



Tucson Community Supported Agriculture

Newsletter 627 ~ March 26, 2018 ~ Online at www.TucsonCSA.org

Spring `18

Harvest lists are online

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Josh's Pork Shares

Are ready for pickup!

Josh Lamb Shares

We have a few shares ready for those who ordered then for before Easter.

The remainder of them will be ready in a few weeks.

The Front Desk

Why is the front desk called the front desk, even though it is in the back?

Because many, many, many years ago, it was the first thing you saw when you came to the CSA. The pickup was originally held indoors, right next to the where the front desk is now.

It is not until later that the produce tables were moved to the courtyard to accommodate the growing number of members.

Happy Spring Everyone!



Radish Dip – Western Europe’s Take On Tzatziki!



If you haven't tried it yet, we heartily recommend it. It really tastes good. The spiciness of the radishes is wonderfully balanced by the accompanying ingredients. A summer favorite of The Netherlands and Belgium, the "Tartine Au Fromage Blanc" (in French) or "Boterham Met Plattekaas" (in Dutch) makes a surprisingly refreshing and tasty appetizer.

Just take your bunch of radishes, leaves chopped off, and slice them into coins. Mix them with a 16-oz pot of plain Greek yogurt and a bunch of chopped green onions – I'toi onions are great for this! Add salt and fresh ground black pepper, even a bit more black pepper than you think you should add, and... voilà!

It is delicious simply spread on slices of bread. Enjoy it on a hot day with a good glass of beer!

SHUNGIKU (EDIBLE CHRYSANTHEMUM)

Also known as Garland Chrysanthemum, edible chrysanthemum, Chop Suey Shungiku and Tong Ho, this Japanese edible herb is not your usual chrysanthemum. Its deeply lobed dark-green leaves resemble the foliage of ornamental chrysanthemums but they are also edible and delicious! The leaves are thin and finely serrated with an almost lace-like appearance. The stem grows upright, and the bright green leaves cascade from the top of the stalk like a palm tree. It's so pretty it's almost a shame to eat it!



This tender, edible herb has a unique, somewhat zesty flavor. Its flavor and aroma are mildly scented, providing a nice addition to salads and soups. Its leaves and stems can be eaten raw or cooked. Shungiku can be prepared by serving it fresh or by steaming, blanching, or sautéing it. It can be added fresh to salad mixes and dips. It can also be used for flavoring soups and stir-fries such as sukiyaki, ohitashi, yosenabe, and shabu-shabu. Overcooking should be avoided since it easily loses its structure: it is recommended to add it at the last moment.

In Western countries, shungiku is most commonly used as an herb to flavor dishes (like parsley or dill, for example) rather than used as a green.

What's Roman About The Romaine Lettuce?

In British English, it is commonly known as "cos" lettuce. Many dictionaries trace the word *cos* to the name of the Greek island of Cos, from which the lettuce was presumably introduced, even though it originated in ancient Egypt.

In North America it is known as "romaine" lettuce. It apparently reached the West via Rome, as in Italian it is called *lattuga romana* and in French *laitue romaine*, both meaning "Roman lettuce". Hence the name "romaine", the common term in North American English.

It is usually eaten raw, although you can also braise it or grill it.

Cabbage Curry With Garam Masala and Coconut

Kusuma Rao, [Ruchikala](#)

This is a simple curry that comes together very quickly. The coconut milk is not necessary, if you would like a lighter curry you can just simmer with a little bit of water. Make sure to have all of your ingredients prepped and ready to go.

Ingredients:

2 tablespoons olive oil
2 teaspoons cumin seeds
Seeds from 3 cardamom pods
1 jalapeno, finely diced (optional)
4 cloves garlic
1 tablespoon of grated ginger
½ teaspoon turmeric
1 teaspoon ground cumin
1 teaspoon ground coriander
3 cups of shredded cabbage
½ cup coconut milk
½ teaspoons of garam masala

Add two tablespoons of oil to a large skillet on medium heat. Add the cumin seeds and fry for 1-2 minutes till the seeds become lightly aromatic. Add the jalapenos and fry for 1 minute. Bring the temperature to low heat and add ginger and garlic, sauté for another minute. Add turmeric, cumin and coriander. Fry for another 30 seconds. Add cabbage and a teaspoon of salt and sauté for about 5 minutes, stirring frequently, until softened. Add coconut milk and stir to combine. Finally add the garam masala. Check for seasoning. Serve with Rice or quinoa.

Citrus Vinaigrette

Rachel Yaseen, The Organic Kitchen

Use this vinaigrette for any salad, but it is especially nice over the shungiku in our shares.. You can use leftovers to drizzle over roasted veggies, too.

1/4 cup juice of 1 orange (or half orange, half grapefruit)
1/8 cup each, juice of 1 lemon and lime
1/4 cup organic, unrefined sesame oil (not toasted), or olive oil
2 tablespoon agave nectar
1 tablespoon chives, chopped
1/4 teaspoon sea salt, or more to taste

Mix all ingredients together in a jar with a tight fitting lid. Shake well before serving. Dressing should keep well in fridge for one week.

Mexican Potato Salad

Doremy Tong, Tucson CSA. Adapted from www.recipe4living.com

4 medium potatoes, cut in 1 inch dice
2 tablespoon Dijon mustard
8 large Sicilian style green olives, coarsely chopped
2 pickled jalapenos (I used pepperoncini and many more of them)
12 radishes, thinly sliced in rounds
4 scallions, minced
¼ cup cilantro
2 tablespoons cider vinegar
2 tablespoons olive oil
½ teaspoon each salt and black pepper

Place potatoes in a medium pot, add water and bring to a boil. Cook until soft all the way through but not disintegrating – 7 minutes. Drain and set aside to dry about 15-20 minutes. Transfer potatoes to a bowl and add mustard. Add the rest of the ingredients and mix. Serve immediately--Ok, so I don't serve immediately and it seems to be okay. I have refrigerated and brought to room temperature later. I also use many more potatoes and decide how many radishes, olives and pepperoncini I want.

Lettuce Soup

Sara Jones, Tucson CSA

Eat this soup chilled or hot. This is a great dish to prepare if you can't chew your way through another salad! Top with croutons and/or finely diced carrots for a bit of crunch. For extra flavor and color, you can add frozen peas to the soup when you add the broth.

2 small or one large head lettuce, cleaned
1/2 onion, diced
1 tablespoon butter
1 quart broth
1/2 cup heavy cream
Chopped I'itoi onions for garnish
Finely diced carrots for garnish
Salt and freshly ground pepper to taste

Sauté onion with butter in a saucepan over medium heat until softened. Add lettuce and cook until wilted. Add broth and cook an additional couple of minutes. Using an emersion blender, puree until smooth. Or let cool slightly and puree in a blender or food processor. Add cream and season to taste with salt and pepper. Serve warm or cold, with any garnished you like.