



Tucson Community Supported Agriculture

Newsletter 519 ~ January 4, 2016 ~ Online at www.TucsonCSA.org

Winter 2016

Harvest list is online

The Back Page Recipes

Bok Choy Risotto with Lemon
Huevos Florentine
Tartine au Fromage Blanc
Baked Greens "Chips"

**Many more recipes
on our website**

Managing your CSA subscription

We offer so much more flexibility now than we used to when we started 12 years ago. You can manage your CSA subscription to best suit your needs as they change.

Things you can on your CSA account include:

- Recharge your account
- Add or remove subscriptions
- Change your pickup day
- Put your subscription on hold
- Review your pickup history and check when your next pickup is
- Update your contact information
- Add a secondary contact

To access your CSA account login, go to the Tucson CSA website and click on Manage Your Account (use the email address and password you used to create your account during sign-up).

To learn more about how to manage your CSA account, check our website's Help pages, i.e. "Help: Manage Account" and our "FAQs."

Welcome to 2016!

And what a wet welcome it is! As I write the weekly newsletter on this Monday afternoon, Farmer Frank tells me that it has been and still is raining hard at Crooked Sky Farms. It is going to be a rough week if the rain keeps up, and it is expected to rain all week. At this point Frank just doesn't know how much of this week's planned harvest he will be able to harvest. He was hoping to send us several kinds of winter greens this week, and also a selection of radishes, but the muddier the fields get, the harder it is to harvest them. However, if the greens can't be harvested, he'll send us some other goodies. Fingers crossed!

We are incredibly lucky that Frank, as the skilled farmer he is, grows so many different things and also keeps a substantial inventory of dry produce such as potatoes and sweet potatoes, onions, dry beans, dry chiles, pecans, etc. We get those regularly in our shares of course, but such items can also be used as backup when rough field conditions make harvesting of fresh produce difficult or even impossible. Compared to many CSAs around the country, Frank does a remarkable job of providing us year round with a steady and varied supply of fresh produce. He has been amazing at always making sure we get 7 to 8 different types of produce, week after week, for 12 years. We are lucky to be sheltered from many of the issues and setbacks the farm suffers from, such as crop failures, staff shortages, bad weather, crop vandalism and theft, etc. Thank you Frank, and we wish you a happy New Year too!

Winter Greens!



Greens are doing well this winter at Crooked Sky Farms. Let's just hope they don't get washed away by the El Niño rains! Here is spicy braising mix, a mixture of mizuna, purple Osaka mustard, green frills, red frills and all different kinds of mustards selected for taste. When small and tender, you can use braising mix raw in salads. When more mature, you can cook it as you would any winter greens.
(Photo courtesy of Crooked Sky Farms)

First Price Increase in Five Years

Produce shares are going up from \$20 to \$22 per week and Barrio Bread shares are going up from \$4.50 to \$5.50 per week. Both increases were long overdue, the bread price in particular, as the price of wheat has been increasing steadily for several years. Don is also trying to use as much local organic flour as possible, which is more costly.

The price change went into effect on January 1st, but it will be phased in gradually over the next several weeks, as it is only applied to new subscriptions and subscription renewals. Members who had one or more pickups remaining on January 1st will not see a price increase until those pickups are used up. If you look at your online CSA account, you will notice that the prices listed are the new prices. However, a credit has been given to offset the price increase for the remainder of all existing 6- or 12-week subscriptions.

Bok Choy Risotto with Lemon

Lorraine Glazar, Tucson CSA

This recipe would work well also with rapini or Swiss chard, or any vegetable that has a harder stalk than leaf.

