



Tucson Community Supported Agriculture

Newsletter 590 ~ June 5, 2017 ~ Online at www.TucsonCSA.org

Spring 2017

Harvest lists are online

The Back Page

Cocido
Kohl-slaw
Garlicky Sauté of
Amaranth Greens and
Tomatoes (ensalada de
bledo blanco)
Swiss Chard with Pine
Nuts and Raisins

**Many more recipes
on our website**

Tomatoes in Bulk

We will continue taking orders for Crooked Sky Farms tomatoes in bulk through the month of June, weather conditions permitting.

See front desk for details about prices and about specific tomato type availability on any given week.

Orders will be delivered the following week unless you specify otherwise at the time of ordering.

Cheese Shares

Because of Memorial Day, we could not get the cheese shares in time for last week, so we are getting them this week instead. We will also get them next week (regular schedule), so this means that we'll have cheese shares two weeks in a row (this week and next).

Note: you can add or remove cheese shares from your subscription throughout the year.

Trading Table vs. Surplus Bench

Every so often, the trading table inside starts getting a bit dysfunctional. That's when we know that it's time for a little refresher about its "ins and outs."

THE TRADING TABLE is where you can trade produce from your share. It starts off as a full share, with each produce portion in a separate straw basket, and it evolves throughout the pickup as people trade produce. How does it work? You give up a portion of one thing and you take a portion of another thing. For example, if you don't want your potatoes, you place your full portion of potatoes in an empty basket and you take a full portion of, say, onions, from another basket. Or if you would like extra potatoes, you can take a portion of potatoes (providing there are some in one of the baskets) and give up your own full portion of say, onions.

Important: always trade full portions for full portions! Portion are whatever quantities of each produce there are for that week. For example, if this week's share includes 4 potatoes and 3 onions, and you want extra potatoes in exchange of giving up you onions, you must give up all 3 of your onions and take all 4 potatoes from a basket (providing there is a basket with potatoes). In other words, you cannot take 1 of the 4 potatoes from a trading basket and replace it with 1 of your 3 onions. To make this easy, all portions are placed in separate baskets and there should always be one empty basket (unless somebody messed with the system): give your onion portion to the empty basket, and take a potato portion from a full basket.

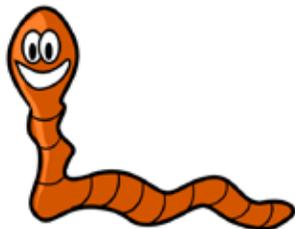
Remember, the Trading Table is for trading only: don't take without giving, and don't give without taking. If you want to take without giving, or give without taking, use the Surplus Bench.

THE SURPLUS BENCH, located on a bench next to the Trading Table, includes extra produce we had or produce donate by members (from their share or from their garden). Whatever is on the surplus bench is up for grabs (within reason... don't be too greedy). It is also where you can put any produce from your share that you don't want. For example, if you don't want your onions and there is nothing on the Trading Table that interests you for a trade, just leave them behind on the Surplus Bench for another member can to enjoy.

Amaranth Greens

We'll be getting these occasionally from now through the monsoon season. We are lucky to get them in our Tuesday shares this week. Don't be shy, give them a try. They are mild, with and a nutty taste. They have a flavor reminiscent of spinach, and you cook them as you would spinach. There is no need to puck the leaves of the stems: both are eaten together, as long as the stems are not woody.

No More Worm Bin Compost During The Summer Months



Thank you all so much for bringing your kitchen waste to the Inch By Inch bins in the courtyard over the past few months. It's been great and it has made the worms happy. However, now that the summer heat is making things in the bins a bit too pungent, we are going to take a break from worm composting and allow everyone to breathe fresh air. The bins will be back in the fall.

Cocido

Sara Jones, Tucson CSA

You can easily leave the meat out of this soup if you don't want it. Instead of meat you can toss some cheese rinds in there – they add a wonderful flavor! The whole chunks of corn on the cob really help to infuse the broth with flavor. Use a large squash, if you have one: its flesh will get tender and soak up all the broth. If you have cabbage lingering in your fridge this is the perfect opportunity to use it! Serve with warm tortillas and lime wedges. You can also toss some cheese rinds in there – they add a wonderful flavor!

