



Tucson Community Supported Agriculture

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Spring `18

Harvest lists are online

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Cheese Shares Are Coming!

We're excited that cheese shares will start again in a couple weeks.

The reason that there are no cheese shares from January to April is because that is when goats are kidding, i.e. when baby goats (kids) are born, and most of the goats' milk goes to their kids.

If you are signed up for a cheese share, you will automatically start receiving your cheese logs starting Tuesday, April 24 and Wednesday, April 25, and every other week after that until the end of the year.

You can add or remove cheese shares to or from your subscription throughout the year.

A goat cheese share consists of 1 log of cheese every other week. We offer 3 cheese share plans based on the cheese logs' flavoring:

- 1) plain only,
- 2) alternating between plain and herb, and
- 3) rotating among plain, herb, chipotle and jalapeño.

Is This Spring?

The transition phase between winter and summer in our Southern Arizona climate can be difficult for local farmers. Insect populations can explode with the warmer weather and plants grown for their leaves and roots tend to bolt, or flower, quickly. If you are finding aphids on your greens, remember that they can be fairly easily removed by dunking and swishing in a large bowl of water spiked with vinegar. If you get a bunch of greens that has some flowers use them as a lovely addition to a salad. Greens this time of year tend to be a bit more strongly flavored, so keep that in mind when you are cooking with them.

Summer crops are just around the corner! Frank at Crooked Sky Farms reports that the tomatoes and the okra are blooming and the squash and cucumbers plants are growing fast. We might see squash in our shares as early as the first week of May and tomatoes won't be far behind. Farmer Frank usually grows big crops of these items so we will make sure that Wednesday members get some of the earliest summer crops as well. We also hope to be able to offer members the option of buying flats of tomatoes for canning. But it really all depends on the weather! Keep an eye out in the newsletter in May and June and we will let you know if and when they will be available. The nopales on the farm are also producing nicely and we will probably get these cactus paddles in our shares a couple times. They can be a challenge, especially for new members, but we think it is important that folks try them: as far as sustainable crops go, they are ideal for Southern Arizona. Once established they produce with little to no maintenance or supplemental water. The farm has been pulling in the potato crop for the past couple weeks and we should see potatoes in our shares on both Tuesday and Wednesday frequently until the summer crops are ready to harvest. The Red LaSoda potatoes that Frank grows are well suited to our climate and produce a reliable and abundant crop every year. Early in the harvest we are likely to get the baby red creamers in our shares. These little potatoes don't store well at all and are best used within a week for the finest flavor. Frank also grows Yukon Gold potatoes, which are also reliable, though less abundant, and he has experimented with some purple potatoes this year as well.

In late May, the crop of Sonoran White Wheat will be ready for harvest and we are likely to receive some wheat berries in our shares during the summer. These wheat berries are delicious and have a great chewy texture. Sonoran White wheat is becoming quite popular, so we are excited to see that it will be back in our shares after a long time without.

Cabbage



We often see a lot of cabbage in our shares this time of year! Luckily, the heads store well in the refrigerator. I love to add cabbage to my soups and stir fries but there are also plenty of recipes that will use a larger quantities of the vegetable. One of my favorite cabbage recipes for an easy meal is okonomiyaki. This is basically a savory pancake batter poured over shredded vegetables. When I have too much cabbage I make big batches of coleslaw to

last a few days. I love the classic mayonnaise-based dressing for slaws, especially with the addition of some sliced apples to balance the flavors. Shredded cabbage can also be really tasty dressed simply with vinegar or lemon and salt and pepper. Add more flavor with fish sauce, chile paste, soy sauce, or sesame oil. The coleslaw will have a better texture after it has had time to sit for a while, so make a big batch. Still too much cabbage? If you haven't tried your hand at making sauerkraut maybe now is the time!

Braised Cabbage and Bacon on Pasta

This is a great way to use a lot of cabbage in one easy dish. But you can use any leafy greens with this recipe. It works well with any mild, bitter or spicy greens, and you can use lots of them.

Several slices of bacon, chopped
1 small cabbage, shredded
Salt and pepper
1 pound of dry pasta
Grated Parmesan

In a large skillet, sauté the bacon on medium heat until it begins to get crispy. Add the shredded cabbage. Toss until well mixed. Cover and braise for 15 minutes or so, stirring occasionally. Add salt and pepper to taste. Turn heat down to low once the greens are wilted. Meanwhile, cook pasta according to instruction on packets. Drain. Mix with cabbage. Serve in individual bowls and sprinkle with grated Parmesan.

Note: instead of bacon, you can use Italian, breakfast or plain ground pork sausage. If using plain ground pork, just season it a little more with your favorite spices and/or herbs.

Easiest Greens in Tortillas

Sara Jones, Tucson CSA

Don't forget how easy greens can be! And so nutritious! Here is a quick recipe for a last minute meal that takes almost no time at all. An Asian chile paste tastes best, but you can use salsa to spice the greens, too. Adjust quantities as needed.

2 large handful greens, cleaned and roughly chopped
1-2 cloves garlic, minced
2 teaspoons oil
Chile paste (Sriracha is excellent), to taste
Mild, fresh cheese, if desired
4 corn tortillas, warmed

In a large skillet, over high heat, cook greens and garlic in oil, until wilted. Sprinkle with water, if necessary, to prevent sticking. Drizzle greens with chile sauce and toss to coat. Top corn tortillas with greens and sprinkle with cheese if using.

Citrus Seltzer

Sara Jones, Tucson CSA

This is an incredibly refreshing drink in the heat. If you don't have the ingredients to make it now, squeeze and freeze your grapefruit for a treat later on. You can use any citrus you like, but if you use sweet oranges you may want to add some lemon to balance it out. A dash of bitter liquor turns this into a fancy cocktail, too.

1 part grapefruit or orange juice
1 part sparkling water
Agave nectar, to taste

Stir together juice and agave nectar, about 2 teaspoons per cup of juice for grapefruit, less for orange juice. Add sparkling water and taste for sweetness, adding more nectar if desired. Serve over ice.

Potato Pancakes with Greens

Sara Jones, Tucson CSA

Here is another quick recipe for greens. Serve with a fried or poached egg for a complete meal. This recipe is a good way to use up any leftover cooked potatoes. The best texture for the potatoes is just lightly mashed, but you can use creamy mashed potato leftovers as well. For a tasty surprise, you can stuff the potato patties with cheese before you cook them.

1 bunch greens, cleaned and chopped
2 cloves garlic, minced
2 cups potatoes, lightly mashed
About 2 tablespoons oil
Flour to prevent sticking
Salt and pepper to taste

Heat about 2 teaspoons of the oil in a skillet over medium heat. Add greens and garlic to skillet and cook, stirring frequently, until greens are wilted. Remove from skillet and mix with potatoes, seasoning with salt and pepper to taste. Form potato mixture into small patties and coat with flour. Reheat skillet and add the rest of the oil. Cook patties over medium high heat until browned on both sides, about 3-4 minutes per side.

Mashed Potatoes with Parsley and Parsley Root

Sara Jones, Tucson CSA

1 basket red creamer potatoes, washed and cut in half
1 bunch parsley roots, scrubbed and roughly chopped
2 cloves garlic
Salt and pepper
1/4 stick of butter
2 tablespoons milk or cream
1/4 teaspoon celery seeds (optional)
Freshly chopped parsley

Boil or steam potatoes, parsley root and garlic until tender. Drain and place in large bowl with celery seeds, salt, pepper, butter and milk. Use a potato masher to mash by hand, or use beaters on medium setting. Beat until mostly smooth. Stir in parsley and season with additional salt and pepper, if needed.