



Tucson Community Supported Agriculture

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Winter 2019

Harvest lists are online.

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Find many more recipes on our website.

Valentine's Day Candy

Treat your sweetie, a friend, and especially yourself with a box of turtles, chocolate truffles, and fudge from Black Mesa Ranch.

You'll find David's artisan chocolates in the CSA shop for a very limited time. Don't miss your chance to savor this special local candy!

Beef Shares

We're beginning to take orders for grass-fed-and-finished beef shares. Twice each year, we buy a steer from Josh at Chiricahua Pasture Raised Meats so that Tucson CSA members have the opportunity to buy an assortment of high-quality beef for a great price.

Every beef share is slightly different, but typically includes two packs of ground beef, two steaks, one roast, and one miscellaneous cut. You can select a share of your choice when you pick it up. A beef share comes frozen, weighs 8 to 10 pounds, and costs approximately \$7.50 per pound. To order a beef share, please make a \$20 deposit at the front desk. They should be ready for pickup in late February.

Green Team

Written by Shelby Thompson

While much of the country is braving a polar vortex, our biggest problem here at Tucson CSA is getting through a mountain of leafy greens before it's time to pick up another share of Tokyo bekana, Swiss chard, tatsoi, and whatever else our farmers are harvesting this week. It's a good problem to have, especially because our yearly influx of greens fuels many bike rides, hikes, and long workdays. Our motto this time of the year is "just add greens" and, once you adopt it for yourself, you'll find that you really can add greens to almost any dish you make.

One of the most useful things I do in the winter is wash all of my greens as soon as I get home with my CSA share. I fill my big sink with water, load it up with the greens from my share, and swish them around until all of the dirt and grit falls to the bottom of the sink. This is an ideal time to remove the greens from root vegetables, such as radishes, turnips, and beets, so that I can store them separately. Once the greens have dried in a single layer on the towel-lined counter, I roll each variety up in its own clean tea towel and store the greens in the refrigerator. Taking time to wash, dry, and properly store my greens makes them more accessible and increases the likelihood that they'll stay crisp and vibrant throughout the week. After the "hard" work is over, it's time to cook!

Greens go so well in curry, soup, and stir-fry that I make these dishes multiple times a week in the winter months. Turnip greens and great big stalks of mizuna get chopped up and stirred into a pot of golden chickpea stew with coconut and turmeric. Hardy greens like collards and broccoli greens get blanched, sliced into thin ribbons, and added to a pot of steamy marinara sauce that's delicious with al dente pasta and a dollop of fresh ricotta cheese. Tatsoi lightly wilts in a big pot of perfectly salted ramen, and bok choy is sautéed with a bit of garlic, ginger, and soy sauce for a quick stir fry that's delicious over steamed rice. Salad greens—arugula, golden frills, lettuce—make an appearance in almost every lunch throughout the week. With a few spoonfuls of leftover farro, thinly sliced Hakurei turnips, and a drizzle of Dijon-lemon vinaigrette, they rejuvenate me in the middle of an otherwise-tiring day. Finally, at the end of the week, any greens that didn't get eaten go into a big pot of greens and beans: a dish that seems happy to turn just about any variety of greens into a delicious, soul-soothing soup. Try adding greens to all of your meals this week, and check out Sara's Winter Greens Guide on our website, TucsonCSA.org.

Egg Hiatus

For over a year and a half, Josh has been working hard to help his hens recover from *Mycoplasma gallisepticum* (the equivalent of a common cold). This upper respiratory disease spreads easily among chickens and can be very difficult to eradicate from a flock. After many months of trying natural remedies, Josh has finally made the decision to remove the chickens from his farm so as to break the cycle and stop the illness from spreading. As such, we will not receive eggs from Josh for about six months, or until his new pullets start laying. Just as we do with our other farmers, we stand behind Josh and his decision to do what's best for his animals. We will continue to support him by carrying his pasture-raised meats and, when the time comes, will once again sell his pastured eggs. The ups and downs of small, local agriculture can bring disappointment, but (as we well know) can also bring so much joy. We will be even more appreciative of Josh's eggs when they return.

Creamy Oyster Mushroom Pasta – New!

