



# *Tucson Community Supported Agriculture*

*Newsletter 570 ~ January 9, 2017 ~ Online at [www.TucsonCSA.org](http://www.TucsonCSA.org)*

## **Winter 2016-17**

### **Harvest list is online**

Arugula and Grapefruit Salad  
Fruity Beety  
Grapefruit-poppy-seed dressing  
Cabbage in a Fish Sauce  
Vinaigrette

**Many more recipes  
on our website**

### **Josh's Pork Shares**

Still a relatively new thing among our seasonal offerings as we've only done them twice. This is prime pork, 100% pasture-raised and GMO-free. Those familiar with Josh's products know that he doesn't cut corners.

Pork shares weigh 8-10 pounds each, cost approximately \$7.00/lb and typically include ground meat (~2 lbs), Italian Sausage (~2 lbs), 1 pack chops (~1.5 lbs), 1 roast (loin, shoulder or pork belly ~2 lbs), and spare ribs or baby back ribs (~2 lbs).

We are buying 2 hogs from Josh and will divide them up in 24 shares.

A \$20 deposit is required at ordering time. Balance will be due on pickup. Every share will be slightly different in content in in weight, so the final prices will vary.

We expect them to be ready for pickup by early to mid February.

## **A Week At My Table, by Philippe**

We got a lot of greens last week: both of us work at the CSA so we each get a share, often one from each pickup day. It may sound like two produce shares is a lot of produce for two people, but it really isn't. In fact two produce shares are barely enough for the two of us. We love it that the greens are back and we just can't get enough of them. In fact I even snuck in an extra bunch of mustards from the surplus basket.

The size of winter greens can be daunting, but they do shrink considerably when cooked! If fridge space is a problem when you get home with them, you can blanch them in boiling water for a couple minutes. Or just leave them outside overnight, in a plastic bag or in a cooler: they will hold up just fine.

I used most of last week's winter greens to make a pasta dish. I just chopped and sautéed a large onion and half a head of garlic, then added the chopped greens: the mustard greens, the Swiss chard and the arugula, including the stems of the mustards because I love their slightly crunchy texture after they are cooked. I seasoned it with salt, pepper, ground ginger, a dash of soy sauce and a squeeze of lemon juice. Then I braised them on low heat, covered, for 10-15 minutes, i.e. the time it took to cook the pasta. As pasta, I love Trader Joe's organic whole wheat fusilli, as they capture all the bits of green goodness. After mixing the drained pasta and the braised greens, I sprinkled them with grated cheese and, voilà: four servings of absolute yumminess. It really is amazing to see how a gigantic bunch of mustards turns into a mere fistful of greens.

The sunchokes can be a bit challenging as they can cause gas. The trick is to let them mature in your fridge for a week to ten days. Cold storage gives time to the inulin to be naturally converted into something less "lethal." I love braising sunchokes and shiitake mushrooms together, in some butter or oil, for about 15 minutes, then finish with salt, pepper, lemon juice and chopped parsley. Do make sure to wash your sunchokes THOROUGHLY before using: break off the knobs and scrub them vigorously with a brush in a bowl of water to eliminate all the sand!

One of my favorite things to do with any citrus is sorbet. I just can't get enough of it. Sorbet is easy to make and it is always a hit at dinner parties. Make a simple syrup by mixing 2 cups of water, 1 cup of granulated sugar, and the zest of two citrus. Bring to a boil and simmer until sugar is dissolved, then let cool and strain out the zests. Refrigerate. Press enough citrus to yield 1 cup of juice. Add the juice to the cooled simple syrup, along with 2 tablespoons of limoncello or another liqueur (gin, vodka, Cointreau, Grand Marnier, etc.). Refrigerate. When completely cooled, add to an ice cream maker. Sorbet looks great served in martini glasses or in scooped-out frozen citrus!



Our butternut squash ended up being roasted along with the Magdalena squash we got from Sleeping Frog Farms before the holidays. I turned them into a purée and made several batches of pumpkin bread with it. Friends and neighbors are still talking about it!

