



# *Tucson Community Supported Agriculture*

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## **Spring `18**

### **Harvest lists are online**

### **The Back Page Recipes**

Squash Mint Dip  
Stuffed Artichokes  
Home Fried and Braised Greens  
CSA Greens and Tomato Quiche.

### **More Recipes Online**

### **Now taking Orders for Beef Shares**

We are gearing up for our next round of Josh's beef shares.

Josh's raises prime quality grass-fed, grass-finished beef. He doesn't cut any corners and his animals are well taken care of. They are raised on irrigated pasture their entire lives, making them both grass-fed and grass-finished.

A beef share comes frozen, weighs 8 to 10 pounds and costs approximately \$7.50 per pound. Every share is slightly different, but typically includes two packs of ground beef, two steaks, one roast and one miscellaneous cut (stew meat, soup bones, short ribs, BBQ ribs, etc.). You can select a share of our choice when you pick it up.

The beef shares should be ready for pickup in early July.

To order a beef share, make a \$20 deposit at the front desk (you will pay the balance at the time you pick it up a few weeks later).

## **Preparing Meals With Produce Shares, by Philippe**

In a normal, non CSA-member life, we typically used to prepare meals based on written or mental recipes. We did our shopping based on a combination of factors but we generally followed a mental roadmap of the different meals we planned to prepare. The stops included familiar dishes that we could concoct with little effort as well as more elaborate or new dishes for which we needed to follow recipes. So, we went out to the grocery store, filled our grocery cart based on what goods we saw in the aisles, what special offers there were, and what meals we thought we'd cook over the next few days. If we were a tad more organized, we even made shopping lists.

As CSA members, our culinary modus operandi had to turn around: instead of filling our grocery cart based on what we think we might cook, we must do our cooking based on what we the farmer selected for us and put in our CSA shares. Every week, we leave the CSA with a bunch of different types of produce which we must somehow turn into meals. This includes having to use vegetables we are completely unfamiliar with. Black Spanish radishes, anyone? Komatsuna? Chrysanthemum Greens?

The unfamiliar vegetables are easier to deal with than one might think. Just use some of the recipes we suggest in our newsletters and on our online recipe page, or do some internet browsing. It might take a while to find a recipe that works for you but you will find one eventually. If you don't find it right away, persistence is the key: keep trying new recipes! It worked for me! I yet have to encounter a vegetable I don't like. Even less favorite ones have ended up finding their way in dishes I now love. Turnips, for example: I was never of fan of turnips, and at first they often ended up vegetating for weeks at the bottom of my vegetable crisper (luckily, or unfortunately, turnips keep a long, long time). Then I discovered two recipes which changed the way I look at turnips: Amish Turnips, and Turnip Fritters. Now I jump up and down with excitement when turnips show up in our shares. The same happened with Spaghetti Squash. I just did not like it. I tried using it as I would spaghetti, but that simply didn't do it for me. Then I realized that the flesh of spaghetti squash is perfect to make into fritters, or even latkes. I didn't even know what fritters were until after CSA entered my life. But I love them now: they are easy to make and very tasty. Kids love them!

As for some of the other vegetables we get in our share, they might at first seem a little challenging to include into meals, but the trick is to find a way to use them which is easy, practical, and tasty for you and for your loved ones. Greens for example, can be hard to shove into your loved ones. So, just cut them into fine ribbons and add them a marinara sauce to serve with spaghetti.

Another CSA challenge is that, even though a CSA share might represent a lot of food, there aren't enough vegetables of each type to make each of them into an individual dish. So, instead, just combine several vegetables into one dish! Roasting root vegetables together is a great way to make a sizeable dish. Or chop of all of your greens and sauté or braise them together in one big dish, then use portions of that dish to serve with other things over the course of a few days, such as poached eggs, or grilled meats, or simple steamed rice.

I am a big fan of one-pot dishes. They may not be fancy enough to serve to guests at dinner parties, but they are wonderful for every day family meals. In many cases, most of the items in our weekly produce share can be made into a one-pot dish. Easy, fast, delicious, and minimum washing up! They're a winner! One quick example: sauté your chopped greens, diced potatoes and root vegetables together, with or without ground pork, then add a cup of rice and two cups of vegetable stock and some seasoning. Simmer for 20 minutes and voilà! Done!

### **Squash Mint Dip**

Sara Jones, Tucson CSA

Here is a really different way to use your summer squash. If you can, cut the squash into long strips and grill for a smokier depth. You can also use eggplant as well as or instead of squash.

