



Tucson Community Supported Agriculture

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Spring 2016

Harvest list is online

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**Many more recipes
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Daikon Radishes?



You can stir fry them, pickle them, grate them to make coleslaw, roast them, eat them raw...

You can also turn them into radish top soup, because their greens are edible (see recipe on our online recipes).

We like to slice them, sprinkle them with salt and pepper and just pop them in our mouths...

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Barrio Bread: Building up the local community with artisanal bread

By now, many of you are probably familiar with Barrio Bread's excellent Pain au Levain and baguettes - among other delicious varieties - but did you know that much of the flour that comprises this bread is made with heritage wheat which was farmed here hundreds of years ago and was recently reintroduced to the area. Or that Don bakes every loaf himself out of his 2-car garage converted to a bakery? Or, even more importantly, the vision and heart behind every loaf?

Don's goal is not just to satisfy our stomachs but to also nourish the local grain community as well as young minds. His three-pronged approach: bake the bread, support the local grain economy and educate adults and children about baking and local food systems, passing along the knowledge he's acquired over 26 years. His passion is the artisanal care that it takes a lifetime to acquire. "It's more than bread," says Don. "The process brings the wheat to life and unlocks the potential in the seed. Even good wheat can make bad bread. You have to know how to ferment it and what makes it taste so good."



"Seed to Bread" workshop at the Mercado San Agustin Spring Bazaar this Sunday

On Sunday, May 1st from 11am to 3pm, Don will be hosting a panel of representatives from the local grain community and demonstrating exactly what happens from "Seed to Bread". He'll start with sheaves of wheat from a local farm and run through the threshing, winnowing, milling and mixing that turns it into Barrio Bread. Panel members include **Gary Nahban**, author and foodie extraordinaire, **Chris Bianco**, owner of Pizzeria Bianco, and **BKW Farms** and

the **San Xavier Co-op**, which grow some of the heritage grain that make up much of Barrio Bread loaves - especially Sonoran White Wheat, a low-gluten variety grown by the Tohono O'odham since the late 17th century. Oh, and there'll be samples!

Barrio Bread's Expansion: a crucial time for community support

At this point, Don's bread production is at capacity - demand keeps rising, but there's only so many loaves one man can produce in a converted two-car garage every week (that number, by the way, is 900 - accounting for Don's 80 hour work weeks!) Realizing it was time to think bigger, Don applied for and got a USDA Local Food Promotion grant for \$100,000 to fund new gear and equipment (the first time this grant has been awarded to a baker). But Don needs to raise additional funds - \$75,000 - to handle increased costs and help acquire a new home for Barrio Bread. Don is looking for the right place to not only bake more bread, but also to house some of his bigger dreams: workshops, expanding his education and outreach in the community, and paving the way for more excellent bread, more bakers and a stronger local grain economy.

If you enjoy Don's bread, please show your support at gofundme.com/barriobread!

Greens and Turnips in Coconut Milk

Sara Jones, Tucson CSA

This is a very simple, yet tasty recipe, with lots of room for innovation. If you like curry flavors, add more spices to the mix, sautéing them with the onions before adding the rest of the ingredients. You can also add tofu, garbanzo beans or cooked chicken for a complete meal, served over rice.

1 bunch CSA greens, cleaned and roughly chopped
About 2 cups potatoes or winter squash, diced small
1 inch fresh ginger, grated
1 onion, sliced thinly
1/2 teaspoon ground coriander
1 scant tablespoon oil
1/2 can coconut milk
Red chile flakes, to taste
Soy sauce, to taste
Lime juice

In a large skillet, heat oil over medium high heat and add onion. Cook until beginning to brown. Add ginger, chile flakes and coriander and cook until fragrant. Add vegetables and coconut milk, plus about 1/4 cup of water. Bring to a low simmer and cook until turnips are tender. Season to taste with soy sauce and a bit of lime juice.

Hakurei Turnip Paliya

Kumi Rao, Ruchikala

Mustard seeds are a natural match with the light mustard flavor of turnips. Season this dish to taste with fresh or dried chiles.

2 tablespoons cooking oil (vegetable, sunflower or coconut)
1 1/2 teaspoons black mustard seeds
2 strands curry leaves, chopped
1/2 teaspoon asafetida (or 2 cloves minced garlic)
2 Thai chilies, minced (or to taste)
3 tablespoons grated unsweetened coconut
1 bunch turnips (turnips diced, leaves chopped)
1 teaspoon of salt (or to taste)
2 teaspoons to 1 tablespoon agave or honey

In a 12" skillet on medium high heat, add cooking oil and mustard seeds. Have a lid nearby and heat the pan until the mustard seeds start to pop, add lid and wait for about 20 seconds or so until the mustard seeds stop popping. Add curry leaves, asafoetida and thai chiles, and sauté for 30 seconds. Add dried coconut, sauté for about a minute or until the coconut just starts to turn very lightly brown. Add diced turnips, along with 1 teaspoon of salt. Sauté for about 3-4 minutes, on high heat, stirring every 30 seconds or so. Add greens, allow then to wilt for about 1 minute. Add the agave or honey. Stir and serve.

Frittata with Spring Greens

Sara Jones, Tucson CSA

You can use any greens you have for this dish. If using chard, sauté stems a bit longer than the greens. Add any fresh herbs, if available.

5 eggs
1/4 cup milk
2 tablespoons flour
1/2 small onion
3-4 chard stems, diced
2 large handfuls chard, mizuna or kale, roughly chopped
1 handful parsley, roughly chopped
About 1 tablespoon olive oil
Salt and pepper to taste

Heat oil in a large skillet over medium high heat. Add onions and chard stems. Cook about 5 minutes, then add greens. Continue cooking, briefly, until greens are wilted. Remove from heat. In a medium size bowl, whisk together eggs, flour and milk. Stir cooked vegetables and parsley into mixture and season with salt and pepper. Pour mixture into well greased pie pan and bake in a 350° oven for about 20 minutes, until eggs are set.

Italian Arugula Salad with Beans

Lorraine Glazar, Tucson CSA

This salad calls for arugula, but the mild mizuna will work well, too.

For the salad:
1 cup diced tomato
1 15 ounce can of cannellini beans
6 cups torn arugula
1/2 cup thinly sliced onion (red looks best)
2 tablespoons Parmesan cheese
1/4 cup thinly sliced fresh herbs
1 teaspoon grated lemon rind
1 1/2 tablespoon lemon juice
1/2 teaspoon fennel seeds, toasted and crushed

Vinaigrette:
1 tablespoon extra-virgin olive oil
1 tablespoon balsamic vinegar
1 tablespoon fennel seeds, toasted and crushed
1 teaspoon honey
Pinch black pepper

Combine the salad ingredients in a bowl, cover and chill. Prepare vinaigrette by combining the oil and remaining ingredients in a small bowl, stirring with a whisk. Add to salad and toss well.