About 1/2 pound soup bones, short ribs or chuck roast, if desired
2 small onions, chopped into large pieces
2 cloves garlic, chopped
1 large tomato, chopped
3 carrots, chopped into large pieces
Half a small cabbage, chopped into large pieces
4 to 5 small potatoes, chopped into large pieces
1/2 of a large squash or 1 medium squash, chopped into large pieces
2 to 3 ears of corn, husks and silk removed and broken into pieces
1 can garbanzo beans, drained
2 bay leaves
1 teaspoon oregano
½ teaspoon thyme
Red pepper flakes, to taste
Chopped cilantro, to taste
Salt to taste
Limes wedges

If using meat, bring 2 quarts water to a boil in a large pot, add meat and boil 1 minute. Skim foam that rises to top. Add bay leaves and reduce heat to a simmer. Cook for about 1 to 1 1/2 hours. Add vegetables, beans and seasonings, adding more water if necessary to cover all the ingredients.

If making vegetarian cocido, start with all the ingredients together in a pot, with enough water or veggie broth to cover. Once veggies are added to pot cook for another 45 minutes, adding salt about half way through cooking. Add additional salt in the end, if needed. Serve in large bowls, ensuring that everyone has at least one chunk of corn on the cob. Add lime juice as desired.

Kohl-slaw

Sara Jones, Tucson CSA

Because of its crisp, crunchy texture, kohlrabi is great served raw. If you want to practice your knife skills, julienne the kohlrabi, otherwise, it is fine grated.

3 small to medium kohlrabi bulbs, peeled and grated
1 small clove garlic, minced
2 tablespoons mayo
1 heaping teaspoon Dijon mustard
About 2 tablespoons orange juice, plus the zest from one orange
1 handful kale, chopped into thin ribbons
1 tablespoon poppy seeds (optional)

Whisk together the garlic, mayo, mustard and orange juice.

Pour mixture over kohlrabi and kale and toss to coat. Sprinkle with poppy seeds if using.

Garlicky Sauté of Amaranth Greens and Tomatoes (ensalada de bleado blanco)

Serve with grilled meat or with a toss of rice, beans, and corn for a meatless meal. The cumin, allspice, and sesame all subtly underscore the amaranth, so don't omit them.

1 bunch amaranth greens, any woody stems removed, roughly chopped
1-2 tomatoes, seeded and diced if large
1 small onion, thinly sliced
2 garlic cloves, minced
4 tablespoons olive oil
Salt and pepper to taste
¼ teaspoon ground allspice
½ teaspoon ground cumin
1 to 2 teaspoons balsamic vinegar
1 tablespoon toasted sesame seeds

In a large skillet, heat 3 tablespoons oil over fairly low heat. Add onion and stir until light golden. Add garlic, tomatoes, salt, pepper, allspice, and cumin. Raise heat to moderately high and sauté until tomatoes are juicy and tender but not soft, about 2 minutes. Add amaranth greens. With tongs, turn to mix evenly with tomato mixture. Stir and twist leaves constantly until they barely wilt, a minute or two. Turn off heat. Add remaining 1 tablespoon oil and 1 teaspoon vinegar. Taste and add more vinegar and pepper if needed. Scoop into dish. Sprinkle with sesame seeds and serve hot.

Swiss Chard with Pine Nuts and Raisins

Sara Jones, Tucson CSA

Swiss chard is often accompanied by raisins and pine nuts in a wide range of dishes. This is a perfect, easy side dish, leftovers would be great tossed into a pasta salad.

2 bunches Swiss chard, (you can substitute kale or other greens) chopped roughly, stems diced
1/3 cup pine nuts
2 tablespoons oil
1 medium onion, finely chopped
1/4 cup golden raisins, finely chopped
Salt and pepper to taste

Heat oil over medium high heat, add onion, sauté for about 5 minutes then add chard, pine nuts, raisins and a splash of water. Cook, stirring often, until chard is well wilted. Season with salt and pepper and a dash of balsamic or sherry vinegar, if desired.