1 large squash, diced  
1 clove garlic, minced  
2 tablespoons olive oil  
1 tablespoon crushed dry mint  
Red pepper flakes, to taste  
½ to ¾ cup greek yogurt or labneh  
Salt to taste  
Chopped walnuts for garnish

In one tablespoon of oil, sauté squash, garlic and 1/2 of mint over medium heat, stirring occasionally. Cook about 8 minutes, until squash is tender and slightly brown. Let cool. In a food processor, combine squash mixture with yogurt or labneh and a pinch of salt, pulse until well blended and mostly smooth. Adjust salt to taste. To serve, heat remaining tablespoon of oil over medium high heat. When sizzling hot (test with a tiny drop of water that should sizzle away immediately) remove from heat and add remaining mint and red chile flakes and stir well. Put squash mixture into a medium size bowl and pour oil mixture over the top. Sprinkle with chopped walnuts and serve with pita or baguette for dipping.

### **Stuffed Artichokes**

Philippe Waterinckx, Tucson CSA

2-4 artichokes  
1 onion  
2 garlic cloves  
Oil, vinegar, salt, pepper, herbs

With a sharp knife, cut off the top third of each artichoke. With scissors, cut the sharp tips off the remaining leaves – this is mostly for aesthetic purposes. Then, using your thumbs, pry open the artichokes as much as you can, to separate the leaves. Don't hesitate to apply force – artichokes are tough babes!

Peel an onion, cut it in half, and slice it into 1/3" thick strips. Peel two cloves of garlic and cut them into 4 to 6 slices each. Insert the garlic slices and onion strips among the leaves. Pack in as many as you can!

Place artichokes in a pot. Fill the pot with water halfway up the height of the artichokes. Pour ¼ cup oil and ¼ cup vinegar over the top of the artichokes. Sprinkle with salt, pepper, and thyme, Italian herbs, or Herbes de Provence (or any seasoning of your choice).

Cover, bring to a boil, then simmer for 1 to 1-1/2 hours, or until you can pull a leaf with ease.

Serve hot, warm or cold, by itself or with a garlic-butter dip or a garlicky mayonnaise.

To eat, pull one leaf at a time, dip it in the dip, and suck/chew on the end. When you've pulled all the leaves, you are left with the artichoke heart that is covered by the fibrous/hairy choke. Remove the choke with a spoon (it will come off easily). Eat the heart.

### **CSA Greens and Tomato Quiche**

Anu Gupta, Tucson CSA

During the fall and winter CSA season when we get lots of greens I usually make a quiche every week to use up any unusual greens or greens that look a little past their prime.

1 unbaked 9" pie shell. Or use recipe below.  
1 T. olive oil  
1 small or ½ large onion, chopped  
2-3 cloves minced garlic  
1 t. dry thyme or 1 T. fresh  
1 bunch of any CSA green like beet tops, arugula, spinach, washed and coarsely chopped  
10 cherry tomatoes sliced in half or 2 larger tomatoes, sliced about ½ inch thick  
¾ cup grated cheddar cheese or crumbled goat cheese  
1 ½ cups buttermilk  
4 eggs  
Salt and pepper to taste, I usually use about ¼ t. salt in the veggie mixture and ½ t. salt in the buttermilk mixture.

Preheat oven to 375 degrees.

Sauté onion and garlic in olive oil until onions are soft and translucent. Add thyme and chopped washed greens. Add a little salt. Sauté mixture until the greens have wilted and the mixture looks mostly dry.

Spread grated cheddar or crumbled goat cheese on the crust. Next layer on the greens mixture, then the sliced tomatoes in an attractive pattern.

Whisk the eggs, buttermilk, salt and pepper together and pour into quiche. Sprinkle with a dash of paprika if desired. Bake at 375 until set. This takes 40 minutes in my convection toaster oven and 1 hour in my regular oven. Let sit for 15 minutes before slicing.

### **Whole Wheat or Spelt crust.**

Adapted from Nourishing Traditions by Sally Fallon. Makes 2 crusts.

2 cups whole wheat or spelt flour  
10 T. soft butter  
½ t. salt  
Enough yogurt or buttermilk to make a soft dough.  
Unbleached white flour for rolling out

Combine ingredients in a large bowl with clean hands until well blended and a soft dough forms. Leave the covered dough at room temperature until the next day. This produces a yummy slightly sour flavor. Divide the dough in 2, and roll out onto a floured surface or between two floured sheets of waxed paper. Use just enough flour to prevent sticking. Gently fold crust in ½ then into quarters, place in greased 9" pie pan, unfold and crimp edges.