



# Tucson Community Supported Agriculture

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## Winter 2016-17

### Harvest lists are online

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#### Reminder - Josh's Grass Fed Beef Shares

They are still a few weeks away but we are now taking orders for Josh's grass fed and grass finished beef shares.

As with all meat shares, a \$20 deposit is required at time of ordering. Beef shares are expected to be ready for pickup by the end of March.

Beef shares weigh 8-9 pounds, cost approx. \$7.50/lb and typically include 2 steaks (~2 lbs), 1 roast (2-3 lbs), ground beef (~2 lbs) and one miscellaneous cut (1-2 lbs of either BBQ ribs, short ribs, stew meat, or soup bones).

We plan to take orders for 40 shares, which is what a typical steer will yield.

#### Lamb shares

We hope to have lamb shares available in early April. We are waiting to get more specifics from Josh before we start taking orders.

## A Week at My Table: Redefining Fast Food, by Paula Redinger

I've been feeling inexplicably pressured and scattered these past few weeks, so much so that I've had to remind myself to do what usually comes naturally. So I reminded myself: Breathe. Inhale the scent of citrus, behold the texture of kale, delight in the peppery crunch of a radish... honor this beautiful nourishment as best as I can on any given day. Even so, one can be in a hurry, and much of my eating has been in the form of sack lunches (or dinners). I'm always grateful to have these meals tucked in my bag instead of being forced to rely on less wholesome options

Pull a tortilla (or two) out of the freezer, smear it with pre-made pesto from past basil abundance (also from the freezer) and burrata cheese, and lay whatever greens you may have (smaller kale leaves, lettuce, etc.) on top. Roll 'em up, stuff 'em in a sack (I use an elastic band around their wrapper to keep them from unrolling), and you're out the door. I have a friend to thank for this idea, and lately, I've been using it often. Arugula is my personal favorite for this use, but any of our "green leafies" will serve well.

I also have some Indian parathas (a type of buttery flat bread) hiding in my freezer from a quieter week. It works beautifully to shovel carrot salad with cilantro, green garlic, and Indian spices in my hungry mouth between rehearsals at the symphony. I added some shredded radishes, too, for a peppery kick. If you have time, heat the garlic and spices briefly in oil, first, but it is not necessary. Have lentils on hand? By all means, add them to your lunch bag. A big dollop of garlicky yogurt and/or some zingy Indian pickled lemons (made possible by Lemon Surplus 2016) accompany this meal beautifully.

After long days, I'm tired, and want something comforting but quick and easy. Miso soup with tangled Asian noodles, and - wilted just enough by the hot broth - tatsoi and finely shredded turnip, do the trick for me, without feeling like a big effort.

This year, I've admitted to employing my citrus fruits to a slightly different task. Quartered and sliced, and steeped in warm honey, along with cloves, a cinnamon stick, cardamom pods, and slices of fresh ginger, they become, after a day or two, the perfect flavoring for a... hot toddy! Finally, I can relax!

## Green Garlic



Green garlic is young garlic that is harvested before the cloves have matured and separated. It includes the whole plant: roots, nascent bulb, leaves, stalk and sometimes flower. In our climate, mature garlic is typically harvested in May-June, whereas green garlic is harvested in February-March, when the stalks are still green. The whole green garlic plant, including the leaves, can be used raw or cooked. When cooked, green garlic sweetens, lending a new layer of depth to a dish. To use, trim off root ends and the tough part of the green leaves. Chop or slice the rest and use as you would green onions or garlic, noting that it is stronger than the former but milder than the latter.

Green garlic can be stored under refrigeration up to a week. It will not keep like mature, cured garlic, so make sure not to let it sit for too long.

## **Bok Choy Risotto with Lemon**

Lorraine Glazar, Tucson CSA

This recipe would work well also with rapini or Swiss chard, any vegetable that has a harder stalk than leaf.

Serves 3-4 as a main dish, 4-5 as a side dish.

