



# Tucson Community Supported Agriculture

Newsletter 718 ~ January 27, 2020 ~ Online at [www.TucsonCSA.org](http://www.TucsonCSA.org)

## Winter 2019

Harvest lists are online.

### Back Page Recipes

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Find many more recipes on our website.

### Save the Date! CSA Recipe Demo Next Week

Save the date for our first recipe demo of 2020! On February 4<sup>th</sup> and 5<sup>th</sup>, Sara will be cooking up greens and other common winter produce in the courtyard of the Historic Y. Stop by the demo during your pickup to taste what she's cooking up and get some seasonal inspiration!

### Local Goods Available in the CSA Shop

- Pastured Eggs
- Frozen Pastured Meats
- Plant-based patties
- Raw unfiltered honey (wildflower and mesquite)
- Dried beans (black and pinto)
- Raw whole milk
- Oyster and lion's mane mushrooms
- Sprouts
- Barrio Grains flour blends and wheat berries

... and more!

## Valentine's Day Treats for Pre-Order

We're partnering with Shazieh Gorji, owner of **Agave Pantry**, to offer you locally made treats just in time for Valentine's Day! We'll be taking orders at the front desk (in the CSA Shop) through February 5<sup>th</sup>. Payment is due up front in-full; orders will be ready for pickup at the Tucson CSA (Historic Y location) on February 11<sup>th</sup> and 12<sup>th</sup>. Read on to learn more about Agave Pantry from Shazieh herself.

Born and raised in the coastal city of Karachi, Pakistan to parents of Iranian origins, my heritage is a tapestry woven of the former sub-continent and Persia. I have spent my older years between East and West, both cooking and baking – thus my cooking style, use of ingredients, and reverence for the handmade and handcrafted is influenced by both my upbringing and travels. This history of cross-cultural experiences provides boundless inspiration to create desserts that have an element of surprise and evoke curiosity.

**Agave Pantry** is a custom bakery specializing in organic, non-GMO and, when possible, local ingredients. Agave Pantry offers handcrafted baked goods, pottery, infused salts, and spice blends, along with ceremonial items influenced by daily life in the Southwest. With quality ingredients blended, baked, and fired with care, these creations evoke the desire to slow down, take a moment and enjoy simple pleasures. I intentionally combine herbs and spices—such as cumin and cardamom, rose, orange blossom, saffron, lavender and rosemary—to create flavors that will leave you marveling at the mystery on your palate. I hope you enjoy these creations as much as I enjoy baking and concocting them for you.

### Agave Pantry Offerings

#### ***Rosemary for Remembrance: Rosemary Cookie Hearts (Dozen - \$16.50 with tax)***

Organic butter cookies rolled in local orange- zested sugar and infused with homegrown rosemary. Not too sweet and just right. Pairs well with Gouda or Greek feta, red wine or a cup of tea or coffee.

#### ***Rose for Enchantment & Cardamom the Queen of Peace: Cardamom Rose Amaretti (Dozen - \$16.50 with tax)***

Non-GMO almond flour makes these cookies gluten & dairy free delights. Organic cardamom spice and rose are blended with meringue to create a marzipan-like almond bite that evokes the romance of rose and transports you to the ancient spice route of the East.

#### ***Raspberry for Kindness: Brown Butter Linzer Heart Cookies (Dozen - \$19.50 with tax; Half-dozen - \$10.90 with tax)***

Inspired by the classic Austrian linzer, this version has nutty brown butter that adds an extra layer of richness. Quality raspberry jam is sandwiched between brown butter cookies, which are infused with locally sourced orange zest.

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## RECIPES

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### Cabbage in a Fish Sauce Vinaigrette (GF)

Kusuma Rao, [Ruchikala](#)

This is a very simple Cabbage slaw that comes together in minutes. Not all fish sauces are created equally. Kumi recommends using a Three Crabs brand fish sauce or Red Boat. Add grated carrots or other veggies for color contrast and flavor.

½ head of a large cabbage (finely shredded)  
1 tablespoon sesame oil  
2-4 tablespoons fish sauce (three crabs brand or red boat)  
1 clove of garlic, grated finely on a microplane  
2 Thai chiles (minced)  
1-2 tablespoons agave, honey, or crushed palm sugar  
1/3 cup of cilantro leaves (whole)  
Crushed peanuts for garnish

Make the dressing: mix together sesame oil, garlic, fish sauce, thai chiles (if using) and agave. Whisk – toss together dressing ingredients. Massage into cabbage. Taste. If it needs more seasoning add additional fish sauce. Toss with cilantro leaves and crushed peanuts and serve.

