water or club soda

To make the simple syrup, combine sugar and water in a medium saucepan on medium heat. Stir until the sugar crystals are completely dissolved. Transfer to a new bowl and let cool. Add dill and water to a blender and puree until the dill completely breaks down. Add a little more water if needed. Strain the mixture over a strainer. Squeeze out any remaining liquid. Add the dill liquid to the simple syrup with the zest and juice of two lemons. This is your Citrus Dill Simple Syrup.

Pour one part of the syrup with two or more parts sparkling water. Adjust the seltzer portions to your preference.

Coconut and Lentil Saag-new

Sara Jones, Tucson CSA

You will want two bunches of greens for this recipe. Turnip greens and mustard greens are perfect for this, as the curry flavors and creamy coconut balance the pungent greens. You can use other greens if you need to. If you are using turnip greens, add the turnips to the curry as well. This dish could be served over rice or toast, or thin it out a bit and serve as a soup.

2 bunches greens, washed and finely chopped
 1/2 large onion, diced
 2 cloves garlic, mashed (add red chile flakes if desired)
 1-2 inches ginger, grated and mashed with garlic
 1 teaspoon cumin seeds
 1 teaspoon coriander
 1/2 teaspoon turmeric
 1 tablespoon oil and/or butter
 1/2 can coconut milk
 2 cups cooked lentils or garbanzo beans
 Lemon juice, to taste
 Fresh cilantro, chopped, for garnish

Heat the oil in a large skillet over medium high heat. Add cumin seeds and stir for about 20 seconds, then add onions. Cook, stirring occasionally for about 5 minutes then add garlic and ginger paste and remaining spices. Stir quickly for until fragrant then add mustard greens. Stir to coat with oil and spices, add coconut milk and cooked lentils, cover, and reduce heat to medium low. Cook for about 10-15 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, lemon juice and cilantro, to taste.