4 cups vegetable or chicken stock  
2 tablespoons olive oil  
1/2 pound bok choy  
1/4 large red onion  
1 cup Arborio rice  
1/4 cup dry white wine or vermouth  
3 tablespoons lemon juice  
1/2 teaspoon salt  
1/4 red bell pepper, chopped or finely sliced  
1 cup freshly grated Parmesan cheese  
Grated zest of one large lemon  
1 tablespoon butter  
Freshly ground black pepper to taste

Place the stock in a small saucepan and bring to a bare simmer. Meanwhile, heat the olive oil in a large saucepan over medium to low heat. With bok choy bundled together, cut the stalks into 1/4 inch slices. Add the cut up stalks to the olive oil, and sauté, stirring occasionally for a minute or so, while you chop the onion. Add the onion to the pan, and sauté another couple of minutes until softened. Meanwhile, cut the remaining leafy part of the bok choy crosswise at intervals of about an inch and set aside. To the bok choy and onions in the pan, add the rice and stir until all the grains are coated with the oil, about 1 minute. Add the wine and the lemon juice and simmer, stirring, until liquid is absorbed; then ladle in about a cup of the simmering stock. Add the salt and cook at a simmer, stirring frequently, until the rice has absorbed almost all the liquid... Add the cut up leafy bok choy greens and another 1/2 cup or so of stock, and continue to simmer. Stir frequently and add more stock, about 1/2 cup at a time, each time the rice has absorbed almost all the liquid and is threatening to stick. When the rice is ready, it will be creamy and a little soupy—this should take about 20-30 minutes. Just before serving, stir in the red bell pepper slices, grated cheese, lemon zest, butter and pepper to taste. Add more salt if necessary. Serve immediately.

## **African Greens with Peanut Butter**

Kristina Bishop, Tucson CSA

This is a recipe that was commonly eaten in rural South Africa where I was a Peace Corps volunteer. It is widely eaten in Southern Africa. There they use either spinach or any wild greens the people gather.

1 bunch spinach or other greens  
1 onion chopped  
1 tomato chopped (I have used canned or frozen, or even left it out if I don't have a tomato)  
1/2 cup peanut butter (natural style is best)  
Salt and pepper to taste

Wash and de-stem the greens and roughly chop. In a medium saucepan bring to a boil enough water to cover the greens. Add the

greens to the boiling water. Cook for about 10 minutes. Drain most of the water. Reserve about 1/2 cup for later use. Add the onions and tomatoes to greens and cook for another 10 minutes.

Meanwhile in a small bowl combine peanut butter with reserved water by adding one tablespoon at a time. Mix well until the sauce is thick but pourable. Drain the rest of the liquid from the cooked spinach. Combine spinach with peanut butter sauce. Add salt and pepper to taste. I hope you enjoy!

## **Moroccan Slaw**

Sara Jones, Tucson CSA

Consider using any combination of mixed grated root vegetables- preferably beets, carrots and turnips or daikon radishes.

Mix:

1 cup beets, peeled and grated  
1 cup carrots, scrubbed and grated  
1 orange or grapefruit, peeled and cut crosswise in thin slices

Dress with:

1 pinch ground cumin  
1 pinch ground coriander  
1/4 cup yogurt  
cashews, chopped  
fresh cilantro, chopped  
salt and pepper

You can replace the yogurt with oil and apple cider vinegar. Refrigerate before serving.

## **Earthy Warm Green Salad**

Philippe, Tucson CSA

1/2 pound bacon, cut in strips; or 1/2 cup blue cheese (add blue cheese at the end)  
1/2 pound potatoes, cubed  
1 salad mix or spinach, chopped  
1/2 bunch greens, cut in ribbons  
1 tablespoon olive oil  
1/4 cup grated Parmesan cheese  
1/2 cup walnuts, lightly crumbled  
Black pepper or red chile flakes  
Salad dressing

In a non-stick pan, heat oil to medium high. Sauté bacon and potatoes in oil. Cover and sauté for about 20 minutes or until potatoes are soft. Stir occasionally. Season with black pepper or red chile flakes. Add to salad mix and greens. Add Parmesan cheese, walnuts and salad dressing.