



Tucson Community Supported Agriculture

Newsletter 569 ~ January 2, 2017 ~ Online at www.TucsonCSA.org

Winter 2016-17

Harvest list is online

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**Many more recipes
on our website**

No More Cheese Shares For A While

Most of the Black Mesa Ranch goat milk will now go to their baby goats whose kidding season has started

We will still get some cheese from Black Mesa Ranch, but not cheese shares.

Cheese shares will resume in the Spring.

Holiday Candy

Black Mesa Ranch candy will return in a couple of weeks and hopefully be available until Valentines Day. We will only get a couple of shipments, so if you see something that you'd like to buy after it arrives, don't wait too long before buying it.

No Bread This Tuesday

This Tuesday, January 3rd, is Baker Don's last day vacation so he will have no bread for us. Barrio Bread will be back on Wednesday, January 4th.

Happy New Year!

All of us at Tucson CSA, Crooked Sky and Sleeping Frog Farms, Baker Don (Barrio Bread), Michael the sprouts guy, Black Mesa Ranch (along with all their goats), Josh and his chickens, and all our other vendors and volunteers wish you all the best of health and happiness for 2017! And may your tables fill with wonderful foods and delightful company.



We also want to let you know how much we appreciate your choice to support our CSA and local sustainable food production!

CSA Tips: Large Greens and Sunchokes

One of the benefits of CSAs is its focus on sustainability - in the desert, that means growing food that doesn't need much in the way of supplemental water or insecticides. Two of our produce stars this week fit that bill but do come with their own challenges - here is how to make the most of them as you help support green, organic, environmentally responsible food practices!

Giant Mustard Greens

Don't be intimidated by those large leaves of mustard greens in your Tuesday harvest. Pull the leaves from the stems and blanch them right away to cut down storage space and tames down pungency. Indian Saag is the most perfect recipe to use them all up. The cream and spices really work well with mustard green's naturally assertive flavor. There are various saag recipes available on our website including one from our own Sara Jones on the back page.

Preparing Sunchokes

The tasty, nutty Sunchoke (or Jerusalem Artichoke) that are filling out the Wednesday harvest can cause flatulence for folks sensitive to inulin - a type of carbohydrate that is a derivative of fructose.

First of all, when you are preparing to cook your sunchokes, make sure that you clean them *very well* - scrub them and pull the little knobs apart to get into the crevices.

The following tips are said to convert the inulin into the more readily digestible fructose:

- Slice the tubers and boil them for 15 minutes with cream of tarter or lemon juice.
- Bake them in a 200 degree F oven for 12-24 hours.
- Simply store them in the fridge for a while before cooking (they are holding steady after three weeks in my fridge).

Ferment them! Any kind of pickle or other lacto-fermentation recipe should work - and this one from blogger Linda Ziedrich looks especially yummy:

<https://agardenerstable.com/2014/02/24/taking-the-wind-out-of-jerusalem-artichokes>

Onion Mustard Crackers

Felice Gaia, Tucson CSA

Can't figure out what to do with your mustard greens? These crackers make a surprisingly wonderful, and healthy, snack. The mustard takes a back seat and is so mild. This is a raw recipe that uses a food dehydrator, but you should be able to bake the crackers on a very low oven setting, if you need to.

1 bunch mustard greens, well cleaned
1/2 large yellow sweet onions
About 1 cup of almonds (preferably sprouted)
3/4 cup of golden flax seed
About 1 teaspoon turmeric, to taste
Himalayan salt to taste

Purée mustard greens in a blender. In large bowl add mustard greens to the flax seeds. The moisture from the greens will start to 'gel' with the flax seeds. Purée the onions and add them too. Allow to sit for at least one hour. Grind sprouted almonds in food processor. Add to mixture. Add seasonings with your clean loving hands so ingredients get mixed thoroughly. Let sit for another hour, until the mixture gets a firm pliable texture. Spread on dehydrator sheets to cracker thickness. Dry at 105 degrees for up to 18 hours. Or, spread on a baking sheet lined with parchment paper and bake at 250, checking every 30 minutes or so until cracker is mostly dry and firm.

Grapefruit Marmalade

Sara Jones, Tucson CSA

Making your own marmalade can be a complicated process, but this recipe is really simple. Citrus contains plenty of pectin there is no need to add anything but sugar. You can stew this marmalade with ginger or other spices to give it a kick. Though it takes a while on the stovetop, actual prep time is short.

2 grapefruit and 1 cup sugar

Cut grapefruit into quarters and remove flesh from peels. Cut peels into a medium dice. Place in a saucepan with enough water to cover and bring to a boil. Drain and repeat once more. Meanwhile, separate grapefruit flesh from membranes as best as you can without spending too much time worrying about it! Reserve all juice and combine with flesh. You want one cup of this mixture. If you don't have quite enough add orange juice or water to make one cup. Bring liquid and one cup sugar to a boil. Add grapefruit peels and any spices you are using and reduce heat to low. Cook for about 45 minutes, until liquid is syrupy and thick. Remove from heat and cool. If desired, puree in a food processor or blender, or leave chunky. Store in a glass container in the refrigerator for up to a month.

Japanese Farmhouse Greens

Sara Jones, Tucson CSA

This is a different and delicious approach to preparing greens. The tahini provides an excellent foil to the pungent bite of the mustards. If you still have greens from last week, doubling the recipe will result in a more substantial side dish. Use this as an interesting filling for sushi, too.

1 bunch mustard greens, cleaned and stems removed
2 tablespoons tahini
1 tablespoon miso paste
Soy sauce to taste
Sesame seeds to garnish

Blanch greens by quickly submerging in boiling water, then removing to a cold water bath. Squeeze excess water from greens and chop roughly. Stir together tahini and miso paste, adding a bit of water to thin if necessary. Mix into chopped greens and season to taste with soy sauce. Sprinkle with sesame seeds to serve.

Curried Sunchokes

Sara Jones, Tucson CSA

Curry spices, cumin, coriander, turmeric and ginger are all powerful digestive aides, for those who find sunchokes hard to digest.

½ bag sunchokes, well cleaned and diced
1 small onion
1 clove garlic
About 1 tablespoon freshly grated ginger
1 tablespoon good curry powder
1/4 cup canned, chopped tomatoes
Oil
Fresh chopped cilantro, for garnish

Heat oil in a large skillet over medium high heat. Add onions and cook until beginning to brown. Smash garlic and ginger into a paste and add to skillet, then add curry powder. Cook stirring well for one minute then add sunchokes and tomatoes and about ¼ cup of water. Cover and cook until tender. Season to taste with salt and garnish with fresh chopped cilantro.

Mustard Greens Saag

Sara Jones, Tucson CSA

You will want a lot of greens for this recipe. It will easily absorb a giant bunch of mustard greens or two bunches of any other greens. This dish goes well with rice and lentils.

1 large bunch mustard greens, washed and finely chopped
1/2 green chile (or to taste), finely chopped
2 cloves garlic, mashed
1 inch ginger, grated and mashed with garlic
1 teaspoon cumin seeds
2 teaspoons oil and/or butter

Heat the oil in a large skillet over medium high heat. Add cumin seeds and stir for about 20 seconds, then add chiles and garlic and ginger paste. Stir quickly for another 20 seconds then add mustard greens. Stir to coat with oil and spices. Cover, reduce heat to medium low, and cook for 5-10 minutes, checking occasionally to make sure you don't need to add water to prevent burning. When greens are completely wilted, add salt and pepper to taste and serve.