



Tucson Community Supported Agriculture

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Spring `18

Harvest lists are online

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No Josh's Eggs? Oh Nooo!

There are times when Josh has no eggs for us, like these past two weeks. Josh periodically schedules large deliveries for customers in Tucson and Phoenix. In the past, he scheduled deliveries to both cities on different weeks. Now, he schedules them on the same week. On those weeks, he has no eggs for us because they all go to his other two deliveries.

Paul can only go to Josh's farm to collect eggs every other week, on weeks when he doesn't have Mayor & Council meetings (for those who don't know, Paul is Council Member for Tucson's Ward 3). Last week, Josh had no eggs for us. This week, Josh might have had eggs for us but Paul couldn't have gone anyway because it's Mayor & Council meeting week. So, we will get eggs next week On Paul's next trip to Josh's farm.



Making the Most of your Tucson CSA Share by Shelby Thompson

When I first became a Tucson CSA member, a lot of my produce share went to waste. I returned home from my Tuesday pick up with a canvas bag filled to the brim with vibrant stalks of Swiss chard, hearty sweet potatoes, cabbage, and more—but when I went to put them in the fridge, my vegetable drawer was still filled with wilted greens from the week before. After reading *Animal, Vegetable, Miracle* (Barbara Kingsolver) and *An Everlasting Meal* (Tamar Adler), I realized what the problem was; despite making the decision to support local farmers, Tucson's economy, and a better food system by becoming a Tucson CSA member, I hadn't changed any of my other habits. I continued to go to the grocery store, without any plan in mind, to buy mealy January tomatoes, tough green beans, and whatever out-of-season vegetables my heart desired. What resulted were lackluster meals and constant guilt about the unused Swiss chard that I had to look in the eye every time I went for a midnight snack.

In order to stop wasting the wonderful local produce in my Tucson CSA shares, I had to change my habits—to make it less about me, and more about my veggies. Taking the time to clean my produce, assess what I already had in stock, and create a meal plan around my Tucson CSA share resulted in less trips to the store, more delicious meals, and almost zero food waste.

When I return home from the Historic Y, balancing in my arms a heavy bag of produce, a few cartons of eggs, and a loaf of bread, I head straight to the kitchen, plug the sink, and place all of my veggies in it. After 30 or so minutes, I remove all of the produce from the sink and lay it on my towel-lined countertops. As it's drying, I make a list of everything—kale, sweet potatoes, Swiss chard, broccoli, Shungiku, beets, celery, oranges—I got in my share that day, as well as a list of the dry goods—polenta, brown rice, lentils—in my pantry. I quickly map out a meal plan based my list: sweet potato and Swiss chard hash with Josh's eggs; roasted beets and spicy braised beet greens over creamy polenta; shredded kale with orange-miso dressing; pickled celery for afternoon snacks. If I have trouble using a lesser-known vegetable, I pay a visit to the extensive recipe collection on TucsonCSA.org. Once I have a meal plan that incorporates everything in my share, I can make a list of what I need from the co-op. Because I plan my meals based on what I already have, my grocery store trips are often very short and inexpensive; because my vegetables have already been washed and dried, cooking is often easier and more enjoyable. Taking time to plan for your CSA share can reduce food waste, save time, and help you create delicious seasonally inspired dishes!

Making Shungiku your New Favorite Green

Although name "shungiku" may be new to you, you can think of this leafy vegetable as another delicious and versatile Asian green. As with many other Asian greens, shungiku has a quick cooking time. I like to sauté the greens in olive oil, with garlic and crushed chiltepin, for about a minute before adding a few dashes of soy sauce and serving it over brown rice with a poached egg on top. If you want to dip your toes into shungiku waters before diving in full force, try adding it to fried rice, beans and greens, and curry at the very last minute. Shungiku's wonderful taste and quick cooking time will make you want to add it to every meal you make.

