



Tucson Community Supported Agriculture

Newsletter 479 ~ March 16, 2015 ~ Online at www.TucsonCSA.org

Winter 2014/15

Harvest list is online

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PARKING AT THE Y

Park meters are being installed along 4th Avenue. While we believe it's likely this will affect parking around The Historic Y, we don't know exactly what the effect will be. If there is evidence that "refugees" from 4th Avenue start parking around The Historic Y and prevent tenants and visitors to park there, Park Tucson suggested they also install a mix of parking meters on University Blvd. in front of The Historic Y along with some 15-minute parking and some shared use resident parking.

We ask that you be patient during the few weeks it may take to observe the new parking patterns and come up with solutions. Please report your observations and experiences to us so that we can pass them on to the city.

If you do experience parking difficulties, remember that there is open parking along 5th Street west of 5th Avenue and also on 6th Avenue which is one block away. Also, it is easier to park after 5:00 PM.

Please do not park along the north side of University across from The Historic Y. That is a 24-hour resident-only parking zone for the two houses on that block. Parking tickets have been issued and are hefty.

A WEEK AT MY TABLE, by Philippe

The volume of greens we get during winter and spring can seem a little daunting when you try to stuff them in your bags at the CSA, and fitting them into the fridge can also pose some problems. But honestly, I can't get enough greens and their volume of them just gets me excited! They do cook down dramatically, and the fridge space issue can be resolved by using some or most of the greens on pickup day.

I know there are many fancy and delicious dishes one can concoct with winter greens, but I keep coming back to this easy **one-pot meat and greens dish**. It's not a dish I would serve to dinner guests because it is, let's admit it, rather rustic and basic, but it is oh so flavorful! I made it twice this week, once with the beet greens and the Swiss chard, and once with the turnip greens and the collard greens. Yes, this dish takes 2 bunches of greens and that doesn't even end up being too much! So, what is it? Basically you brown a pound of ground pork, season it to taste, then add chopped onions and brown those. You can add minced garlic too if you like. To that, add four large (or eight small) cubed potatoes and the chopped greens. Give it a good stir, add a cup of boiling water, cover, and cook on low heat for 30 minutes, stirring occasionally. The result is so yummy that I often get up in the middle of the night to steal a few spoonfuls of it (it's good even cold!).

It's amazing how well beets and oranges (or grapefruit) go together. So half of last week's portions went into a **Moroccan Slaw** and the other half went into a **Roasted Beet And Carrot Salad**, with added orange slices. I love roasted beets!

I always think of Hakurei turnips as the Coco Chanel of the turnips because to me they illustrate how sophisticated a turnip can be. Their white round bulbs contrast softly with their tender green foliage, their flavor is sweet like that of an apple but not as tart, and their texture is deliciously crunchy. This week, I sliced them in wedges and added them to the salad mix with a lemony dressing. It made a lovely green side salad to accompany roasted sweet potatoes stuffed with goat cheese.

DANDELION GREENS

Dandelion greens are bitter, but not terribly bitter. In fact, their bitterness is highly sought after. In salads, they go well with a tangy, citrusy salad dressing and some fatty solids such as feta cheese or hard-boiled eggs. Cooked, they excel in buttery or cheese sauces. If you eat meat, try them cooked with ground pork and potatoes, as illustrated in the one-pot dish described in A Week At My Table above.

TOMATO STARTS



Tomatoes do well in our climate and you can expect a good crop from late May to late July, and then again from September until the first frost. When your tomato plant is 3 times as high as its little pot, it is time to transplant it into a larger pot (1/2 or 1 gallon), using a good potting mix. Pinch the lowest 2 or 3 branches and plant the tomato all the way to its lowest remaining branches.

This will strengthen the plant by making it grow more roots from the buried part of the stem. Pots can be placed out of doors or indoors near a sunny window.

Beet and Carrot Bolognese Sauce-new

Sara Jones, Tucson CSA

This is a great way to use carrots and beets and also works if you have to sneak either of these vegetables past anyone you are serving. You can make a vegan version with cooked lentils or use ground beef or pork.