## Arugula and Grapefruit Salad

Sara Jones, Tucson CSA

Peppery arugula and sweet/sour grapefruit go perfect together in this simple recipe. The hardest part of this recipe is segmenting the grapefruit. To do this, just peel the grapefruit with a knife, cutting away the peel as well as the pith. Remove the individual segments by cutting between segments in a V shape towards the center of the fruit.

1 bunch arugula, washed and dried (chop roughly if using large leaves)  
1 grapefruit, cut into segments  
1 small handful thinly sliced onion  
2 teaspoons olive oil  
2 teaspoon balsamic vinegar  
Salt and freshly ground pepper  
Chopped pecans or walnuts  
Crumbled feta or blue cheese

In a small saucepan heat oil, vinegar and grapefruit over medium high heat. Stir for a few minutes until grapefruit has released some juice. Season mixture with salt and pepper. Pour over arugula, tossing to coat. Garnish with nuts and cheese. Serve immediately.



## Fruity Beety

Maggie Newman, Tucson CSA

4 beets  
3 oranges  
2 tablespoons grated coconut  
1 teaspoon honey  
juice of ½ lemon  
grated peel of ½ lemon  
2 tablespoons currants (I substituted raisins)  
1 teaspoon vinegar, if desired  
pinch salt

Wash beets and steam whole until tender; then peel. Grate on ripple- shaped grater or slice into long, thin sticks. Peel, seed and cut up oranges. Place half the oranges in blender with coconut, honey, lemon juice and peel, and blend 2 minutes. Mix all ingredients, balancing the sweetness with the additional vinegar if needed. Chill, letting the flavors blend for two hours or so.

## Grapefruit-poppy-seed dressing

Lorraine Glazar, Tucson CSA

½ cup grapefruit juice  
2 tablespoons rice wine vinegar  
1 egg yolk  
1 tablespoon honey (optional)  
1 tablespoon sugar (optional)  
½ cup olive oil  
½ cup corn oil  
½ tablespoon poppy seeds  
½ grapefruit  
Salt and pepper to taste

In a food processor, blend the grapefruit juice, vinegar, egg yolk, honey and sugar until smooth. With the motor running, gradually add the oils until emulsified. Stir in the poppy seeds. Cut the grapefruit into segments, mince them, stir them in, and season to taste.

## Sautéed Greens with Ginger and Honey

Chef Stephanie Green, Crooked Sky Farms

1 bunch greens, sliced into ribbons (about 15 large leaves)  
1 tablespoon olive oil  
1 tablespoon honey  
2-3 teaspoons fresh ginger root, finely grated  
Salt and black pepper, to taste  
Start with a slice of bacon in step one for added flavor

Add olive oil to a large saute pan and heat to temperature. Add greens and cook, stirring frequently, for about 1-2 minutes. Add honey and ginger root; stir well to coat. Continue to cook for about 1 more minute. Season to taste with salt and black pepper.

## Cabbage in a Fish Sauce Vinaigrette

Kumi Rao, [Ruchikala](#)

This is a very simple cabbage slaw that comes together in minutes. Not all Fish sauces are created equally. Kumi recommends using a Three Crabs brand fish sauce or Red Boat. Add grated carrots or other veggies for color contrast and flavor.

1 small head of cabbage (finely shredded)  
1 tablespoon sesame oil  
2-4 tablespoons fish sauce (three crabs brand or red boat)  
1 clove of garlic, grated finely on a microplane  
2 Thai chiles (minced)  
1-2 tablespoons agave, honey, or crushed palm sugar  
1/3 cup of cilantro leaves (whole)  
Crushed peanuts for garnish

Make the dressing: mix together sesame oil, garlic, fish sauce, thai chiles (if using) and agave. Whisk – toss together dressing ingredients. Massage into cabbage. Taste. If it needs more seasoning add additional fish sauce. Toss with cilantro leaves and crushed peanuts and serve.