



# *Tucson Community Supported Agriculture*

*Newsletter 520 ~ January 11, 2016 ~ Online at [www.TucsonCSA.org](http://www.TucsonCSA.org)*

Winter 2016

**Harvest list is online**

## **The Back Page Recipes**

Arugula Pesto  
Creamy Rapini Pasta  
Greens Soufflé  
Peanut Ginger Slaw  
Peanut Ginger Dressing

**Many more recipes  
on our website**

## **NO MORE CHEESE SHARES...**

... until April! The goat are getting ready to kid (have their babies). Most of the milk will go to the kids (baby goats) until they are weaned. However, we will get goat cheese in limited quantities and it will be available first come, first served. Check our display fridge!

## **Price Increase Reminder**

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. This is the first increase in five years and both increases were 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, and is applied to new subscriptions and subscription renewals. Members who had one or more pickups remaining after January 1st have received a credit to offset the price increase for the remainder of their 6- or 12-week subscriptions.

## **Winter Salads**

As we continue to cruise through our "high greens season" this is prime time to explore the world of winter salads. We usually think of salads as something more appropriate for the warmer months (of which we Tucsonans have many). But with our bounty of green things filling up our fridges, remember that many nutritionists recommend including one or two servings of greens at every meal and a salad is an easy way to do that. Here are some ways to winterize this super side:

- **Panzanella:** This is a hearty Italian 'bread' salad that uses stale (or toasted) pieces of bread. The classic panzanella is heavy on tomatoes, but in this season, you can substitute some roasted slices of sweet potatoes, winter squash and/or Brussels sprouts. Use up to 4 cups of greens - I like a blend of kale and arugula - and massage them with some olive oil and lemon juice - and clean hands! Then add roasted veggies, torn pieces of sourdough bread, something assertive and briny like capers or olives and feta, goat or parmigiano cheese. A bright splash of sherry vinegar and perhaps another drizzle of olive oil and you're ready to serve.
- **Slaws:** Slaws aren't just great for summer barbecues. I love a particular recipe by [mynewroots.org](http://mynewroots.org) - Roasted Sesame Winter Slaw. Combine 4 cups of shredded cabbage and other hearty green, 2 cups of shredded carrots, 2 sliced scallions, and 1 cup of chopped parsley or cilantro in a bowl. Top with 1/2 cup of toasted sesame seeds and mix. Add the slaw to your plate and then top with a tahini dressing. To make the dressing, whisk the following ingredients together: 2 tablespoons olive oil, 3 tablespoons lemon juice, 1 tablespoon honey, 1/3 cup tahini, 1/2 cup water, salt to taste and the zest of an orange.
- **Warm Salads:** Cook your salad! Take an assertive green (like arugula), add radishes and chopped parsley and dress with a vinaigrette. Then heat in a hot skillet until wilted - about 30 seconds. Add some chopped toasted pecans or walnuts for some crunch.



## **Want Gluten Free Bread? Subscribe to a share!**

We're offering gluten free bread shares from Dedicated, a local gluten free bakery (formerly known as Got2B Gluten Free). Shares consist of one loaf of gluten free bread per pickup, at \$7 per loaf. All breads are dairy and soy free. Three types of breads will rotate in succession:

- **Regular Bread:** a sandwich-style loaf bread, made with whole grain brown rice and tapioca. This bread has a fabulous bread texture and taste!
- **Cinnamon Raisin Bread:** their signature bread, with a cinnamon sugar swirl and raisins. It makes excellent French toast!
- **Challah:** a traditional soft bread, in a braided long loaf style. Sweet and delicious!

## Arugula Pesto

Celine Hayden, TCSA

This makes a great spread for bread, along with Black Mesa Ranch goat cheese. Yum!

1/2 cup toasted pecans (or other nut)  
1 bunch or bag arugula  
1-3 tablespoons white balsamic vinegar (can also use red balsamic vinegar but that mutes the green color of the arugula)  
1-2 cloves crushed garlic  
Olive oil  
Salt and pepper to taste

Toast nuts in a pan and add to food processor or blender. Also add arugula, 1 to 2 tablespoon vinegar, crushed garlic, salt and pepper and blend until well mixed (very thick paste). Add olive oil until pesto is desired consistency (usually until it's spreadable). Note: the vinegar takes some of the bite out of the arugula. Add more or less depending on taste. Also, blending the garlic, vinegar, salt, nuts, and arugula before adding the oil is important—it allows the flavors to permeate the vinegar and make it more flavorful (or so my mother always told me).

## Creamy Rapini Pasta

Sara Jones, Tucson CSA

The creaminess of this dish is provided by hummus rather than dairy. Use a packaged, prepared hummus for a really simple recipe. Or you can make your own at home by pureeing any cooked white bean with garlic, oil, lemon juice, tahini and salt. Sauté extra garlic and chile flakes with the greens, for more flavor if you like.

1 bunch rapini, cleaned and chopped  
1 tablespoon olive oil  
1 pound pasta  
About 3/4 cup hummus

While pasta is boiling in well-salted water, sauté rapini in olive oil in a large pan over medium high heat. When pasta is al dente, drain, reserving some of the cooking water. Add pasta and hummus to greens and toss together. Add pasta water and/or additional oil, if needed, to help thin hummus and coat pasta. Season with salt and pepper, if needed, and serve.

## Greens Soufflé

Kristin Terpening, Tucson CSA

Here's an option for using lots of greens: soufflé! I've slightly modified a recipe for broccoli soufflé from an old Better Homes and Gardens cookbook: All-time Favorite Vegetable Recipes. It's great with broccoli of course, but it's also quite good with whatever greens you have on hand.

2 cups chopped greens (kale, braising mix, spinach, whatever)  
2 tablespoons butter  
2 tablespoons all purpose flour  
1/2 teaspoon salt  
1/2 cup milk

4 egg yolks  
1/4 cup grated Parmesan cheese (or mix of hard cheese)  
4 egg whites

Wilt the greens (or blanch and shock in ice water), and drain very well (squeezing works great). Chop finely. In a saucepan, melt the butter and blend in the flour and salt to make a roux, then add the milk, cooking and stirring until thick. Remove from heat. Meanwhile, beat egg yolks till thick and lemon-colored (although with those great CSA eggs from Josh, it'll be more orange). Slowly stir half of hot mixture into yolks, then return this to remainder of hot mixture, stirring continually. Stir in cheese and greens. Beat egg whites till stiff peaks form; gently fold into greens mixture and turn into ungreased 1-quart soufflé dish. Bake at 350° till knife inserted off-center comes out clean, 35 to 40 minutes. Serve at once and enjoy!

## Peanut Ginger Slaw

Sara Jones, Tucson CSA

You can serve the dish as a cold salad, alone or over cold noodles. Or briefly cook all the ingredients together with tofu or cooked shredded chicken, and serve over rice or noodles.  
½ head Napa cabbage, thinly sliced (about 4 cups)  
2 cups braising mix or arugula, thinly sliced  
1 cup finely sliced carrot and/or radish  
3-4 green onions, sliced  
1 orange, sliced into segments

Mix vegetables and toss together with Peanut Ginger Dressing

## Peanut Ginger Dressing

2 tablespoons peanut butter  
1 inch piece fresh ginger, grated  
1/4 cup orange juice  
1 tablespoon rice wine vinegar  
1 tablespoon soy sauce

Blend dressing ingredients together in a medium bowl, until well mixed. Garnish salad with toasted peanuts, if desired.