



Tucson Community Supported Agriculture

Newsletter 521 ~ January 18, 2016 ~ Online at www.TucsonCSA.org

Winter 2016

Harvest list is online

The Back Page Recipes

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Pesto with Sesame Seeds and Edamame Noodles
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Okonomiyaki (Japanese Fritters)

Many more recipes on our website

We hope you all enjoyed Rachel's cooking demo last week!

Her recipes are on the back page!

Bread Waitlist

We are currently sold out of Barrio Bread shares. However, if you'd like a bread share, you can go online to add one to your subscription and you will automatically be waitlisted. As soon as a bread share becomes available, it will be added to your subscription.

In the meantime, you can always buy non-share bread at the CSA. But try to come early, as we often sell out around 5 p.m.

Gluten Free Bread

For those of you who are gluten sensitive, we also have gluten free bread shares from Dedicated, a local gluten free bakery.

Barrio Bread Expansion Fundraiser

Do you want to support local bread production and help make Barrio Bread more widely available in Tucson? You can make it happen!

Don Guerra needs funding to expand Barrio Bread. With your support, Don could:

1. Increase the availability of Barrio Bread to you.
2. Continue to work with farmers, scientists, and food producers to ensure that we have a viable and healthy grain economy. Using local flours reduces the carbon footprint of Barrio Bread loaves and invigorates our local economy and food production.

3. Focus on local education and his Bread Without Borders project. Don has taught and presented at the UofA, Tucson Village Farm, Native Seeds/SEARCH, Hayden Flour Mills, and he has traveled to Taiwan and Mexico as well as across the United States to teach about his craft and his Community Supported Baker business model.



Don received a USDA Local Food Promotion Grant which is essential to reach these goals. However, in order to receive this grant money, he has to generate a significant amount of matching funds.

Don says, "I like to think that all of you will share a little piece of the new oven that is used to bake your bread, just like the age old tradition of the community oven located in the heart of many villages. Barrio Bread will always be devoted to the community it serves, as well as the larger community of bakers and bread lovers around the world."

To help Don, go to his GoFundMe page at <https://www.gofundme.com/barriobread>

Many thanks!

How about cooking your greens the Indian way? Take a class with Kumi on how to make saag!

There is nothing wrong with the traditional sautéed greens with onions and garlic, but if you'd like to introduce an exotic variation to your winter greens, saag is definitely one of the best ways to prepare them with Indian spices and herbs.

And if you would like to learn how to make an incredible saag paneer curry from start to finish, Kumi from @Ruchikala will show you how to turn your winter greens into an incredible Punjabi dish.

Kumi's class includes dinner - this Friday. Follow the link to register for your seat!" (the link below is clickable on our online version of the newsletter)

<https://www.eventbrite.com/e/demystifying-spices-and-intro-to-curry-building-lesson-1-saag-paneer-tucson-tickets-20687443701>

Lambs Quarter (Quelites) Pesto with Sesame Seeds and Edamame Noodles -new

Rachel Yaseen, The Organic Kitchen

Use any of the milder flavored greens interchangeably in this recipe. Use any noodle you like, the edamame noodles that Rachel used for the demo last week were delicious and gluten free.

6 cups lamb's quarters
1/4 cup sesame seeds
3 tbsp. soy sauce
3 tbsp. maple syrup
2 cloves garlic
1 tbsp. grated ginger
Organic Edamame noodles (available at Costco-- gluten free, 100% edamame, nothing else)

Clean the greens. Heat on medium in a skillet until tender. Drain. Toast the sesame seeds. In a food processor, grind the sesame seeds coarsely. Add soy sauce, garlic, ginger and maple syrup. Cook and drain the noodles. Mix with the pesto. Serve with chopped macadamia nuts.

Kale and Radish Salad with Barley and Citrus Vinaigrette -new

Rachel Yaseen, The Organic Kitchen

1/2 cup cooked barley
6 radishes, sliced very, very thin
Carrot, grated
Celery, diced small
Cucumber, diced small
3 tablespoons dried, unsweetened coconut,
3 tablespoons toasted sesame seeds
Organic corn, 1/4-1/2 cup
3 tablespoons fresh orange juice
3 tablespoons fresh lime juice
3 tablespoons honey

Mix vegetables, coconut, and sesame seeds together. Separately mix the lime juice, orange juice, and honey. Pour over the vegetable mixture. Serve.

Arugula and Radish Salad Massaged with Avocado - new

Rachel Yaseen, The Organic Kitchen

You could use any cooked grain for this salad, but barley, wheat berries or brown rice are especially good.

1/2 cup cooked brown rice
6 radish, sliced thin (I use a mandolin)
1/2 avocado
4 cups arugula, sliced thin
Sprouted chile almonds
Tahini dressing (1/3 cup tahini and 1/2-1 cup water, and 1/4 tsp. salt)

Massage the avocado into the arugula with your fingers. Mix in the rest of the ingredients. To make the dressing, slowly add water to

the tahini and salt. The amount of water you use depends on the consistency of the tahini and how thick you want your dressing. This can be done with a fork or in a food processor. At first, as you add the water, the tahini will seem to get thicker. But as you add the water and stir it will become increasingly thinner. Toss dressing with greens to coat.

Okonomiyaki (Japanese Fritters)

Philippe, Tucson CSA

Looking for ways to use your large Napa cabbage from last week? Or any leftovers greens you may still have? Try fritters, or even better, okonomiyaki! Fritters are a great way to use up vegetables that are lingering in your refrigerator. You can shred or grate just about any vegetable, including greens, mix them with flour and eggs, and turn them into fritters.

The following recipe is the Japanese version of our pan-fried fritters. Okonomiyaki is traditional Japanese dish typically made from flour, eggs and shredded cabbage, with added vegetables and sometimes fish or meats. It is a very easy and versatile dish and there are infinite ways to make it.

The following recipe is by no means authentic, it's just how I make it. I usually use whatever ingredients I have on hand. It has no seasoning other than the sauce but it is nevertheless packed with fresh flavors. However, if you want it to have an extra kick you can add black pepper, chile flakes or herbs.

The base:

1 cup all-purpose flour
1 cup water, stock, or dashi
2 eggs
About 5-6 cup napa cabbage, plus a variety of other greens, shredded
1 tablespoon olive oil

Other ingredients – add 2-3 cups of a combination of two or more of the following: chopped green onions, bacon, ham, thin slices of pork or beef (pre-cooked/sautéed), fish, shrimp, chopped greens, sliced mushrooms, nori flakes (dried seaweed), corn, grated carrots, green beans, grated summer squash, grated sweet potatoes, grated turnips, ... grated anything really.

Toppings:

Mayonnaise
Okonomiyaki sauce, soy sauce or Worcester sauce

In a large bowl, mix the flour, eggs and water or stock. Add the cabbage and the other ingredients. Mix gently until everything is well coated with the batter. Heat oil to medium hot in a large skillet. Pour the mixture in a large skillet and press it down firmly. I try to make it about 1/2 inch thick. Cover and cook for 4 minutes. Flip (I usually slide in on plate, cover with another plate, flip it and slide it back in the skillet) and continue cooking for another 4 minutes. Slide onto a large plate, cut in wedges, brush wedges with some mayo, sprinkle with some sauce on them, and enjoy.