2 beets, scrubbed and shredded
2 carrots, scrubbed and shredded
1 large onion, diced
1 tablespoon oil
2 cloves garlic, minced
1 tablespoon tomato paste
1 teaspoon dried oregano
1 teaspoon dried thyme
1 bay leaf
1/2 pound ground meat or 1 1/2 cups cooked lentils
1 large can diced tomatoes
Salt to taste

Heat oil in a large saucepan over medium to medium high heat, add beets, carrots and onions and stir to coat in oil. Cook, stirring occasionally, until veggies are caramelized. (Depending on the heat this could take 10-30 minutes, the longer the better for flavor.) Stir in garlic and tomato paste and cook another few minutes. If using ground meat, add now and using a wooden spoon or spatula chop into small bits while browning. Add tomatoes and herbs (and lentils if using) bring to a simmer and cook for about 10-15 minutes. Salt to taste before serving.

Grapefruit Avocado Salad

Sara Jones, Tucson CSA

You will need to segment your grapefruit for this recipe. To do that, take a sharp knife and peel away skin and pith. Then remove each fleshy segment from the membrane holding it by cutting down in a v-shape toward the center of the grapefruit.

1 grapefruit, segmented, any juice reserved
1 ripe (but not soft) avocado, diced
1/2 small sweet onion, thinly sliced
1 teaspoon honey or agave nectar
1 tablespoon olive oil
Salt and pepper to taste

Toss grapefruit, avocado and onion together in a medium bowl. In a small bowl whisk together reserved grapefruit juice, honey, oil and salt and pepper. Drizzle over salad and serve immediately.

Pasta with Beets and Pecans

Paula Redinger, Tucson CSA

If you've already roasted your beets, this recipe takes no longer than it does to cook the pasta. To roast beets, wrap them in foil and place in a 450° oven. Cook until tender--medium size beets can take up to an hour. Wait until cool enough to handle. Trim beets, and slip off their skins.

Refrigerate until needed. I usually roast beets well in advance, along with any other vegetables I want to roast that week, or if I have a loaf of bread to bake. (I figure I might as well fill up the oven if it's going to be on.) I choose a time when I know I'll be home for a few hours, working at home, or whatever, since they take a long time but need little attention once they are in the oven. I'm sure they could be done on the grill as well, over low coals.

Pasta "shape" of your choice (I like "shapes" rather than "strands" for this recipe.)

Roasted beets, 1/2 inch dice, about 1 cup per serving
Pecans, roughly chopped, 2-4 tablespoons per serving
Parmesan cheese, grated, 2-4 tablespoons per serving
Olive oil – 2-3 teaspoons per serving
Salt and pepper

Put the pasta water on to boil. Meanwhile, trim, peel and dice beets, chop the pecans and grate the cheese, if not done already. Toast the pecans in a dry pan until fragrant, tossing frequently – probably not more than a minute. When the water is at a full boil, salt it generously (it should taste like seawater) and put in the pasta. Once the pasta is cooked to your taste, drain it and put it back in the still hot pan. Sprinkle in the Parmesan and combine well. The Parmesan will melt and make a sort of creamy sauce on the pasta. Add the olive oil, salt and pepper (I like a lot of pepper) and combine. Work quickly, so the pasta doesn't cool before serving. Portion out the pasta into bowls (preferably warmed) and top with the pecans and beets. Serve with additional Parmesan on the side, if desired.

Dandelion Greens Fettuccini

The Cook's Garden catalog – Spring/Summer 1989

2 cups dandelion greens
2 eggs
1 1/2 cup flour
1/2 teaspoon salt

Put dandelion greens and eggs in a blender and blend until smooth. Transfer to a bowl, add salt and start adding flour while beating with a spoon. Keep adding until dough is stiff. Turn out onto floured surface and knead until smooth (approximately 5 minutes). Roll out with rolling pin to 1/8"-1/4 thickness or thinner. Allow to stand and dry 1 hour, then cut into strips. Drop into boiling water and cook 1-2 minutes. Serve with butter and grated Parmesan or Asiago cheese.