4 cups vegetable or chicken stock
2 tablespoons olive oil
1/2 pound bok choy
1/4 large red onion
1 cup Arborio rice
1/4 cup dry white wine or vermouth
3 tablespoons lemon juice
1/2 teaspoon salt
1/4 red bell pepper, chopped or finely sliced (optional)
1 cup freshly grated Parmesan cheese
Grated zest of one large lemon
1 tablespoon butter
Freshly ground black pepper to taste

Place the stock in a small saucepan and bring to a bare simmer. Meanwhile, heat the olive oil in a large saucepan over medium to low heat. With bok choy bundled together, cut the stalks into 1/4 inch slices. Add the cut up stalks to the olive oil, and sauté, stirring occasionally for a minute or so, while you chop the onion. Add the onion to the pan, and sauté another couple of minutes until softened. Meanwhile, cut the remaining leafy part of the bok choy crosswise at intervals of about an inch and set aside. To the bok choy and onions in the pan, add the rice and stir until all the grains are coated with the oil, about 1 minute. Add the wine and the lemon juice and simmer, stirring, until liquid is absorbed; then ladle in about a cup of the simmering stock. Add the salt and cook at a simmer, stirring frequently, until the rice has absorbed almost all the liquid... Add the cut up leafy bok choy greens and another 1/2 cup or so of stock, and continue to simmer. Stir frequently and add more stock, about 1/2 cup at a time, each time the rice has absorbed almost all the liquid and is threatening to stick. When the rice is ready, it will be creamy and a little soupy—this should take about 20-30 minutes. Just before serving, stir in the red bell pepper slices, grated cheese, lemon zest, butter and pepper to taste. Add more salt if necessary. Serve immediately.

Huevos Florentine

Paula Redinger, Tucson CSA

Per serving:

1 large flour (or 2 corn) tortilla
1 bag CSA braising mix or other greens
2 eggs
Olive oil
Crushed garlic
Salt and pepper

Combine a tablespoon or so of olive oil with crushed garlic (as much as you like.) Wash and shred the greens. Wilt in a pan with a few drops of olive oil, salt and pepper. Cook a few minutes longer, covered. When done, stir in garlic/olive oil mixture. When the greens are almost done, fry the eggs, sunny side up or over easy. Season with salt and pepper. Warm the tortilla. Place the tortilla on a plate, arrange greens on the tortilla and top with the eggs.

Tartine au Fromage Blanc

Philippe, Tucson CSA

This is a very traditional Belgian snack made with radishes, green onions and fromage blanc. Fromage blanc (fresh white cheese) is unique to the Low Countries and is unfortunately not easily available here. Luckily, Greek yogurt is a close substitute. Cream cheese can also be used.

This tastes a lot better than it sounds. There is a great balance as the creamy cheese or yogurt mellows the bite of the radishes and the crisp freshness of the radishes lightens the cheese or yogurt.

Green onions
Radishes
Fromage Blanc or Greek yogurt
Bread, sliced
Salt and Pepper

Spread a generous layer of Greek yogurt on a slice of bread. Slice radishes and green onions on top of it until the yogurt is well covered. Sprinkle with salt and pepper. You can also mix all the ingredients together and use it as a spread or dip.

Baked Greens “Chips”

Nicole Baugh, Tucson CSA member, Adapted from 28 Cooks food blog

Use sturdy greens like kale and collards for these delicious chips. Experiment with whatever spice mix you prefer.

3-4 cups greens
2-3 teaspoon olive oil
1 teaspoon apple cider vinegar
Salt and pepper to taste

Preheat the oven to 325°. Wash and dry the greens. If the leaves are large, de-stem and tear into 2 or 3 pieces. Place in a bowl or plastic bag and add the other ingredients, tossing to coat thoroughly. On a non-stick cookie sheet (or one lined with parchment), spread the greens into a single layer. If desired, you can wait to add the seasonings until this stage instead. Bake for 10-20 minutes, checking often after the first 10 minutes to ensure that they don't burn. You may want to stir the leaves a little halfway through to keep them from sticking, but it shouldn't be necessary to turn them. The leaves should be crisp but not thoroughly browned, as they will become bitter if overcooked.