Homemade Greens Fettuccini

The Cook's Garden catalog – Spring/Summer 1989

If you are having trouble finding a way to use your shungiku this is a perfect recipe. Homemade pasta is not as hard to make as you might think and the results are delicious. Serve with soups or stews or a simple sauce of butter and cheese.

2 cups shungiku greens, large stems removed, cleaned
2 eggs
1 1/2 cup flour
1/2 teaspoon salt

Put greens and eggs in a blender and blend until smooth. Transfer to a bowl, add salt and start adding flour while beating with a spoon. Keep adding until dough is stiff. Turn out onto floured surface and knead until smooth (approximately 5 minutes). Roll out with rolling pin to 1/8" thickness or thinner. Allow to stand and dry 1 hour, then cut into strips.
Drop into boiling water and cook 1-2 minutes. Serve with butter and grated parmesan or asiago cheese.

Onion Mustard Crackers

Felice Gaia, Tucson CSA

Felice originally developed this recipe for mustard greens but it is great for any greens you just can't figure out what to do with.

These crackers make a surprisingly wonderful, and healthy, snack. The mustard takes a back seat and is so mild. I hope a few members may get motivated and enjoy. This is a raw recipe that uses a food dehydrator, but you should be able to bake the crackers on a very low oven setting, if you need to.

1 bunch greens, well cleaned, larger stems removed
1/2 large yellow sweet onions
About 1 cup of almonds (preferably sprouted)
3/4 cup of golden flax seed
About 1 teaspoon turmeric, to taste
Himalayan salt to taste

Puree greens in a blender. In large bowl toss greens with the flax seeds. The moisture from the greens will start to 'gel' with the flax seeds. Puree the onions and add them too. Allow to sit for at least one hour. Grind sprouted almonds in food processor. Add to mixture. Add seasonings with your clean loving hands so ingredients get mixed thoroughly. Let sit for another hour, until the mixture gets a firm pliable texture. Spread on dehydrator sheets to cracker thickness. Dry at 105 degrees for up to 18 hours. Or, spread on a baking sheet lined with parchment paper and bake at 250, checking every 30 minutes or so until cracker is mostly dry and firm.

Cabbage Slaw in Peanut Ginger Sauce

Sara Jones, Tucson CSA

Finely shred the cabbage for this salad. You can add any other veggies and herbs from your share too. Serve with cold noodles and diced chicken or tofu for a light meal. Garnish with roasted peanuts and lime wedges if you like.

For about one quart of finely shredded cabbage you will need:
1/4 cup natural peanut butter
1 inch piece fresh ginger, grated
1/4 cup orange juice
1 tablespoon oil
1 tablespoon rice wine vinegar
1 tablespoon soy sauce
1-3 teaspoons sugar (optional)
1/2 ground cayenne pepper (optional)

Blend dressing ingredients in a food processor or blender. Taste for seasoning and add additional soy sauce or sugar if desired. Toss with cabbage just before serving.

Hot Buttered Radishes

Sara Jones, Tucson CSA

Radishes aren't just for salads. Cooking can mellow the spicy bite of the vegetable and transform them into something totally different. Here they are cooked in butter to make a beautiful side dish.

1 bunch radishes, cleaned
1 pat butter
Salt and freshly ground pepper to taste

Heat butter in a skillet over high heat to melt. Add radishes and stir to coat. Cook about 3 minutes, until browning a bit and turning tender. Sprinkle with salt and pepper.

Shungiku Salad-*new*

Sara Jones, Tucson CSA

The shungiku in our shares is oddly herbaceous, but it pairs beautifully with the sweet/tart of fruits.

A couple large handfuls shingiku, cleaned and large stems removed
3-4 tablespoon citrus vinaigrette
1 apple, peeled, cored and thinly sliced
1/4 cup toasted walnuts, chopped
Thinly sliced onions or radish, if desired
Freshly ground pepper

Tear greens into bite size pieces. Toss with vinaigrette and apple slices. Place in a bowl and garnish with nuts and onions and radishes if using.