### Panade (Veg)

Lorraine Glazar, Tucson CSA

1 ½ pounds onions, halved and thinly sliced (about 6 cups)  
2 tablespoons olive oil (divided use)  
Salt and pepper  
1/2 teaspoon dried thyme or 1 tablespoon fresh  
6 cloves garlic, slivered  
1 pound kale, collards or mixed greens, stemmed and cut into wide ribbons  
10 ounces stale, hard peasant type bread, torn or cut into one inch chunks  
2 cups cheese, shredded  
3-4 cups vegetable stock

Heat one tablespoon olive oil in a sauté pan and slowly cook the onion until translucent and tender. Sprinkle with thyme while cooking and add salt and pepper. Remove the onions and add one more tablespoon of oil to the pan. Add the greens and the garlic and a sprinkle or two of salt and cook for three or four minutes, just until the greens soften a bit. In a 2-quart casserole with a lid, or a Dutch oven, begin layering the panade: first the onions, then a loose layer of bread cubes, then greens, and top with cheese. Continue this way until the ingredients are all used. Bring the vegetable stock to a simmer and add salt to taste. Add stock to the casserole up to 1 ½ inches below the rim of the dish (you can go a bit higher in a shallower casserole dish). Cover and bake in a 325-degree oven for 1 to 1 ½ hours, or until it is hot and bubbly and slightly brown around the edges. Then increase heat to 375, remove lid, and bake for 10-20 minutes or until top is evenly brown. Note: If the bread you have on hand is not hard, you may bake it in a 300-degree oven for about 20 minutes to dry it out. Most any greens or combination of them will work with this recipe with the exception of spinach (for some reason, it got slimy in the baking process).

### Citrus Sorbet (Vegan, GF)

Paul Durham, Tucson CSA

1 quart citrus juice (approx. 4 grapefruit or 8 oranges)  
1 rounded tablespoon zest, finely grated (option: increase the amount of zest for more citrus-y flavor and tartness)  
1/2 cup agave nectar\*  
¼ cup vodka (optional)

Simmer zests in agave nectar for a couple minutes and let it sit. Juice citrus and add juice to nectar. Add vodka. Refrigerate until cold. Stir thoroughly, then pour into an ice cream maker and freeze according to the manufacturer's instructions. Transfer to a container and freeze until firm. Serve in martini glasses and garnish with sprigs of mint or fennel. If you do not have an ice cream maker: pour into 9-inch square metal baking pan; cover and freeze, stirring occasionally, until partially frozen, about 4 hours. In a food processor with knife blade attached, process sorbet until smooth but still frozen.

\* As an alternative to using agave nectar, mix together ½ cup sugar, ½ cup water and the zest in a saucepan. Heat gradually, stirring until the sugar has dissolved, then boil the mixture gently for 5 minutes to make a syrup. Combine with the other ingredients as described above.

### Joyce's Cabbage (Veg, GF)

Joyce Wong, Tucson CSA

1/2 head of finely shredded cabbage. rinsed  
2-4 cloves of minced garlic  
2 tablespoons apple cider vinegar  
A glug of olive oil  
A pat of butter  
Salt and pepper to taste  
1 hefty tablespoon of lemon artichoke pesto (optional)

I love cooking with my Dutch oven, but you can use a heavy sauté pan just as well. Turn stove on medium high and drizzle a glug of olive oil in the Dutch oven. Add a pat of butter when the oil starts to shimmer. When the butter has stopped foaming, add the cabbage. You might want to put in half the cabbage first, toss it a bit to coat with oil and then add the other half. Turn the heat down a little, and let the cabbage cook with the little bit of water from the rinse. Turn the cabbage from time to time so that it cooks evenly. If it looks dry, add a little water. When the cabbage starts to soften, add the garlic and toss gently to mix. After the garlic has blossomed for a bit, add the vinegar. I happened to have some left over artichoke pesto, so I threw that in also. Mix and let the taste develop. When the cabbage looks soft and friendly, season with salt and pepper. This can be served on toasted bread, with rice or noodles. If you have plain, cooked quinoa, heat the quinoa in a little bit of butter, and serve the cabbage on top.