



# *Tucson Community Supported Agriculture*

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## Spring 2015

### Harvest list is online

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#### **Lamb Shares Have Arrived; A Few Beef Shares Remain**

Josh's grass-fed lamb shares have arrived. If you paid a deposit in advance, we have a share for you. They're at the front desk.

And there are a few beef shares left to be picked up. If you paid a deposit, please pick up your beef share.

#### **No bread this Tuesday, March 31.**

There will be no bread this Tuesday. Don is teaching a bread class at the University of Arizona (Artisan Bread Demystified).

If you have a Tuesday bread share, your CSA account will not be charged the usual \$4.50 for a bread pickup this week, and that amount will remain in your account to be used later.

There will be bread as usual on Wednesday.



## A WEEK AT MY TABLE

Every season has its bumper crops and this time it's those big deep-orange carrots. Fine with me! I'm lucky enough to have a hubby who juices every day so lots of these made it into his daily concoction of beets, carrots, celery, apple and ginger. I just got a julienne peeler, so I've also been having fun turning some of the carrots into bundles of orange hay for large salads - which also featured the leaf lettuce, chopped green onions, squirt of lemon (from a neighbor's tree) and topped with starry yellow crowns of those giant dill flowers (which are doing double duty as spring decoration in a couple of pretty pitchers). Note—the dill flowers seem to consume quite a bit of water when in a vase or pitcher, so keep an eye on them.

And even though we're already enjoying 90° weather (and it's hardly April? oof), we're enjoying the last of the one-pot stick-to-your-ribs fare. The Red Russian kale starred in a recipe for curried red lentil butternut squash stew - sautéed onion, garlic and ginger with a veggie stock (cheating with Rapunzel cubes but they're so tasty), a big tablespoonful of curry, quick cooking red lentils and roasted squash. I added the chopped kale towards the end so it still had some bite and all those lovely vitamins.

I used the bok choy and any remaining veggies in the bin in a lovely spring detox soup: sauté onion and garlic in coconut oil, add your chopped vegetables, grated ginger (from a 2-inch knob), veggie or chicken broth and two cans of coconut milk. Add some warming spices: turmeric, smoked paprika, a little cayenne, oregano and thyme. Simmer until all the ingredients get to know each other real well. Throw in the bok choy, maybe the last of the cilantro you have growing in the herb garden - and tune your body to the vibrations of spring.

By the way, I'm sure we've still got a few more greens to go in our near future so here's a quick recipe for Spicy Mustard Pesto from a favorite blog, Nourished Kitchen. Use a cup of seeds and nuts (I used a mix of walnuts, pecans and sunflower seeds) and soak them the night before for better digestibility (or toast them on a warm skillet - keep an eye on them so they don't burn!) Then in a food processor add the nuts, 6 cloves of garlic, 2 bunches of a spicy green (I used a mix of leftover greens plus some arugula from the garden - you can also use the leftover stems from trimmed greens), pulse to combine, then run while drizzling 1 1/2 cups of olive oil. Add juice from a lemon and 1/2 teaspoon of salt and pulse some more. This will give you a gorgeous spicy pesto chock full of nutrients that is more intense than regular pesto and is great on eggs, soups, burritos, thinned with more olive oil for a salad dressing - pretty much everything. And it'll last a month in the fridge. Salud!

#### **FRESH SIDE: PORK BELLY (BLOCKS) OR RAW BACON (SLICED)**

We do sell fresh side occasionally and we have some at the moment. Fresh side is the same cut as bacon, except is it raw, i.e. not cured, not smoked. It comes in two forms: pork belly and raw bacon. Pork belly comes in blocks weighing about 2 pounds. The sliced fresh side is just sliced pork belly, hence its other name of raw bacon. It does not taste like bacon at all, although you can cook it like bacon and even make it taste somewhat like bacon by adding a little bit of sugar, salt and Worcestershire sauce to it as it cooks.

## Easy Minestrone Soup

Sara Jones, Tucson CSA

This soup is perfect for using a bit of everything in your CSA share. A variety of flavors and textures make this soup more interesting. Almost any greens will do nicely in here, but remember they will shrink a lot. One whole bunch isn't too much if you love greens.

