



Tucson Community Supported Agriculture

Newsletter 227 ~ Feb 22, 2010 ~ Online at www.TucsonCSA.org

Winter '09 Week 11 of 11

Harvest list is online

The Back Page

Citrus Vinaigrette
Endive Salad
Greens Soup
Wheat Berry Salad
Escarole and Goat Cheese Pizza
Marinated Daikon and Carrots

Spring Subscriptions Status

Registration closes on March 1 or when we fill up, whichever comes first.

The Tuesday pickup is full. We expect the Wednesday pickup to fill any day.

Endive



Endive belongs to the chicory genus, which includes several similar bitter leafed vegetables (escarole, Belgian endive, frisée, radicchio, etc.)

Suggestions:

The mild bitter flavor can be mitigated with acids or fats. Serve as a salad with a citrus or vinegar dressing, and toasted nuts. Endive goes well, raw or cooked, with pork meat. It's wonderful braised and served with a cheese sauce.

Do it the Belgian way: serve as a salad with a mustard vinaigrette, bacon bits and hard-boiled eggs. Accompany with country-style bread.

Pork Shares

Pork shares are ready for pickup

Newsletter Editor

Philippe Waterinckx

THIS IS THE LAST WEEK OF THE WINTER SESSION

Thank you all for having spent the winter session with us. It seems that most of you decided to stay with us, as shown by the unprecedented number of those having renewed their subscription. And that's despite three months of almost-weekly turnips!

If you'd like to know what might be coming our way this coming session, look at the Harvest archive on our website and check what we had in previous years.

COURTYARD EVENTS

The CSA pickup has become quite lively over the past few sessions with extra cooking demos and live music. Thank you to Sara, Dallas and Rachel for spoiling us with wonderful foods and meals ideas. It is one thing to look at a recipe and imagine it on one's taste buds, and it is quite another to be able to see and taste the dishes themselves!

If you've been picking up after 5:00 pm, you no doubt have enjoyed the very talented musicians who regularly fill the courtyard with music. Paula Redinger, from the Tucson Symphony Orchestra, has been enchanting us with her classical flute. Theo Cliff has charmed us with his atmospheric folksy tunes. When he wasn't on tour in Europe or elsewhere, guitarist Naim Amor, often accompanied by talented guests, has given us amazing performances. And mandolin virtuoso Mark Robertson-Tessi has been, simply, dazzling!

Live music is usually after 5:00 pm (we can't have it earlier as to not distract other offices around the courtyard).

CROOKED SKY FARMS OR RAINY SKY FARMS?

It has rained a lot over Crooked Sky Farms' south Phoenix field, so expect to see some extra mud on your veggies this week. Have a kind thought for the farm crew who has been harvesting your produce in wet conditions. Like we mentioned before, harvesting produce in muddy fields is strenuous and takes extra time.



HOW MANY PEOPLE DOES A PRODUCE SHARE FEED?

This is the question prospective CSA members ask the most and it is one that is difficult to answer. We would like to be able to answer that question better and we would therefore welcome the feedback of our members.

Are you someone who uses his/her share to complement food bought elsewhere, or do you make your CSA share the main feature of your meals? Do you grow your own foods? How often do you eat out? Are you a vegetarian, a vegan, or an omnivore? How many people does your share feed? How many meals do you make from a share? Do you split your share with other households? If you subsist mostly on your CSA share, what other foods do you supplement it with? Does being a CSA member increase or decrease your food budget?

Everyone has different food buying and eating habits, and CSA members have different ways in which they use their produce share. Help us gain some insight into this by emailing your comments to Philippe at tucsoncsa@tucsoncsa.org

Citrus Vinaigrette -New

Rachel Yaseen, Two Spoons

Use this vinaigrette for any salad, but it is especially nice over an endive salad (following recipe). You can use leftovers to drizzle over roasted veggies, too.

