



Tucson Community Supported Agriculture

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Winter 17/18

Harvest lists are online

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Now Taking Orders for Josh's Pork Shares and Lamb Shares

It's the usual deal: a \$20 deposit per meat share.

Pork shares will be ready starting March 20th and Lamb shares will be available on March 31st in time for Easter.

For more details, ask us at the front desk or check our website's Product page (look under Meats).



A Week At My Table, by Lorraine Glazar

Rejoicing to see onions in our share last week, I made a Potato and Onion Soup when I arrived home on Tuesday. I had broth, so used that, but water would also work, and I added some green onions from my garden to make the onion a more vegetal substitute for leeks. With a slice of Barrio Bread and some carrot sticks, it made a good meal on a night when I spend time washing, drying and putting away my CSA haul. Leftover soup will go into my lunch box.

Slicing carrots into coins instead of sticks, I made a side dish of steamed carrots with a bit of honey added at the end, to serve with some of Josh's lamb chops for dinner with a friend on Wednesday. I traded my shungiko for an extra bunch of cilantro and topped the lamb chops with a big batch of chimichurri.

I know I can't be the only one who loves sautéed greens for breakfast, with an egg and Barrio Bread toast. Chard is especially satisfying, because I julienne the central stalks and put them into the pan first, adding a teaspoon of water to the olive oil to steam/fry them. When they are tender, I add the leaves sliced into ribbons and a minced clove of garlic, then put the top on the skillet. A bunch is usually enough for three or four days of starting the day with vegetables. I reheat a serving in the microwave and squeeze some fresh lemon juice on top.

The celery seemed a challenge the first time it was in our shares. The cream of celery soup from Epicurious that appeared on the CSA's facebook page was delicious (and also calls for onion and potato). I've been saving the bottoms of the celery in the freezer to make this soup again and using the stalks and leaves to make celery salad. If you Google it, there seems to be only one recipe for celery salad on the internet. It calls for a lemony anchovy-accented dressing, and parmesan is optional. Although this is a recipe from a famous TV chef, I was making it years ago, with the addition of some supremes of grapefruit (see newsletter of April 16, 2015). That was one of those recipes with ingredients that came from an almost empty larder, and just happened to go well together!

The smaller of the grapefruits made a wonderful juice, which I mixed with grapefruit flavored seltzer for a refreshing, not too sweet drink. On the weekend, I took the peels off last week's oranges, candied the peels and made an orange, onion and olive salad with the flesh.

It's such a pleasure to cook with our CSA shares; they are brimming with life and freshness. Simple recipes that capture their exceptional flavors make the week fly by, and then I am looking forward again to what Tuesday brings!

Chervil

Chervil is not commonly available so we are lucky to be getting the herb in our Tuesday shares this week. A quick Google search shows that chervil is related to parsley, but is described as having a more refined taste, with a suggestion of basil or anise flavor. Chervil is often used as a finishing herb, sprinkled on a dish just before serving. It is perfect for egg dishes or cream based sauces.



Dill Dressing

Sara Jones, Tucson CSA

The large bunches of dill that we get from the farm are perfect for ranch dressing, or you could call it creamy buttermilk dressing if you can't stand bring yourself to use ranch!

¼ cup dill, finely chopped,
2 grilling onions, greens and white parts minced
1 cup plain yogurt
2 tablespoons mayonnaise
1 tablespoon olive oil
2 tablespoons apple cider vinegar
Salt and pepper to taste

Whisk together all ingredients. Store any leftovers in a jar in the refrigerator for up to 1 week.

Frittata with Spring Greens

Sara Jones, Tucson CSA

We don't often get parsley, and it's a treat to get it in our shares. You can use large quantities of it in this delicious frittata for a really fresh taste.

5 eggs
1/4 cup milk
2 tablespoons flour
2-3 grilling onions, thinly sliced
2 large handfuls spinach, roughly chopped
¼ cup chervil, roughly chopped
About 1 tablespoon olive oil
Salt and pepper to taste

Heat oil in a large skillet over medium high heat, add onions and chopped spinach and sauté briefly until greens are wilted. Remove from heat. In a medium size bowl, whisk together eggs, flour and milk. Stir cooked greens and fresh chervil into mixture and season with salt and pepper. Pour mixture into well greased pie pan and bake in a 350° oven for about 15-20 minutes, until eggs are set. Sprinkle with additional fresh herbs before serving.

Homemade Lemon Dill Salt-new

Make a huge batch of this lemon dill salt and have plenty on hand to use for gifts.

Dry dill by separating your share into a few smaller bunches, hang and let it dry completely, before crumbling it, or finely chop it first and let it dry on a flat surface. Once dill is dry, mix with equal amounts of salt and some freshly grated lemon zest. Leave mixture in an uncovered bowl for a day or two, stirring occasionally to prevent clumping, until lemon zest is dried. Store in a covered jar.

Braised Broccoli

Sara Jones, Tucson CSA

While bright green, perfectly al dente broccoli is delicious, sometimes it is nice to cook it down into a tender, earthy side dish.

1 bunch broccoli, cut lengthwise into long spears with stems attached
¼ large onion, diced
1 tablespoon tomato paste
1-2 tablespoons olive oil
Salt and pepper to taste

Sauté onion in a medium saucepan over medium heat until beginning to brown. Add tomato paste and stir until the paste darkens a shade or two. Add broccoli and about ¼ cup water plus a pinch of salt and pepper. Stir well, turn heat to low and cover. Cook for about 30 minutes, until broccoli is meltingly tender. Add more salt if necessary and drizzle with a bit of olive oil if desired.

Quick Indian Inspired Greens and Lentil Soup

Kumi Rao, Tucson CSA

3 cups of cooked lentils (split mung dal is my favorite)
2 tablespoons oil
1/2 teaspoon of cumin seeds
1-2 dried red chilies
1/2 teaspoon turmeric
1 jalapeno (seeded if you are more heat sensitive)
1 teaspoon minced garlic
2 teaspoons minced/grated ginger
3 cups of chopped greens (radish, braising greens, turnip, mustard, spinach, all work great), cut into small pieces
1 teaspoon coriander powder

In a 4-quart saucepan, warm the oil on low to medium heat and add dried red chilies and cumin seeds. When the oil starts to smell fragrant and the cumin seeds just begin to lightly toast (this should take about 2-3 minutes but watch your cumin, don't let it burn), add the turmeric and diced jalapeno. Sauté for 1-2 minutes and then add ginger and garlic. Add chopped greens. Raise the temperature to medium-high and sauté with 1/2 teaspoon of salt and coriander powder (about 3-4 minutes until they are nice and tender). Add the lentils and simmer for another 5-10 minutes. Serve over basmati rice and top with fresh cilantro.