



# Tucson Community Supported Agriculture

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## Spring 2017

Harvest lists are online

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### INCH BY INCH SUPER SOIL SUMMER SALE!

Saturday, May 13th  
7:00 AM to Noon  
860 E. 19th Street

For Sale: Worm castings, liquid soil enhancer, citrus & landscape plant food, and worm boxes!

Come take a tour of our worm farm and pick up the best soil enhancing products for the plants in your life:)



## Building a Better Salad

Tis still the season for salads - and with the variety of veggies popping up in your harvests, there's so many ways to construct a salad that provides a variety of textures, tastes and colors other than your 'garden variety' side salad. Here are some ways to flesh out this spring and summer staple.

**Texture:** Crisp is a major component of any salad, and is traditionally provided by the salad leaves. It can also describe the texture of chopped apples, sliced radishes or even grated carrots. But also consider "crunch" in the form of toasted nuts (walnuts, pecans and cashews) and seeds (pepitas, sunflower, hemp) or breadcrumbs. Towards the opposite side of the spectrum is "chewy" - think dried blueberries, sundried tomatoes, chopped dates - and then "soft" - as in avocado, or just roast up slices of beets or turnips! A balance of textures will keep your mouth happily busy!

**Types of greens:** The classic salad green is usually the light, crisp leaves of lettuce - from pale iceberg to robust Romaine. But lately the hardier greens have been getting in on the salad action. The trick to using fibrous greens like kale in your salad is tenderizing them with a good ol' massage. Start with clean leaves torn into bite-sized pieces, then add a little olive oil, an acid (like lemon juice), and a pinch of salt. Use your clean hands to literally massage the greens for a minute or two. This breaks down the fibers, which makes them much more tender - and keeping most of its nutrients intact. Cabbages are frequently used in salads - although these are in the form of 'slaws', where the cabbage is sliced as thinly as possible, then tossed with other salad ingredients and laced with a dressing based in creamy mayo or vinegar.



**Colors:** And of course, you must have a feast for the eyes! Greens provide a verdant base for a palette of colors from your CSA harvest: the ruby red of chopped tomatoes, the crimson purple of beets, the pastel skins of radishes contrasted with crispest white flesh. The sunny yellow of Goldmine Squash. The orange of roasted sweet potatoes. And the more colors you include, the more variety of nutrients you get!

**Sweet and sour:** Although this applies to the entire salad, the focus for adding a balance of sweet and acidic - or 'sour' - notes are in the dressing. Although oil is usually the base, the punch of a dressing comes from its interplay between just enough hint of sweetness (usually through honey, maple syrup or a pinch of sugar) and just enough punch from an acid (think lemon juice, apple cider vinegar, balsamic vinegar). Then there's the element of heat and zing to consider with dashes of mustard, chopped garlic, or crushed chiltepins. And of course, there's "salty" - provided by the de rigeur seasoning via salt and pepper, or feta or Parmesan cheese or black olives - which is an absolute must for waking up your taste buds to all the flavors just waiting to unfold.

So, dive in and experiment with what you have in your fridge, pantries and CSA haul that can add an element of chewy, crunchy, soft, colorful, salty, sweet and above all, deelicious!

## Refreshing Beet Soup, Polish Style

Lorraine, Tucson CSA member

1 bunch beets, separated from greens, scrubbed clean  
½ teaspoon salt  
1 tablespoon lemon juice  
½ cup cucumber, diced (optional)  
2 green onions, white and tender green part, thinly sliced  
2-3 radishes, grated  
1-2 cups buttermilk or plain kefir (or use yogurt or sour cream diluted half and half with water or veggie broth)  
2-3 tablespoons finely chopped fresh dill  
Hard boiled egg (optional)

Cook beets in just enough water to cover, adding the salt and lemon juice. Cook until tender, timing will vary with the size of the beet. Cool under water and rub off skin, then chop finely. Reserve the cooking water. Set beets and water aside to cool.

Combine the cucumber, green onions, and grated radish with the cooled beets and the buttermilk. Add dill and refrigerate, covered, until well chilled. Garnish with slices of hard boiled egg.

## Fried Green Tomatoes

Lorraine, Tucson CSA

Fried green tomatoes are an excellent addition to a BLT sandwich. You can also serve the tomatoes topped with crumbled bacon and goat cheese and drizzled with balsamic vinegar for a fancy side dish.

1-2 tablespoons cooking fat (bacon drippings, olive oil, or canola oil)  
2 green tomatoes  
½ cup cornmeal or masa harina  
Salt and plenty of fresh ground pepper

Core the tomatoes and slice into ¼ inch slices. Heat the oil until it shimmers but does not smoke. Salt and pepper each cut side of the tomato slices. Dip each cut side of the tomato slice into the cornmeal or masa, then put into the hot oil. Cook the first side thoroughly over medium heat, until crust is crispy and tomato has begun to soften. Then turn and finish cooking the second side. Serve hot.

## Greek Style Smothered Okra

Nora McGinnis, adapted from *The Passionate Vegetarian* by Crescent Dragonwagon

1 tablespoon chopped garlic  
1 tablespoon olive oil  
1 or 2 baskets CSA okra, washed well but not cut open in any way  
¼ can of diced tomatoes  
a few dashes of Cayenne (optional)  
1/2 to 1 teaspoon dried dill  
Salt and pepper to taste

Place a heavy 10"-14" skillet with a tight fitting lid over low heat. Add the garlic, olive oil, and okra. In contrast to most sautés, the okra is added when neither pan nor oil is hot yet. Scatter the tomato over the okra. Cook uncovered for 10 minutes. Do not stir.

Cover and cook for 30 minutes more. Do not stir, but make sure the heat is low enough so nothing burns.

Uncover, stir gently, just a few times. The okra should be quite tender, soft and almost golden brown. Be careful not to break the pods open, although a few may have split by now. Season with salt and pepper to taste. Sprinkle with Cayenne and dill if desired. Stir once more and serve. Eaters can either cut off the stems at the top of the pods themselves, or pick them up by the stems and nibble their way down, or even eat the stems – they are firmer than the pod but quite edible.

## Cabbage in a Fish Sauce Vinaigrette

Kumi Rao, [Ruchikala](#)

This is a very simple Cabbage slaw that comes together in minutes. Feel free to use other hearty greens like collards or kale instead of the cabbage. Fish sauce is a great item to add extra flavor to dishes, but 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.

½ head of a large cabbage, or 1 petit chou (finely shredded)  
1 tablespoon toasted sesame oil  
2-4 tablespoons fish sauce  
1 clove of garlic, grated finely on a microplane  
2 Thai chiles or 1 Jalapeño (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.

## Easiest Greens in Tortillas

Sara Jones, Tucson CSA

Don't forget how delicious greens are in corn tortillas. You could roll the filling in the tortillas and top with sauce and cheese for an easy enchilada dish, too.

2 large handful greens, cleaned and roughly chopped  
1-2 cloves garlic, minced  
2 teaspoons oil  
Chile paste (Sriracha is excellent), to taste  
Mild, fresh cheese, if desired  
4 corn tortillas, warmed

In a large skillet, over high heat, cook greens and garlic in oil, until wilted. Sprinkle with water, if necessary, to prevent sticking. Drizzle greens with chile sauce and toss to coat. Heat tortillas and top with greens and sprinkle with cheese if using.