1/4 cup juice of 1 orange (or half orange, half grapefruit)
1/8 cup each, juice of 1 lemon and lime
1/4 cup organic, unrefined sesame oil (not toasted), or olive oil
2 tablespoon agave nectar
1 tablespoon chives, chopped
1/4 cup parsley, chopped
1/4 teaspoon sea salt, or more to taste

Mix all ingredients together in a jar with a tight fitting lid. Shake well before serving. Dressing should keep well in fridge for one week.

Endive Salad -New

Sara Jones, Tucson CSA

Citrus vinaigrette is great for salads with strong flavored greens like endive. Adding toasted pecans (or even candied pecans) will really help round out the salad, as well.

3 large handfuls endive, cleaned and roughly chopped
2 large handfuls spinach, cleaned and roughly chopped
1 medium fennel bulb, finely sliced (optional)
1 grapefruit, segmented
About 1/4 cup pecans, toasted and chopped
Citrus vinaigrette, to taste

Mix together veggies, then drizzle with vinaigrette and toss to coat. Top with nuts and grapefruit segments just before serving.

Greens Soup -New

Rachel Yaseen, Two Spoons

2 tablespoons olive oil
1/2 onion, chopped fine
1 shallot, chopped fine
2-3 cloves garlic
1 tablespoon ginger, grated fine
1 bunch greens (kale, chard, mustard, radish, beet, endive or a combination)
1 white potato or sweet potato, chopped small (with or without skin)
1/4 teaspoon cayenne
1/2 teaspoon cumin
3 cups purified water

Saute onion and shallot in olive oil on medium for 10 minutes, or until translucent. Add garlic and ginger, cook 3 more minutes. Add remaining ingredients, mix one minute, then add the water and cook until vegetables are soft. Puree in batches. Salt to taste.

Wheat Berry Salad -New

Rachel Yaseen, Two Spoons

1 cup uncooked wheat berries
1/2 orange juice and zest
1 tablespoon lemon juice
1 tablespoon flax seed oil
1 beet, turnip or daikon, grated
1 carrot, grated
1 celery stalk, grated
1/8 cup each chopped dates, raisins, dried cranberries, walnuts, dried coconut

Soak wheat berries covered in water in a large bowl overnight. Drain, and place in saucepan covered with salted water. Bring to boil and then simmer until berries are tender (1-2 hours). Drain remaining water and let cool. Mix orange, lemon, and oil in bowl, add to wheat berries and then add remaining ingredients. For best results let sit at least one hour before serving.

Escarole (or Endive) and Goat Cheese Pizza

Sara Jones, Tucson CSA

Pizza dough (you can buy prepared pizza dough at many grocery stores)

1/2 head escarole, cleaned, blanched and chopped
1 tablespoon capers
2 tablespoons roasted red peppers, chopped
2 tablespoons olive oil
2 teaspoons balsamic vinegar
About 4 ounces fresh goat cheese

Blanch escarole by submersing in boiling water for about 2 minutes. Transfer to a bowl of icy water. Squeeze all liquid from greens and chop roughly. Roll out pizza dough and drizzle with olive oil. Scatter ingredients evenly over dough. Drizzle with balsamic vinegar and bake in a 400 degree for about 15 minutes, or until crust is cooked through.

Marinated Daikon and Carrots

Phoenix CSA

1 cup rice or distilled white vinegar
1/2 cup sugar
3/4 pound daikon, small, peeled, cut into 1/8" julienne
1 1/2 pounds carrots, peeled and cut into 1/8" julienne
1 1/2 teaspoon Salt

Combine the vinegar and sugar and bring to a boil. Remove from the heat and set aside to cool. Place the radishes, carrots, and salt in a bowl and toss several times. Set aside for 20 minutes, then rinse thoroughly. Using your hands, squeeze the vegetables to remove the excess water. Pat dry with paper towels and place in a bowl. Add the vinegar mixture and let the vegetables marinate at least 1 hour before serving. To store, transfer to a tight-lidded jar and refrigerate. The vegetables will keep for up to 3 weeks.