Sara Jones, Tucson CSA

After a few experiments with our oyster mushroom shares this has become my favorite recipe. While the mushrooms can get lost in a soup or stir fry, they take center stage here. You can add greens if you like, just make sure to cut them small and use the mildest ones available.

½ pound pasta
About 2 teaspoons oil plus a small pat of butter
1 share oyster mushrooms, pulled into bite size pieces
2 cloves garlic, minced
1 handful mild, tender greens, chopped
Splash of white wine, sweet vermouth or broth
A couple tablespoons of sour cream, mascarpone or crème fraîche
Plenty of freshly grated Parmesan, Manchego or Pecorino cheese
Zest and juice from from ½ lemon
Salt and pepper, to taste

While pasta is boiling prepare mushrooms. If you peel each individual mushroom down and away from the central base you should end up with a pile of single mushrooms and no leftover core. Keep small mushrooms whole and tear larger mushrooms into smaller pieces, again peeling apart lengthwise to include sections of the cap, stem and base. Heat oil and butter in a skillet over medium hot heat until shimmering, add mushrooms and stir to coat. Let sit about three minutes, until mushrooms are beginning to brown on the bottom. Stir in garlic and greens and cook and additional minute or two. Add a splash of white wine, vermouth or broth to the mushrooms and let the moisture simmer off. When pasta is ready, reserve about ¼ cup of pasta water and drain. Add pasta to skillet with mushrooms and stir in lemon juice and zest, sour cream and a bit of pasta water. Stir gently to combine, adding more water if needed. Add salt and pepper to taste and lots of freshly grated cheese.

Roasted Cauliflower

Maghalie Rochette, Tucson CSA

I don't usually buy cauliflower because I have a preconception that it tastes pretty bland. However, the cauliflower we get in our CSA shares is incredible. To make sure we were highlighting its flavor, we prepared it in a very simple way, using very few ingredients and it was delicious!

Olive Oil
Cauliflower
Salt & Pepper

Preheat the oven to 425F. Cut the cauliflower into quarters and rub entire surface with olive oil. Grease a baking sheet. Place wedges cuts side down on the baking sheet. Add salt and pepper.

Put it in the oven for 15 minutes at 425F, then reduce the heat to 300F and roast for another 30 min. The cauliflower will come out toasted and tasty! Hopefully, like I did, you will find a new love for cauliflower!

Preserved Lemon and Hazelnut Drizzle for Cauliflower – New!

Sara Jones, Tucson CSA

This is inspired by a perfectly roasted cauliflower dish served at Anello a couple of weeks ago.

¼ preserved lemon peel, sliced very thinly
1 tablespoon hazelnut, walnut or olive oil
1 tablespoon lemon juice
1/3 cup hazelnuts or blanched almonds, toasted and chopped

Roast cauliflower according to direction above. About 10 minutes before it is done roasting drizzle all over with additional oil and lemon juice. Serve wedges topped with lemon peels and chopped nuts.

CSA Memorable Lasagna for 24 people

Freda Johnson, Tucson CSA

2 boxes no cook flat lasagna
2 large containers ricotta – 18 oz total
5-6 eggs depending on size
6 cups coarsely shredded parmesan/romano – divided
8 cups greens (spinach, Tokyo Becana, kale, arugula), cleaned and chopped
1 onion, diced
4 cloves garlic, minced
2 cups white beans, soaked, cooked with dried chili
5 cups steamed cauliflower, coarsely chopped
8 ounces fresh mozzarella
1 teaspoon fresh ground nutmeg for the greens
1-2 tablespoon dried oregano for the beans
2 large jars of organic marinara sauce

Mix the eggs, ricotta and half the parmesan/romano cheese mixture together and set aside. Saute onions in 1 tablespoon oil until soft and beginning to brown, add garlic and greens. Cook until greens are wilted. To assemble, layer tomato sauce, lasagna, greens, lasagna, ricotta mix, cabbage cauliflower mix, sliced mozzarella, more lasagna and tomato sauce, beans with oregano, more lasagna and tomato. Bake 45 minutes at 350 degrees covered with foil. No need to cook the pasta ahead of time. Then, remove foil, add remaining parmesan/romano mix and bake for 15 more minutes.