



Tucson Community Supported Agriculture

Newsletter 626 ~ March 19, 2018 ~ Online at www.TucsonCSA.org

Winter 17/18

Harvest lists are online

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More Recipes Online

Josh's Pork Shares

Slight delay. They will be ready next week instead of this week. We got the pork at the CSA. We just ran out of time to make the shares. Won't be long now...

Josh Lamb Shares

We'll have a few of the lamb shares next week and the rest of them in the weeks after that.

CSA subscription management

Remember that you can manage your subscription via your online CSA account.

You can:

- Set delivery holds
- Add or remove shares or options
- Recharge your account
- Change pickup day

Note that some time limits apply to some of those changes.

For more info go to:

www.tucsoncsa.org/manage-account/

Part 2 of Fermenting Foods, by Hunter Smith

Saltwater & Proliferation

Saltwater—where most life on Earth resides—for eons the lifeblood of much of the food of humanity—the first ferments perhaps washed in on the briny foamflecked waves of the oceans and the seas, bringing seaweeds, kelps, clams, oysters, fish, and, very importantly, salt. The saline environment is exclusive, permitting the development of a culture nurturing to our biological needs by the creation of a suffused ambience unsuited to the existence of anthropically toxic, putrescent microorganisms. Adding salt to water embodies a choice of a particular kind of proliferation, one which will nourish us symbiotically by making the nutrients in our food more bio-available, providing a habitat in ourselves for microorganisms, and thereby enhancing our metabolic capabilities through their action. I have read a population estimate of 100 trillion inhabitants of the planet Human; there are whole microcosmic worlds within ourselves, at this very moment, producing enzymes, exchanging genes, reproducing, experiencing whatever alien world it is that bacteria experience; fermentation is a way of consciously living with these other life forms rather than waging a pan-prokaryotocidal war against them with cannoned jets of Purell, capsule bombs of ANTI-bio-tics dusting the atmosphere with sticky webs of poison, and chloroformed wet wipes (wipe 'em OUT!). Microorganisms can be of great benefit to us, and we to them; indeed, I could not write this without the aid of the microbiota in my gut; unable to be distinguished from 'me' in praxis because without them 'I' will die. In brines, their presence is the reason that those microbiota that are harmful to us do not exist; they preserve our harvests by changing the form of the food, through that preservation increasing the amount of harvest that becomes our food rather than compost (still food—just not for us humans).



Roots take on delicious flavors when fermented in saltwater, and infuse the brine with lush colors as well. Beets and radishes, carrots, garlics, parsnips, turnips can all be chopped or left whole to ferment in brine. A particularly beautiful, and tasty, combination is to let whole beets in brine with hard-boiled eggs, garlic, and sliced onions (or whole spring onion bulbs). The entire solution, and the other foods, take on the richly magenta color of the beets and develop new flavors. Ferments always vary

with their environment, temperature dramatically affecting its metabolic rates and microbiotic demographics, so check the progress of the pickle frequently, and eat it when it suits your taste (there's no one right answer in fermentation for when it's 'done'). The fermented brine itself is a tasteful digestive tonic; when raw, it is densely populated with a lively variety of bacterial cultures, and the flavors of all the foods in it will have blended together as in a soup stock (which you can use it for as well!).

To make the brine: dissolve 3 tablespoons of salt in 1 quart of water. This yields a 5.4% brine solution, as each tablespoon of salt added to a quart of water increases the percentage of salt in the water by 1.8%. (figures from Sandor Katz's Wild Fermentation).

Pac Choi Gyoza/Dumplings

Sara Jones, Tucson CSA

You can buy round gyoza/dumpling wrappers at most grocery stores. These are delicious deep fried, but can also be boiled or pan fried in a small amount of oil. You will want to blanch tougher greens like collards before proceeding with the recipe. Delicate greens like spinach or mizuna can be used raw. Add shredded radishes or carrots if available. One batch of filling will make a lot of dumplings. Make extra and place them on a cookie sheet to freeze. Once they are frozen, remove from the tray and place in freezer bags to freeze.

About 2 cups greens, massaged or blanched to a limp texture, finely chopped
1/2 inch ginger, grated
3-5 green onions
3 or 4 grated radishes or 1 grated carrot
Soy sauce, to taste
Pinch black pepper
1 package dumpling/gyoza wrappers

Mix first six ingredients together. To stuff dumplings, place a small amount of filling on the lower half of a wrapper. Moisten edges with water and fold top half down over filling. Use the tines of a fork to seal the edges. To cook, drop in boiling water and remove once dumplings float. Or, coat the bottom of a large skillet with oil and cook on each side until golden brown. Prepare frozen dumplings, straight out of the freezer, the same way. Serve dumplings with a dipping sauce of soy sauce with sugar, minced garlic and sesame oil added to it.

Beans & Greens Soup

Gretel Hakanson, Tucson CSA member

2 bunches greens (swiss chard, spinach, etc.)
3 tablespoons extra virgin olive oil
4 cloves garlic, minced
2 cups cooked beans
3-4 cups chicken or veggie stock
salt and freshly ground pepper
Parmesan-reggiano

Wash greens. Remove any tough stems and chop into bite sized pieces. Heat oil in medium soup pot. Add garlic and saute until golden. Add greens and saute until soft (you may have to add them in batches if they don't all fit into your pot). Add beans and stock. Simmer 15 minutes or so. Add salt and pepper to taste, top with freshly grated parmesan-reggiano

Sauteed Beet Greens with Sardines

Dhanya Sullivan, Tucson CSA

This is simple and yummy. Use sardines canned with chile for a more flavorful dish. You can serve this over toast or pasta or eat as a side dish.

1 can sardines in olive oil
1 bunch beet greens or other CSA greens, cleaned and chopped
Sea Salt to taste
Walnut halves (optional)

Open a can of sardines in olive oil. Pour oil into frying pan, add beet greens and saute till cooked. Add sardines to warm them up and you're done! Sea salt. OH...I started with warming up some walnut halves and added them in when serving.

Winter Greens Pastry Shell

Howard, Tucson CSA

Yes, putting greens into a quiche is a great way to use them. But putting them into the pie shell, ingenious! Double up on your greens by putting them in the shell and the filling. This is a great opportunity to use up any greens that may be clogging your veggie drawer. Make more than one, because they freeze easy, too.

1 pound greens and their stems (to date, I've successfully used every green we get)
2 – 3 Tablespoons butter (oil works, but isn't as flavorful)
3/4 cup all purpose flour
3/4 cup bread crumbs (bran also works; either wheat or oat)
Fresh herbs (dill, celery seed,)

Pre-heat oven to 375°. Lightly oil a 9 inch pie plate. Chop greens (or pulse in food processor) until they are finely minced (if stems are tough, you could remove, but I've not had a problem with them). Melt butter in a heavy skillet and add greens. Sautee until soft, then transfer to a bowl and mix in flour, bread crumbs, and herbs. Press mixture into the pie plate, using a fork or spatula to spread evenly and then forming the edges with your fingers. Bake for 15 to 20 minutes. At that point you can refrigerate or freeze for later use, or without cooling, use it for a quiche (since the oven's hot, why not?)