1 large or 2 small sweet potatoes, diced  
1/2 large bunch chard, stems removed and chopped, greens roughly chopped  
2 carrots, diced  
2 turnips, diced  
1 sweet yellow onion, diced  
3 cloves garlic or 1/2 bunch green garlic  
1 tablespoon tomato paste  
1 can diced tomatoes  
1 can beans (kidney or white beans are best) drained  
1 large handful small pasta shapes  
1 teaspoon oregano  
1 teaspoon thyme  
1 bay leaf  
1-2 tablespoons oil  
Salt and pepper to taste

In a large saucepan, sauté onion in oil over medium high heat until beginning to brown. Push onion to one side and add tomato paste to pan. Cook, stirring continuously, until paste has darkened a shade or two. Add garlic, herbs, canned tomatoes and about two cans of water. Stir in remaining veggies, including chard stems (greens will be added later). Bring to a simmer and cook for about 15 minutes, until sweet potatoes are mostly tender. Add beans, pasta and greens and continue cooking until pasta is ready. Season to taste with salt and pepper and a drizzle of balsamic vinegar, if desired. Serve garnished with shredded parmesan and croutons.

## Citrus Vinaigrette

Rachel Yaseen, Two Spoons

Use this vinaigrette for any salad or you can use leftovers to drizzle over roasted veggies, too.

1/4 cup juice of 1 orange (or half orange, half grapefruit)  
1/8 cup each, juice of 1 lemon and lime  
1/4 cup organic, unrefined sesame oil (not toasted), or olive oil  
2 tablespoon agave nectar  
1 tablespoon chives, chopped  
1/4 cup parsley, chopped  
1/4 teaspoon sea salt, or more to taste

Mix all ingredients together in a jar with a tight fitting lid. Shake well before serving. Dressing should keep well in fridge for one week.

## Beet and Walnut Dip

Sara Jones, Tucson CSA

This is a great dip or spread for bread or pita. Top with fresh herbs and chopped olives, if you like.

1 bunch beets, roasted, peeled and roughly chopped  
3 cloves garlic  
1 cup walnuts  
2 tablespoons olive oil  
1/4 cup plain yogurt or sour cream  
Salt to taste

Process garlic and walnuts in a food processor or blender until finely ground. Add beets and olive oil and process until smooth. In a medium bowl, combine beet mixture with yogurt or sour cream. Salt to taste. Store in refrigerator covered with a layer of oil for up to one week.

## Slow Cooker Risotto with Swiss Chard

Lorraine Glazar, Tucson CSA

1 tablespoon olive oil  
1 small yellow onion, finely chopped  
1 1/4 cups uncooked Arborio rice  
2 (14 ounce) cans reduced sodium broth, vegetable or chicken  
1/2 cup dry white wine  
Dash salt  
1/2 bunch Swiss chard, rinsed clean, well-dried and coarsely chopped

Heat olive oil in small skillet. Add onion and cook until softened, 4 to 5 minutes. Place in slow cooker. Add rice and toss well to coat. Stir in broth, wine, salt and Swiss chard. Cover and cook on high 2 to 2 1/2 hours or until all liquid is absorbed.

## Grilled Romaine Salad with Bacon Bits

Philippe, Tucson CSA

1 large head romaine, split lengthwise, washed and dried  
2 hard boiled eggs, crumbled  
1/2 lb bacon, cubed and sautéed

### Dressing:

Juice of 1 lemon  
2 spring onions with greens  
1 clove garlic  
3 tablespoons olive oil  
1 tablespoon mustard  
Salt and pepper to taste

Combine all dressing ingredients in a blender and process until smooth and creamy. Rub some dressing over cut face of romaine and place in a hot area of your grill. Cook for about 3 minutes, or until beginning to caramelize and wilt. Remove from grill, cut each half into two long halves for smaller portions or leave whole. Place lettuce on a plate and drizzle with more dressing. Sprinkle with eggs and bacon and serve.